

PEER BULLETIN

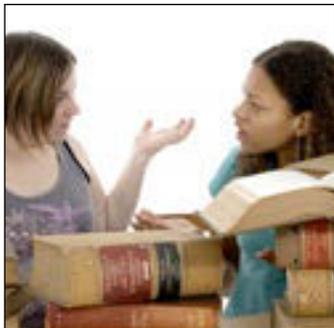
Navigation Tools for the Heart, Mind, and Soul™

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Peer Resources 

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7 Setting Boundaries in Coaching

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Breaking the cycle of going to jail can be done through mentoring.

20 Mentorship: Three Keys to Success

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The author describes relationship elements that distinguish mentors from sponsors.

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November 5-7, 2013 meeting will bring together experts and practitioners in youth mentoring.

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Three mentors, Robert Kroetsch, Margaret Mahood, and Dave McMurdo inspired many in music, writing, and women's rights.

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A selection of the timely & relevant tweets sent to Peer Resources Network members.

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Peer Resources staff examines the claims of a new organization in coaching and finds they are neither compelling nor accurate.

FROM THE SOURCEBOOK OF COACHING HISTORY

COACHING AND PHILOSOPHY SHARE THE SAME ROOTS

VIKKI BROCK



(Editor's Note: Vikki Brock has graciously prepared a number of brief stories from her book: *The Sourcebook of Coaching History*. Each month during 2013, the *Peer Bulletin* is privileged to include one of these stories. Note: Links typically are for current work of group or individual.)

If the world of coaching is represented as a tree, philosophy is its taproot, a straight tapering root that forms a center from which other roots sprout. According to James Mannion (2006) in his book, *Essential Philosophy: The Basic Concepts of the World's Greatest Thinkers*, philosophy means love of wisdom and derives from the ancient words Philos (love) and Sophia (wisdom).

According to Wikipedia, "at one time most of the professions existing today were the province of philosophy, which is the foundation upon which all other fields of thought are based. Language is the principal tool of the philosopher and is the act of constantly improving one's understanding by means of thinking and dialogue."

Coaching draws on various roots for its philosophical foundation. For example, Native American philosophy believes that everything is connected and humans are just one small part of the cosmic Big Picture. Like Heraclitus, a philosopher who predates Socrates, they believe that the cycle of life is one of constant change, although not chaotic or meaningless change. Everything is happening for a purpose and we are here on this earth to learn. The optimum conditions for learning require a balance of the physical, mental, emotional,

and spiritual aspects of our nature. Achieving your maximum human potential is the goal. In African primitive cultures intuition and imagination are regarded as values, alongside a healthy mind-body-spirit connection, a deep respect for the cycle of life, and a view of mankind as a part of a harmonious whole.

In every culture the sages, the wise elders have used the process of asking questions and drawing out of the individual what their best answers are, their personal wisdom. According to Richard Leider and David Shapiro (2002), authors of *Repacking Your Bags: Lighten the Load for the Rest of Your Life*, coaches in Africa are the elders sitting around the fire. Coaching, rather than being an exclusively new perspective could be more correctly seen as a return to the simpler philosophy of 'primitive cultures.'

Leider, R., & Shapiro, D. (2002). *Repacking your bags: Lighten the load for the rest of your life* (2nd Edition). San Francisco: Barrett-Koehler. (Amazon.com)

Mannion, J. (2006). *Essential philosophy: The basic concepts of the world's greatest thinkers*. New York: Barnes and Noble. (Amazon.com)

Werner Erhard, who popularized transformation and personal growth in the 1970s, has stated "great coaching is about leaving people with more power, more freedom, and more peace of mind."