

CURIOSITY

Curiosity supports the heart-to-heart connection between coach and client that fuels the powerful partnership. It provides an opening that encourages the partners to let go and explore, discover, and uncover new possibilities.

As Healing Centered Coaches, it's important to build awareness that curiosity is necessary to be able to hold "not knowing" both in terms of what is going on, and "not knowing" in terms of having a set way to respond. One of the many benefits of "not knowing" and being curious is an openness to new perspectives and a willingness to try new ways forward.



CURIOSITY SERVES AS A REMINDER TO EXPLORE THOSE THINGS THAT ARE HIDDEN BENEATH THE SURFACE.

CURIOSITY VS. JUDGMENT

"Within the first seven seconds of meeting someone, our brain makes 11 different decisions about them including their intelligence, socioeconomic status, education, competence and trustworthiness."

- Anna Hinson

JUDGMENT

- Invites feelings of "Assessment"
- Encourages logical self to emerge
- Invites problem-solving
- Encourages forming opinions
- Invites decision-making

CURIOSITY

- Invites feelings of "Safety"
- Encourages authentic self to emerge
- Invites "not knowing"
- Encourages exploration
- Invites discovery

Activity: You be the judge...

Pick someone you don't really know in a group and just observe the person. Observe for 30-60 seconds. As you observe start listening to the story you are creating in your head. What story did you create? What assumptions did you make? What "facts" did you create? What did you notice about yourself?

UNPACKING JUDGMENT



JUDGMENT IS AN OPINION OR DECISION BASED ON THOUGHTS, FEELINGS, AND EVIDENCE.

And we make hundreds of them every day. It's a subconscious process people cannot control.

As Healing Centered Coaches, it's important that we understand the role of judgment and the beauty that it brings in helping us to navigate life. Judgment serves as a trust companion, supporting us in making decisions about how to stay safe, move forward, and achieve the best results. It acts as a set of metrics that we hold to evaluate our experiences.

In Healing Centered Coaching, judgment is not invited because it creates barriers that prevent clients from moving outside of set parameters. It forces clients to evaluate themselves instead of being curious about themselves.

It's also a strategy that many clients attempt to bring into coaching. Therefore, growing our awareness of its role supports us in challenging it during our sessions.



The mind is a judging machine. There's nothing inherently wrong with these judgments. It's the nature of the mind to judge.



UNPACKING JUDGMENT CONT'D



Sometimes, these judgments are helpful. They can lead you to understand the things that bring you up, give you energy, and fill you with purpose. They can help you understand what doesn't resonate with you and what leaves you feeling drained.

But when left unchecked, the judging mind is taxing and controlling. It takes significant energy to evaluate every experience you encounter.

Everything that we experience is filtered, categorized, and dealt with in some automatic way.

- Some things are judged as “good,” so we *grasp* for more, and *cling* to what we have.
- Other things are judged as “bad,” so we hide, resist, and run away from them.
- And everything else? That’s judged as “neutral” so for the most part, we ignore it entirely.



CHALLENGING JUDGMENT & LEANING INTO CURIOSITY: ACTIVITY

When you're unaware that these judgments are influencing your behavior, you're just along for the ride. Like a marionette reacting to a puppeteer, clients become trapped by their conditioned judgments and reactions. Hence, our role as Healing Centered Coaches is to interrupt patterns of judgment in order to invite curiosity: doing so leads to awareness-building and alignment.

TURN THE FOLLOWING JUDGMENTS INTO POWERFUL COACHING QUESTIONS THAT INVITE CURIOSITY:

- 1** You can't afford to be an entrepreneur: you need a job.
- 2** I don't know what I want.
- 3** It takes years to be good at a new skill.
- 4** Sometimes you must let go of your dreams.
- 5** Eating a healthy diet is hard.
- 6** Certain people are just not leaders.
- 7** The people in my community just don't care.
- 8** There is not enough money.
- 9** It's just a helpless situation.
- 10** Supervisors need to have a degree.

