

COACHING FROM THE HEART... BEING, SEEING AND FREEING WHOLENESS

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About the Author



Arun Wakhlul, is the founding Chairman of Pragati Leadership Institute, Pune, India. A spiritually inspired and professionally skilled community working with leading clients in 19 countries, Pragati works to unfold value for all stakeholders.

Arun holds a B.Tech degree (Elect. Engg., 76) from the Indian Institute of Technology (Delhi), and is postgraduate in Business Administration (PGP 80) from the Indian Institute of Management (Ahmedabad). Started his career with the Tata Administrative Service. Arun has logged over 25,000 hours of facilitation and coaching internationally.

Author of the award winning book *"Managing from the Heart"*, Arun has published more than 28 papers and co-authored two other books. He has helped pioneer the concept of "Wholesome Development" and "Wholesome Leadership" aimed at working from joy for prosperity with peace.

"And now here is my secret, a very simple secret; it is only with the Heart that one can see rightly, what is essential is invisible to the Eye."

— Antoine De Saint-Exupery

Our view of life powerfully affects our way of life. It also deeply affects the way we work as coaches. Who we are being affects what we are seeing. What we are seeing affects who we are being.

How do we see ourselves? How do we see our clients? How do we see our "work" as coaches? Is our vision one of wholeness? Or do we see only a part? Do we see only the separate waves on the surface of the ocean, or do we see the whole ocean?

Introduction:

Let us start by taking a deeper look at coaching.

When we were first taught coaching, we learnt that it is "a process of conversational inquiry designed to enable people to develop and master the capacity to consistently achieve the results they want in all areas of life with a sense of well-being."

The definition of Professional Coaching by the International Coach Federation (ICF) says:

"Professional coaches provide an ongoing partnership designed to help clients produce fulfilling results in their personal and professional lives. Coaches help people improve their performances and enhance the quality of their lives."

Coaches are trained to listen, to observe and to customise their approach to individual client needs. They seek to elicit solutions and strategies from the client; they believe the client is naturally creative and resourceful. The coach's job is to provide support to enhance the skills, resources, and creativity that the client already has."