

A woman in a maroon sari with a geometric pattern is sitting on the left, looking towards a man on the right. The man has a beard and glasses, wearing a yellow kurta and white dhoti, and is gesturing with his hands as if speaking. They are sitting on a stone ledge in a grassy area with a chain-link fence and trees in the background.

Musings on Integrating **Indic Wisdom with ICF Competencies**

April Strong

Krishna Prakash

Foreword

Dear Coaches,

Here are my takeaways from the booklet on *Musings on Integrating Indic Wisdom with ICF Competencies* :

(1) By **integrating timeless principles** from Indic traditions with contemporary coaching competencies, we can offer a more rounded and impactful coaching experience. This fusion encourages **achievement** and a deeper sense of **fulfillment**.

(2) These insights aren't just for coaches. They resonate with anyone looking to enhance **communication**, navigate life's challenges, and forge **stronger connections**.

(3) Key teachings like Active Listening (**Shravana**), the Art of Questioning (**Pari-prashana**), and maintaining Awareness (**Sakshi**) are practical tools that can deepen our coaching conversations and client relationships.

(4) Embracing the principle of non-covetousness (**Aparigraha**) reminds us to keep our coaching adaptable, focusing on the client's journey rather than rigid outcomes.

(5) True compassion in coaching comes from Empathy (***Karuna***). Walking alongside our clients, rather than leading them, fosters trust and self-discovery.

(6) The transition from Desire (***Ichha***) to Knowledge (***Jnana***) and finally to Action (***Kriya***) is a powerful framework for facilitating real change.

As coaches, we are privileged to blend ancient wisdom with modern methods to really change the way we coach.

Thank you, *Krishna* and *April Strong* for putting this together.


Best wishes

Srikanthan Kumarasamy

ICF - Master Certified Coach

The page features two large, irregular orange shapes in the corners. One is in the top right corner, and the other is in the bottom left corner. The word "Introduction" is centered in a bold purple font.

Introduction



Post the pandemic, many we meet or work with, have completed one or two certifications in Coaching and / or Leadership.


We also meet a lot of existing Business Owners & Academicians who despite having profound market awareness & subject knowledge respectively, are struggling to thrive.

The common thread is not the want of skill or knowledge but absence of an approach that can bring out the skill and knowledge into action. It's **ACTION** alone which can convert our potential into sustainable revenue.

April and Krishna wish to solve this problem using Coaching as an approach because it appears to be the safest of the approaches.

When we applied this approach to our own lives and businesses, we figured out that we were not only able to achieve our goals but also live a more fulfilling life.

This approach allows us to be non-judgmental, tap our potential & be a master of our own lives.



Thus, we utilized the Core Competencies of Coaching prescribed by International Coaching Federation & fused it with the time-tested **#IndicWisdom** to put together a cohort.

Summary of the approach:


1. **Coaching Beyond Professionals:** We don't need to be a Certified Coach to benefit from this powerful approach.

Improvement in communication, with ourselves and others, help to navigate conflicts, and build stronger relationships through everyday interactions.

2. **The Art of Listening:** We delve deeper than just hearing words. Create a safe space for deeper conversations & fostering trust. Discover Shravana.

3. **The Power of Questions:** Just like a trusted compass, asking the right questions is key to unlocking the truth - not only ours but also our clients / peers / family. Discover Pari-prashana.

4. **Presence Matters:** Everyone can be available but we should be able to maintain our presence in the crowd or be completely comfortable when no one is around.



5. **Situational Awareness:** It is easy to be aware when the situations are under control but the reality is that situations & people are dynamic. Discover **Sakshi**.

6. **Community:** Right from building immunity & resilience, it is important to be in a community that believes in the values: learning, growth & prosperity.


Here 'group wisdom' happens. Discover **Satsanga**.


From Wish to Reality: Many of us have the experience of starting projects with great enthusiasm, but then lose momentum. Sounds familiar?

