

View from a Coach Window by David Finney

The need to express ourselves is a fundamental human need; opportunities to talk without fear of judgement or criticism are rare in the working day and also unfamiliar in our leisure time. I believe one of the reasons that coaching has made such a big noise in the US and the UK is that in its simplest terms it provides the individual with this unique opportunity to explore inner thoughts in a relaxed and creative forum and then to release them in the spoken word where they live and breathe, giving life to ideas and dreams; in doing that a special partnership is formed between Coach and Client which sees the client gain a clarity and focus not experienced before. Coaching then provides the **space** for an individual to think, explore and express.

Have you ever seen Johari's Window? I think it illustrates the untapped potential inside of every one of us that lies dormant until explored; this unknown place inside of us that holds a vast treasure of ideas and creativity; the answers to the important questions we do not get the time to ask ourselves. If we do not ask we may never know the full extent of our truest gifts; and if we don't ask, we may not get.

JOHARI'S WINDOW	
OPEN ARENA Known by All	BLIND SPOT Known by others, not by you
PRIVATE AREA Known by you, not by others	THE UNKNOWN ZONE <i>(Your untapped potential)</i> Not known to anyone

The Coach asks the right questions in order that The Client may find the answers from within. When coaching takes place, 3 of the Johari window-panes are worked on: the Private (or Hidden) area can be shared with confidence – i.e. the person being coached can learn to ask for help; greater self-awareness can diminish the Blind Spot which can enable the person being coached to become aware of the behaviours that others can see, but previously he/she could not; and the journey to the Unknown Zone may prove to be the most exciting and important journey the client ever makes and can make it with the confidence that they are being guided by an experienced navigator.

This is the journey where they find out who they really are and what they are truly capable of.

Carl Jung had a slightly different way of looking at it. Jung described Consciousness as the awareness of what is going on in and around the person at any given time. The Unconscious everything outside that awareness and was divided into two: the **Personal Unconscious** was a mix of the following:

I know it but am not thinking about it now

I have been aware of it in the past but have forgotten it

I sense it but it is not within my consciousness

I have it within my unconscious mind and it will come into consciousness at some point

While the **Collective Unconscious** is universal, permanent and runs through all human life from the dawn of humankind; Jung believed that we have access to everything that ever was and ever is; if Jung is right, not only do you have a lifetime of unconscious creativity to tap into, but you have 2 million years of knowledge and wisdom to source. Now that is extraordinary and unlimited potential just waiting to be accessed.

