co-aching:
how to use compassion
to transform your effectiveness

olaf lewitz. michael sahota.
Why are there slides?

• This session is a hands-on experiential workshop.
• We won’t actually show any slides
• But we have created some slides so that:
  – In advance: You have some idea what this session is about
  – Afterwards: Have some resources
The Whole Hearted Manifesto

We value People. Period.

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Rückersbach, DE
Feb. 2014
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olaf
CO-ACHING

CO-SUFFERING HELPS US REALISE WE'RE NOT ALONE
AUTHENTIC CONNECTION
SEE EACH OTHER AS HUMAN BEINGS
IDENTITY

WHO AM I, AND IF SO, HOW MANY? (DAVID PRECHT)
Authenticity
SHAME
what is empathy?
empathy
PITFALLS & TRAPS

BLOCK EMPATHY
PROTECT US FROM FEELING

EVEN WORSE
YOUR PROBLEM
- e.g. Dog Died

SOMEONE ELSE'S
- e.g. Mom Died.

LOOK ON THE BRIGHT SIDE
"At least you don't have to wake up early to walk your dog anymore."

PROBLEM SOLVING
- Hey, I know! Why don't you get a new dog?

CC MICHAEL SAHOTA 2012
4 Elements of Empathy

- See their world
- Appreciate them as human beings
- Understand feelings
- Communicate understanding

CC Michael Sahota 2012
compassionate listening
Deep listening is the kind of listening that can help relieve the suffering of another person. You can call it compassionate listening. You listen with only one purpose: to help him or her to empty his heart. Even if he says things that are full of wrong perceptions, full of bitterness, you are still capable of continuing to listen with compassion. Because you know that listening like that, you give that person a chance to suffer less. If you want to help him to correct his perception, you wait for another time. For now, you don't interrupt. You don't argue. If you do, he loses his chance. You just listen with compassion and help him to suffer less. One hour like that can bring transformation and healing.

Thich Nath Han
I Am Here.
I See You.
I See You Are Suffering.

Thich Nath Han
I Am Suffering
And I Want To Help.

Thich Nath Han
TEMENOS

SEE AND UNDERSTAND YOURSELF AND OTHERS
CLEAN SLATE

LETTING GO OF EMOTIONAL BAGGAGE
how do i fail the context?

how does the context fail me?
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UNLEASHING WHOLEHEARTEDNESS IN ORGANISATIONS
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