Understand the 3 stages of Indic wisdom that guides us from wish to reality.

We are thrilled to announce a new cohort starting on Integrating Coaching Competencies with Indic Wisdom.

The world of coaching is vast, offering a plethora of tools and techniques to help individuals and teams reach their full potential.





This booklet explores this exciting possibility, demonstrating how coaching competencies can be synergistically blended with Indic concepts for transformative results.

This booklet is just a start.

DM 'Discovery' to talk with us.





Chapter 1:

The **Dharma** of Coaching






This chapter lays the foundation.

We meet *Yashaswi* and *Sai*, who discuss the concept of **Dharma** – the guiding principle that upholds a system. They explore the analogy of the Cosmos as a vast system, where coaching interventions can create a ripple effect of positive change.

Sai emphasizes the importance of **inquiry**, a process of **self-discovery** that unlocks the client's potential.

The chapter concludes with a call to action, inviting readers to share their coaching principles in the comments.






Chapter 2:

The Power of Indic Wisdom






This chapter explores the vast ocean of information available today.

It emphasizes the role of a "**qualified person**" - a teacher, coach, or mentor - in helping us navigate this information overload and gain true wisdom.


Here, Indic wisdom, a rich tapestry of ancient knowledge, emerges as a powerful tool for personal and professional growth. The chapter introduces the concept of **#Mindset**, highlighting its importance in various professions, including coaching.

It concludes by emphasizing lifelong learning and the importance of cultivating a reflective and resilient mindset.




Chapter 3:


Embracing
Aparigraha
for Sustainable
Progress



This chapter introduces the concept of **Aparigraha, or non-covetousness**, and its application in coaching agreements.

It argues against rigid goal structures, advocating for a **flexible** and **adaptable** coaching journey. The chapter outlines key strategies for incorporating Aparigraha:



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1. **Co-creating** the path with your client.
 2. Partnering in **flexibility** for continuous improvement.
 3. Focusing on **progress**, not just the finish line.
 4. Practicing letting go of rigid **expectations**.
 5. Embracing **open communication**.

By incorporating Aparigraha, coaches and clients can create space for **collaboration**, **self-discovery**, and **ongoing growth**.





Chapter 4:

Karuna: The Heart of Coaching








This chapter redefines **compassion** in a coaching context.

It challenges the notion of compassion as "**providing solutions**" and introduces the concept of Karuna – true compassion rooted in **empathy**, not sympathy.

The chapter emphasizes the importance of walking alongside the client without taking over their journey. It highlights the benefits of Karuna for both the coach and the client, fostering trust, vulnerability, and ultimately, self-discovery.


The chapter concludes with **actionable steps** coaches can take to embody Karuna – active listening, clear questioning, validation, and celebrating client strengths.





Chapter 5:


Beyond Coaching Competencies



This chapter challenges the notion that coaching competencies are solely for professional coaches. It emphasizes that anyone seeking to improve communication and interpersonal relationships can benefit from cultivating these skills.


We learn various skills like cycling or cooking, not necessarily to become experts, but to enhance our lives. Similarly, coaching competencies empower us to **navigate complexities** and **conflicts** in daily interactions.

The chapter introduces the concept of blending coaching principles with universal life principles, derived from Indic Wisdom. This holistic approach ensures solutions are not just effective but also aligned with the concept of **Dharma**, a foundational principle in Indian philosophy.



Chapter 6:

The Art of Active Listening - Shravana




Active listening is a cornerstone of effective coaching. This chapter delves deeper, exploring the ancient Indian concept of Shravana, the art of listening. Shravana goes beyond simply hearing words; it involves **internalizing information** while being sensitive to emotions and unspoken cues.

The chapter explores different types of Shravana suited to various contexts:


- **Vedanta (knowledge of the true Self):** Here, listening is without preconceived notions, crucial for comprehending teachings from a teacher.
- **Storytelling (Epics & Puranas):** Listening to stories allows the audience to immerse themselves in the narrative, drawing parallels with their own lives.

