

# Meet your Inside Team



### **Upcoming Programs**

Friday, March 18, ICF Luncheon: 11:15am - 1:15pm Cynthia Loy Darst, MCC

"Are You Walking on Egg Shells with Your Clients?
How to Bring Intimacy, Vulnerability, and Courage to the Coaching Relationship"

All about dealing with difficult clients.

1 Core Competency

Saturday, March 19, ICF Power Packed Workshop 9:30am - 5:30pm: Cynthia Loy Darst, MCC

"The Top Traps of Experienced Coaches (And How to Get Out Without Chewing Off Your Arm!)"

A dynamic day of experiential fun and irreverent challenge, guaranteed to arouse your creativity and get you painlessly out of your traps!

#### 7 CCEUs

Please sign up for these programs as soon as possible so that we may finalize logistics. Cynthia has given us a 25% discount over her normal rate on the workshop! The workshop has a limit on the number of available spots.

Lunch is included in the workshop.



### **Upcoming Programs**

Saturday, April 9, An Unusual Experience
10am - 4pm



An <u>experiential day</u> with the amazing horses at the Wheel O' Life Equine Sanctuary. Whether you choose to incorporate horses into your practice or stay your course, this day will bring you a new perspective on how your energy impacts your client's results. Explore the magic of <u>Coaching Presence</u>, <u>Establishing Trust and Intimacy and Active Listening</u> with horses as your guide!

6 CCEUs in process

This program is in lieu of our regular Friday luncheon.

Registration begins on Saturday. Please sign up for this program as soon as possible so that we may finalize logistics. The workshop has a limit on the number of available spots.

Lunch is included in the workshop.

# Here's what we are doing today:



There are seven Practices of The Inside Team, today we will explore one and a half.



# Choose a topic –

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a project, an area of your life...

Listen in and become curious

Think of an area of your life where you want change, yet,

# nothing really changes.



## Notice the conversation –

Who is talking? What do they say?

Chances are, you keep trying to shut them up or ignore them. Take a moment to turn your attention to them and really listen.

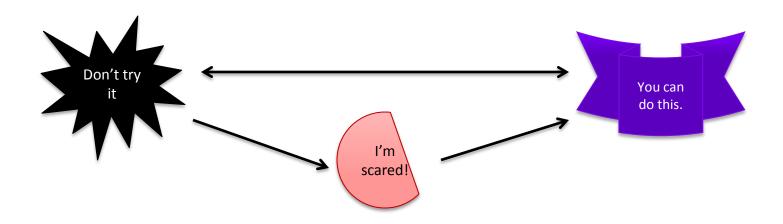
# What is the **CONVERSATION** you hear when you think about it?

Yes, the one between your ears.

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#### Who is saying what? and to whom?

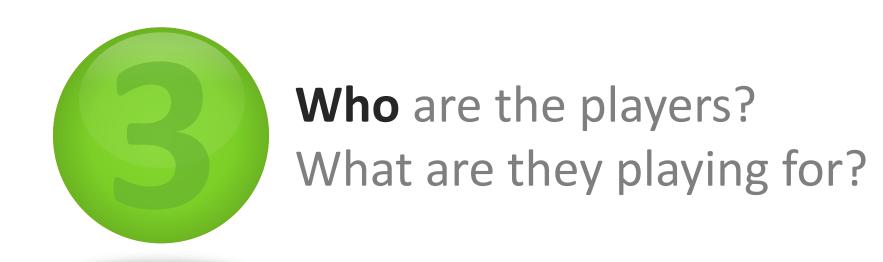
#### It might sound something like this:



And it feels like a pinball game

Chances are, there are more than three players.

What are yours saying?



Imagine putting them out in front of you, perhaps on a stage. As you see them and feel their energies move over there, what do you notice? What is the new information or awareness that you are getting, just from doing this?

#### What have you discovered about your Inside Team?

- When you think about a specific topic, what is the conversation that you hear?
- Who are some of the Players on your Inside Team?
- What are they trying to do?
- What are they so concerned about?
- How is it to see them?
- What are you taking away from this session?

Today we have covered just 1 & ½ of the 7 practices of The Inside Team, If you would like to learn more, come take the Teleseries!

### Cynthia Loy Darst, MCC



Coming to the ICF-North Texas, March 17 & 18:

\*Are you Walking on Eggshells with your Clients?

\*The Top Traps of Experienced Coaches

Check out my Website and my TEDx Talk, "Safe Inside Yourself" by going to:

The Inside Team 10-week Tele-series starts Weds., September 28, 2016. At 9:00-10:30am Pacific Time. To find out more, go to:

http://www.crrglobal.com/coach-training-courses/inside-team.html
Or contact me directly at Cynthia@teamdarst.com

Thank you for engaging and playing with me today!

I welcome your thoughts and questions: Cynthia@teamdarst.com