

UK Coaching Group

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Keeping it Clean

Penny Tompkins and James Lawley facilitated a truly wonderful session using their model of David Grove's Clean Language techniques in one-to-one coaching. These methods build on the belief that the client has their own unique model of the world and if the coach can encourage the client to be aware of their symbolic world without the coach dumping their material in it, then the client will find new and motivating solutions for change and growth. And it works. In less than ten minutes I was able to use their techniques to assist my 'client' to new conscious understanding and a solution for changing an established pattern. In skilled hands, the demonstration session illustrated how devastating successful these techniques are. Their client not only achieved her goal but felt "utterly free" to explore her own experience.

James says that they aim to encourage "familiarisation with the coachee's model of the world by reflecting answers and exploring metaphors and symbols". Reflecting the client's language accurately (in both form and colour) with nine key questions (Grove) assists the client to explore their metaphors and symbols. The client explores and understands the relatedness of those metaphors and symbols, the pattern of experience and the means to change the outcome. And the whole process can be content-free. Penny and James have a few more questions that continue to explore the relatedness of the metaphoric world and develop it towards the client's outcome.

Penny says that the IS-ness of the client is paramount and that their methodologies are underpinned by "listening and honouring" that aspect of their clients 'being'. They do this by "facilitating <the client> to self-model their own metaphors". James is motivated by a passionate interest in "how people create their world, deal with it and achieve what they want" and he believes, as I do, that when people do it for themselves, they learn more. Penny and James are the creators of 'Symbolic Modelling which harnesses Clean Language and modelling to explore metaphor maps of the world. Their new book 'Metaphors in Mind' is published by The Developing Company Press (ISBN 0-9538751-0-5) at £17.95.

The structure of UK Coaching Group meetings is to have a visiting guest(s) who will provide some input to coaching which may or may not be NLP. We also like to include practical work and fun learning which can be facilitated by the guest or the organisers. If you are interested to join the group (for free) and/or interested to facilitate, then do please contact Steve Breibart or Angus McLeod as below. Future topics under discussion include 'the Power of Silence', time lines in coaching, tele-mentoring and others. The next meeting will be in February 2001 and is expected to be in Surrey or Berkshire. Cost about £15 including buffet.

Angus McLeod, 25 October 2000.

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