By understanding these different listening styles, coaches can adapt their approach to create a safe and transformative space for their clients.



Chapter 7:

The Power of Questions: Unveiling Truth through Vedanta




This chapter explores the importance of asking the **right questions** in coaching. Similar to Vedanta, where truth is revealed through proper questioning, coaches can guide clients to **self-awareness** through well-crafted inquiries.

The chapter highlights the importance of **non-judgmental, open-ended questions** that challenge limiting beliefs, anchor on strengths, and evoke "aha" moments.

Vedanta emphasizes two crucial aspects for coaches: **Viveka (discernment)** and **Vairagya (dispassionate caring)**. Viveka allows coaches to distinguish between the real and unreal, while Vairagya ensures they remain objective and avoid getting entangled in the client's story.


By embodying these qualities, coaches can empower clients to achieve transactional, transformational, or developmental goals, depending on their needs.



Chapter 8:

From Desire to
Action:

***The Power of Iccha,
Jnana, and Kriya***




The chapter highlights the importance of taking action to bridge the gap between desire and knowledge.

Indic Wisdom refers to these three stages as **Ichha (desire)**, **Jnana (knowledge)**, and **Kriya (action)**. For any transformation to occur, all three need to be aligned.

The role of the coach, in this context, is to:

- **Ichha (Desire):** Help clients identify and refine their desired outcomes for the session.
- **Jnana (Knowledge):** Employ active listening techniques, paraphrasing, mirroring, and silence to guide clients towards self-awareness and uncovering their own strengths.
- **Kriya (Action):** Empower clients to take responsibility and hold themselves accountable for implementing the insights gained.

By integrating these principles, coaches can create a collaborative environment where clients set goals, take action, and celebrate their progress.





The Dharma of Coaching

Yashaswi, “Dharma is the cornerstone of Life. If it is understood and practiced, Coaching as a profession can be an elevating experience, both to the Coach and the Client. “

Sai, “**What is Dharma?**”

“Dharma is that which supports, sustains and enables proper functioning of any system.”

“So, **what is a system?**”


Merriam Webster calls it “A group of interacting or interrelated elements that act according to a set of rules to form a unified whole.”

He continued, “Output of 1 system becomes input for the other, and vice versa. Many times this is like an infinite cycle of cause and effect.”

Sai, “*Appa*... **why is ‘system’ important?**”

He replied, “The entire Cosmos is a huge living system. Any small conscious intervention enabled by a system can create an enormous trickling effect in the systems connected with it.”

#pause






“*Appa*, now I understand why you always compare Coaching to Vedanta, it enables the client to seek answers within.”


“Yes, the process of Enquiry where the seeker’s only goal is to know **THAT ONE** through which everything is known.”

“*Sai*, can you tell from your experience how a Coach can enable this Inquiry?”

“Yes *pa...* out of the numerous ways, I follow these **9**. Give me a minute.” She rushed to get her handwritten notes.



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1. By creating a **safe space** where being vulnerable is also acceptable.
 2. By fostering **trust** by our mere presence.
 3. By our ability to **empathize** without the urge to sympathize.
 4. By our capacity to exhibit **active listening**.
 5. By eschewing our urge to **lead the discussion**.
 6. By exploring client's **belief systems** without being judgmental.
 7. By mirroring client's **language** - verbal and non-verbal.
 8. By exhibiting coaching **competencies** without overwhelming the client.
 9. By being **courageous** enough to refer the client to expert coaches or other relevant professionals like therapists, mentors etc.
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Yashaswi was glad to see the meticulous approach of *Sai*, then continued, “there must be more such principles and let us request the readers to share those in the comments section!”


*“Appa, **How does understanding Dharma help Coaching?**”*

To be able to play the role without getting entangled, lost or overwhelmed, coaches need to learn how to withdraw from their personality.

