5 Dimensions of Encouraging the Heart in Coaching

We are looking for engaging content, conversation and programming that reflects the following dimensions

Dimension 1: Coaching & the Heart

The heart is a domain of emotion and feeling. As coaches, we work with emotion as a positive and sometimes transformative process. This dimension helps coaches gain confidence in coaching the full range of emotions while maintaining clear professional boundaries.

What topics, frameworks and/or experiences can we offer coaches to help them:
• Gain confidence in working with the full range of their client’s emotions
• Support clients to understand and tap into the power of emotions

Dimension 2: Wholeheartedness In Leadership

The heart is the center of passion, purpose, courage, empathy and love. This dimension explores how we coach leaders to engage in their lives with authenticity, courage, compassion and acceptance of the imperfections which make them who they are.

What topics, frameworks and/or experiences can we offer coaches to help them:
• Encourage their clients to engage with authenticity, courage, compassion and acceptance, even in the face of challenges
• Support clients in heart-centered concerns, like self acceptance
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Dimension 3: Biology, Neuroscience and the Heart
Exploration of what science research, biofeedback, and technology tells us about the way that emotions affect the body, brain, behavior and presence.

What topics, frameworks and/or experiences can we offer coaches to help them:
- Understand the biology of emotion
- Explore what scientific research tells us about how emotions affect the body, brain, behavior and presence
- Gain other awareness, wisdom, insight and intelligence about the heart

Dimension 4: The Heart of Connection
In a world where decision-making happens in seconds and relationships have become increasingly transactional, the coaching conversation can begin to open new connections to the self and to others. Connection is an outcome of encouraging the heart—bringing awareness to empathy, community and mindfulness. How can heart-full coaching build stronger connections?

What topics, frameworks and/or experiences can we offer coaches to help them:
- Assist clients in finding connection, building connection and community, or be mindful of connection?
Dimension 5: The Shadow Side of the Heart

Fear is the shadow side of courage, just as hatred is the shadow side of love. Sometimes the heart quakes with the darker emotions that we and our clients experience. This dimension explores such intersections as fear and vulnerability to help build the capacity to face our inner gremlins or understand what keeps us from expressions of heart/love and courage.

What topics, frameworks and/or experiences can we offer coaches to help them:

- Both honor and work with difficult, darker, emotions and related behavior in a way that sets the stage for transformation
- Understanding their own “dark side” as coaches in order to be in shape to help client’s deal with theirs