

# Why Meta Coaching

Why do we call it Meta-Coaching?

Mostly because we coach from higher or meta-levels. Also because we have seven meta-models that form the systematic framework of Meta-Coaching. Yet these are not the only reasons, there are more reasons for calling it Meta-Coaching.

1) Meta-coaching is meta to content.

Coaching at a meta-level means that we work with people from the level of structure and process about their content. It means that the dialogue and relationship we facilitate with our people empower them to run their own brain, access their resources, and achieve their highest outcomes.

Meta-Coaching is a meta-field that focuses on process and structure more than content. Like NLP, Neuro-Semantics, consulting, meta-analysis, and modeling, coaching involves identifying the structure of an experience and facilitating a person or team to replicate that excellence. Our expertise is in process rather than content. That's why we focus on the Inner Game. Meta-Coaching unites the best of NLP and Neuro-Semantics under the unifying framework of the Matrix Model and its sub-matrices.

2) Meta-coaching works meta to resources to empower people.

We do not teach, train, or give advice because we assume that people have the necessary internal resources to succeed. Instead we use models and processes to mobilize those internal and external resources. Coaching that empowers people accesses and develops their resources. Then people -

- Think for themselves and run their own brains.
- Solve their own problems as they develop critical thinking skills.
- Develop creativity to innovate new things.
- Own responsibility for their actions and becoming proactive in taking the initiative.
- Deal with problems when they first appear.
- Develop their own strengths.

3) Meta-coaching takes performance to a higher level.

In coaching, performance is "Job One." In Meta-Coaching we work to enhance performance, achievements, and results. We work at a meta-level for more skilled performance in an area of expertise in the pursuits of self-mastery or within one's career: customer service, sales, planning, etc. It's about becoming masterful in mind, emotion, body, and spirit. This is the outer game.

4) Meta-coaching is transformational as it transcends performance.

In coaching we facilitate a client's desire for transformation. Yet in doing so, we are simultaneously being affected.

Meta-Coaching involves operating from our personal genius (an intense focused state) so that we can more effectively elicit and facilitate the personal genius of our clients in their given area of pursuit. In this, we go first and model for our client focus engagement.

5) Meta-coaching works holistically with a client's system.

By uniting the multiple intelligences of I.Q., emotional intelligence (E.Q.), and spiritual intelligence (S.Q.), we coach the entire mind-body-emotion-spirit system as a systemic whole. We do this to elicit the synergy of a greater intelligence, namely, wisdom. Meta-Coaching works with the entire mind-body-emotion system as a whole using the Matrix model as a way to think and work systemically. This unites cognitive psychology with developmental and self-actualization psychology.

6) Meta-coaching focuses on primarily relationships.

Meta-Coaching involves an ongoing partnership that facilitates clients to produce fulfilling results in their personal and professional lives. Cheryl Gilroy says, "Through the process of coaching, you deepen your learning, improve your performance, and enhance your quality of life." Through collaboration, we co-create a new inner game that manifests itself in a new outer game of the client.

7) Meta-coaching coaches to a client's meta-programs.

In Meta-Coaching, we identify and coach to expand each client's full range of perception by coaching to a person's meta-programs, that is, the way they perceive information. Given the pervasive influence of our meta-programs as perceptual filters, coaching to meta-programs and thinking styles enables a Meta-Coach to quickly identify the heart of things where the leverage for change occurs.

### The Neuro-Semantic Vision for Coaching

The models we have in Neuro-Semantics are especially designed to enable us to explore the dynamic structure of experience, especially the structure of excellence. These enable us to take coaching to a whole new level of expertise. In Meta-Coaching our vision is:

- Facilitating excellence in clients and enabling them to discover the wonder and magic of taking charge of their lives.
- Operating as a process expert to a client's content of which he or she is the expert.
- Facilitating the mapping of new strategies for skills, experiences, and top performances.
- Co-inventing through language and patterns the right solution with the client in a real-time dialogue.
- Facilitating a new use of language for precision (the Meta-Model) and for induction (the hypnotic language patterns of Meta-States, the meta-questions, Mind-Lines, etc.).
- Modeling cutting edge experiences of high performance and modeling the client's unique way of replicating that.
- Inventing new patterns through the ruthless compassion and conversation so that we co-create new meanings, frames, and beliefs.
- Using the Matrix of our client's frames to invite reorganizations that transformation the client's experiences.
- Having lots of fun in the process, a relationship of respect and honor, and about operating from a sense of abundance of what the client brings to the encounter.
- Believing in releasing the genius and potentials within each client.
- Becoming the most effective coaches in the field of Professional Coaching.
- Profiling clients to quickly assess and coach to the structure so that we know (and can articulate) what to do when, with whom, and why.
- Able to identify why and how something doesn't work and how and why something does work.
- Facilitate generative change in a person's experience by coaching to the client's meta-programs and matrix.