To be conscious of their personality during or after a coaching session, the coaches need to develop discretion in order to avoid relating to their own past experiences.

To develop the ability to discriminate, role clarity is paramount.






To enable role clarity, the ability to tap their own skills, knowledge and intuition is the key.

“Coaching appears to suit those who are open to be **fearless, vulnerable** and **honest** all at the same time, at all times under all circumstances with every relevant stakeholder.”

“Thereby giving themselves an opportunity to co-create with the client a positive impact in the biggest system that we know - the Cosmos.”





The Power of Indic Wisdom


Information is available in multiple forms including books and the internet. It is **overwhelming, overflowing** and if we are not careful, we could drown in that ocean.


Acquiring knowledge requires one to study under a 'qualified person'. This study helps us to understand whatever 'information' we may have or gathered, in the right context.

Depending on the field of study, this 'qualified person' could be a teacher, coach or mentor.

Yet '**flowering of wisdom**' happens within.

There are a lot of ways to enable 'flowering of wisdom' and our ancient yet ever relevant **#IndicWisdom** is one way.







This is the premise of this new series where I propose to address how each profession can harness this wisdom for their **personal growth** that eventually rubs on those who come in touch with them.

This then helps them to internalize well and practice better, not just their personal core values but the values and competencies that are standard to the industry they represent.

Carol Dweck the noted psychologist coined the word **#Mindset** - success in endeavors can be experienced when behavior changes are undertaken as that alone takes one closer to desired achievements.

Thus the mindset required for each profession is different though a majority aspects being the same. For example: **integrity, hard work, being ethical, time management etc.**, needed in almost every profession.






Coming back to coaching as a profession, reasonable competency and mastery of - 'embodies a coaching mindset' is essential for the client or coach to experience insights within.


For a moment, if the coach, during the conversation, wears the hat of a leader, teacher, parent, child etc., then the conversation is led, solutions blurted out and judgment(s) pan out etc.,

Lifelong learning is the right approach that gets activated after internalizing this mindset. The realization that even sky is not the limit when it comes to learning, particularly in the transactional life.

Heightened sense of **awareness**, a **reflective mindset** and **emotional resilience** are to be developed.

Thus to internalize this competency we need to have understanding and practice of a few holistic processes other than attempting to develop this competency using purely our intellectual abilities.





Since July 2004, I have been helping Leaders, Artists, Performing Artists, Coaches, Working Professionals and Entrepreneurs across the globe to harness this wisdom.

foundation for indic wisdom and **shrimath yoga** are the initiatives through which this happens.

The story doesn't end here....

When my clients, peers and students ask me, "Krishna, you too need a coach, we can't believe this!"

My response: "I need, right now I am working with 3 coaches - **srikanthan** to cultivate coaching as a skill, **lakshan** for being incisive and practical in coaching conversations and **april** to develop right mindset."

If I can't demonstrate **#LifelongLearning** is a mindset then who else can!





Embracing Aparigraha for Sustainable Progress

True growth often thrives on unexpected detours.

A rigid coaching approach will do more harm than good, it can limit our growth as a Coach and the Client.

But if we practice the Yogic concept of "**Aparigraha**" or **Non-covetousness** in Coaching then it can help us create a flow that results in a flow and most probably an 'aha' moment.


What is non-covetousness?

It means Non-encroachment of someone else's space, limelight or due. As a Coach, we remember that it's all about the Client / Coachee.

We are there to hold the space for them to discover whatever they have set out to discover.

Here's how:





1. Co-creation: Instead of a pre-meditated approach, consciously co-create the session, based on the client's **unique needs** and aspirations.


As a Coach, we should be content to provide the stage and allow the client to script the drama. Feel free to have a personal meditation prior to the session :)


2. Partnership yet client leads: Client may not understand that Coaching is level playing, they may ask us for solutions. So, eschew the **curiosity** to lead the conversation.

