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Dear Master Coach

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Dear Master Coach:

Do you show up like a coach everywhere in your life? If so, does your spouse complain?

Just wondering,

Proceeding with Caution

Dear PWC:

At one of our meetings this week a member of our SeattleCoach tribe was especially enthusiastic, *"You can take this stuff and make it your profession. You can also make it your way of living. Parenting is better! Date night is better!"* She's right. A mature coaching presence is a lovely way of showing up in the world.

At my house, when I was just learning to coach and my focus was more on driving to next steps than on being present and paying attention, I can report that I did receive complaints (*"Stop trying to coach me!"*). But as time has gone on, I'm happy to say that I appear to be less annoying. I know I'm listening better and appreciating more.

My partner, Dr. Kari, is a veterinarian. And from time to time through the years she's had to stitch up someone's wound at our house. This always impresses me. And, metaphor queen that I am, I asked her once what she believes about the nature of healing. I loved her answer. *"Well,"* she said, *"First you help the patient to calm down. Then you clean the wound and remove the dirt and clip away the jagged parts. Then you oppose the edges."* I kept listening. *"And then,"* she leaned in and confided, *"A miracle happens."*

We are always most effective when we see the people we care about as bearers of gifts for us. Think about that. The longer I do this work, the more I understand that those gifts can flow in from everywhere in my life. It's probably good that you're proceeding with caution. My guess is, you probably won't always have to.

PEB, MC

Listen to Patty's "Dear Master Coach" quarterly 3-minute answers at: <http://www.seattlecoach.com/dear-master-coach-blog>