Little pockets of silence, allows time for reflection and prevents us from taking the lead. To borrow Coach **srikanthan kumarasamy's** words, ***"it's the client's airtime."***

3. Focus on progress, not just the finish line: Some conversations may need to be continued. Let's not rush to complete conversations but enable insightful conversations.

This allows us to embrace unexpected detours as valuable learning experiences.





4. Practice letting go: Markers are for International Coaching Federation and its evaluators. Our session focus should be to enable the client to walk away with an insight, action plan etc., yet we may not succeed.


Our success or failure doesn't matter but following the **process** matters.

5. Feedback: Be comfortable in giving and receiving feedback. Remember, open **communication** is key to a successful coaching experience.

By incorporating Non-covetousness into coaching conversations, we create a space for **collaboration**, **self-discovery**, and **continuous progress**.

Like how we offer water to *Tulsi* for the sake of her growth as she has chosen to grow in our vicinity.

Our coaching conversation should ideally flow like water so that it enables the client to grow deep roots enabling **steady growth**, at one session a time!




Karuna: The Heart of Coaching

Many coaches understand **Compassion** as 'duty to provide solutions and guidance to the Client.'

This may appear noble at the first sight but in reality it is (cruelty!) due to one or more of the following:

- **Non-understanding** of the right way to show compassion.
- **Mis-understanding** that Coaching is synonymous with providing solutions.
- **Underestimating** the abilities of the Client to figure out solutions by themselves.
- **Unaware** of Vedantic Truth that each has within themselves to discover solutions.

What if we discover that Coaching practice could be rooted in the Indic Wisdom of **Karuna** (compassion), truly!



Karuna is 'being compassionate due to empathy and not sympathy.'

In the words of one of my Coaching mentors **Lakshan Srikanthan** , "Empathy is the ability to walk side by side with the Client without stepping into their shoes."

Empathy conforms and confirms the golden tenet that the Coach and the Client are in an **equal partnership**.

Sympathy is counter productive to both parties because the Coach tends to don the hat of an advisor, mentor or therapist.

Then the Client too feels that it is the duty of the Coach to provide them with solutions and becomes dependent on the Coach.

This would end up in a sureshot Karma mashup!




Now how does Karuna enable better Coaching?


It enables the Client to:

1. Realize that the Coach is as **clueless** as them.
2. Share **honestly** and openly whatever wells up within them.
3. **Trust** the Coaching process as they realize that the Coach is not going to judge them based on their culture, tradition, background, circumstances & belief systems.
4. Embrace **vulnerability** as it's a catalyst for growth.
5. **Respond** to the questions with utmost sincerity.
6. Relate with the Coach as their **language** is being mirrored.
7. **Take charge** of their life, with confidence.



What can we do as a Coach?

1. **Active & Deep Listening** throughout the conversation.
 2. Short and Clear **Questions**.
 3. **Validation & Support:** Acknowledge the Client's feelings and challenges.
 4. **Summary / Paraphrase** using Client's language.
 5. Celebrate their **Strengths** & use their Insights to guide them to take action.
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By embodying Karuna, Coaches can create a powerful environment for self-discovery, transformation, and lasting change.

To conclude, at the end of the day, **each of us should learn to wear the Coach's hat.**

That hat enables people around us to rise to the occasion and tap into their own potential to contribute to the system, be it business, office or family.

Do **share in the comments** on how you use compassion at the workplace or business or family.





Beyond Coaching Competencies


Are Coaching Competencies meant only for Coaches?
We, *April & Krishna*, do not think or feel so!


Our experience is:

“Wherever there is scope and intent to improve in **intrapersonal** and **interpersonal communications**, it pays to understand and consciously cultivate coaching competencies to help ourselves, and others who interact with us, to tap our and their innate potential to figure out solutions to the issues that confront us.”

We learn cycling, cooking, writing, painting, reading etc., not to become an expert or take up those as our profession but to make our life better in one aspect or the other.


Given this understanding, today, we are increasingly pushed to face & resolve conflicts as well as navigate complexities in daily life, without being trapped by them.





The one tangible and viable option is to blend universal principles of life & living with the internationally accepted coaching competencies, so that the solutions one arrives at are holistic i.e. **#dharma based**.

If this resonates with you then we encourage you to consider joining us on this journey.




The Art of Active Listening - Shravana

Coaching is one of the professions where Clients pay to be listened to, especially when they have reached out to work on a few areas that hinders their growth or clarity.

This competence needs to be consciously developed as it is **beyond vigorous nodding** or **vocal cues** that is common in day to day listening.

What if we discover that there are ancient tools & techniques which could help us to develop Active Listening.

Shravana, art of listening, is the traditional way to **internalize information** yet it differs based on the content.





1. **Vedanta (knowledge of our true Self):** We need to develop the ability to listen without preconceived notions because it is vital to understand whatever is taught by the Teacher, as it is.

2. Talks on Shrimath Bhagawad Gita are generally tailored by the Teacher to the level and need of the audience.

3. **Storytelling:** Epics & Puranas are shared with common public, grappling with day to day issues, to drive home the understanding and practice of **#Dharma.**

With Grace, as long as we are in the transactional life, we should be able to drench in all the above three streams.







In Coaching, it is important to listen to the Client as it is, without blending our past experiences, present situations or future aspirations.

Listening style suited for Storytelling sessions won't help as the audience travels into the story as one of the characters or tends to get into the skin of a character that they relate with.

Coaching is akin to Vedanta in this context. Though the Client may not be communicating absolute truth, still they say what is true for them.


Active Listening in the '**Vedanta mold**' helps us not to get into the Client's story but still navigate them to their true need through right questions.





Benefits of developing the ability to do *Shravana* as in Vedanta:

1. **Being attentive** not just to words, but also to the emotions and the unspoken messages conveyed through body language, as it is.
 2. **Near perfect mirroring**, paraphrasing for a truly transformative experience for the Client as they develop instant trust and feel safe.
 3. **Focus on the Client's agenda**, not ours, as the session becomes a space to explore their goals, concerns, and values, not our predetermined plan.
 4. **Acknowledge** appropriately yet enable the Client to be grounded.
 5. **Validate Client feelings** and emotions without getting sucked into the same.
 6. The Client feels that **'Group Wisdom'** is created but it is their own wisdom packaged & handed over to them as insights.
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So, join for **sessions** on Vedanta or Shrimath Bhagawad Gita, based on *Advaita*.

Or you could consider joining our cohort on **Integrating Coaching Competencies & Indic Wisdom.**

PS: For sake of convenience, we used the word Coaching but Active Listening as a competency is crucial in any human interface.

Thus, if you use Communication as a means to further your or others' goals then this competency needs to be developed.



The Power of Questions: Unveiling Truth through Vedanta

Like the **Ashtanga Yoga of Patanjali**, *international coaching federation* has structured the Coaching Competencies as an eight fold set.

Each as important as the other to function as a whole yet proceeds in a hierarchy to reach the desired outcome that a Client needs.

Thus the Coach needs to understand the importance of knowledge obtained by them during the conversation with the Client through:

1. **Pratyaksha** (perception)
2. **Anumana** (Inference)
3. **Upamana** (example, analogy)
4. **Arthapathi** (postulation from circumstances)
5. **Anupalabdi** (non-perception as knowledge!)
6. **Sabda** (scripture/ teacher)

The 3 aspects that should be palpable throughout the conversation are: **earnest questions, conscious silence & appropriate analogy / metaphors.**

We, *April & Krishna* invite you to visualise the enormous potential that we may unearth if there is a way to practically internalise the 6 means to guide the Client to awareness.


One of *April's* forte is **#mindset**. The research & implementation she did in this aspect to extricate herself from challenging situations foisted upon her forms an integral part of this module.

As in Vedanta, truth is not created but revealed through right framing of questions that are non-stacked & open ended.

How to go about evoking awareness?

1. Challenge **limiting beliefs**
2. Anchoring on the **strengths**
3. Harnessing the power of **analogies & metaphors**
4. Acknowledge **AHA moments**
5. Steer away from **patterns**
6. Enable Client to generate **ideas**
7. Encourage Client to share their state of mind, **NOW**

Apart from taking guidance from the concept of Pramama, the Coach had to invoke the power of **Viveka & Vairagya**.



Viveka & Vairagya are the entry qualifications to Vedanta.

Viveka: the ability to discern between real & unreal.


Vairagya: here means, dispassionate (caring)

This approach help the Coach to not get into Client's story but as they just hold the space, the real issue is unearthed.

That could happen due to the Client opening up, Silence, Questions etc.,

By deploying Pramana & embodying Viveka, Coaches can, to borrow *Coach Srikanthan's* words: "enable transactional, transformational or developmental Coaching as per Client's needs!"

Kindly explore Pramana & Viveka under the guidance of an **expert Vedanta teacher** or you could choose to join our cohort: Integrating Coaching Competencies with Indic Wisdom.



From Desire to Action: The Power of Iccha, Jnana, and Kriya

World is filled with information of other people who have tasted success or yet to smell it.

These are freely strewn across the internet or available as self-help classics.

The common thread is that almost everyone who contributed to that pool of information not only had desires and the knowledge to achieve it but took **ACTION!**

Please read again, **they took ACTION!**

Many times only desire was there, the moment they took action with whatever limited knowledge they had, the knowledge to proceed further somehow reached them.

Remember: 'Cosmos conspires to help those who help themselves.'

Now... taking action based on the available knowledge is like following Google maps or any navigation system.

As we start the journey, new insights emerge but to start and hold ourselves responsible and accountable is important.

Action alone inspires confidence. Confident action alone can effect desired outcomes.

This is the importance of moving from Desire to Insight and then to Action.


Indic Wisdom refers to these 3 stages as **Ichha, Jnana & Kriya i.e. Desire, Knowledge & Action.**

For any transformation, all these need to be in **sync**. In Coaching or during any crucial conversation it is important to enable this sync within the recipient.

To summarize:

1. **Desire (Ichha):** Explore with the client & enable them to discover or narrow down that one desire that they agree with as the session goal.
2. **Knowledge (Jnana):** Listen, question, hold the space, paraphrase, mirror, manage silence, challenge, introduce the Client to themselves & their strengths.

Share what we sense with the client to foster awareness as all the above would give them insights.



3. **Action (Kriya):** There is no dearth of information within & outside but it is of no use if not put into action.

Thus enable the Client to take responsibility, accountability, so that they can experience the power of their own insights through their actions.


4. **Acknowledge** and **Celebrate the progress** Client has made at every possible stage of the conversation.

5. **Summary:** Ask the **Client to summarize** for themselves as that also reinforces that the decisions arrived were theirs & the onus is on them.


This collaborative approach can set the Client on the path that they chose as the session goal, whether it's Transactional, Developmental or Transformational.

Do try to integrate the above in your conversations so that everytime we set out to converse with someone that could end up as one of the powerful & impactful conversations they would have ever had!

You could also join our cohort on Integrating Coaching Competencies with Indic Wisdom.




Conclusion



This booklet provides a glimpse into the transformative potential of integrating Coaching Competencies with Indic Wisdom.

By incorporating ancient wisdom into coaching practices, we can create powerful and impactful conversations that empower individuals to reach their full potential and live a more fulfilling life.






Are you interested in learning more about this unique approach to coaching?

Join our cohort on **"Integrating Coaching Competencies with Indic Wisdom"**.

Connect with us at :
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This program is jointly offered by **Shrimath Yoga & Soulfully Strong** and certified by Foundation for Indic Wisdom (**www.indicwisdom.org**).





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