

## Sir John Whitmore Transpersonal Coaching In Action

The transpersonal recognises and works with our yearning, ingrained in the human psyche, for something beyond the personal, beyond the material and the everyday. I and Performance Consultants International are committed to the wider adoption of the transpersonal in life and work and the area of corporate coaching. In recent years people especially in Western culture are waking up to the transpersonal within themselves through the emerging need to find meaning and purpose in all aspects of their lives and to work in the service of something beyond just making a profit. This was less urgent when we were more focussed lower down the Maslow hierarchy (on the survival, on belonging and material success), and when religion was the preserve of the spiritual. Affluence, global communication and the secularisation of society have now brought the transpersonal onto many people's agenda, both personally and at work.

When coaches are familiar with the transpersonal dimension in themselves and the methods of addressing it in others, their capacity to help others is greatly enhanced. Even the most pragmatic of coaching interventions, such as daily task performance, is enhanced if the coach holds a transpersonal perspective. Coaching tends to be viewed in the business world as an action-orientated way of addressing problems. Trying to fix things can be a dispiriting and energy draining approach for people. Put simply, if we focus on problems, then we will get more of them. If we look for where the positive energy is, the vitality, the spirit, and explore and build on it then this is what will grow, within an individual or within a company.

A range of transpersonal tools and techniques are invaluable in helping people to reach the higher levels of performance, to fulfil their potential and especially to achieve in leadership positions. Transpersonal coaching is an empowering process which helps clients discover the power and effectiveness of who they really are. This core, source of our deepest values and qualities, is a well-spring of real strength, creativity and actualisation. Operating from this core enables clients to connect with their staff, the vision of the organisation and the global context fully and effectively.

Transpersonal coaching is at the cutting edge and now more than ever vitally needed by business, individuals and humanity if we are to build a world we wish to live and work in that is mutually sustainable and beneficial to us all.

## About this Master Class

No doubt some of you will know something about the transpersonal, but I will briefly run over the history and evolution of transpersonal psychology and its inevitable expression within coaching as coaching matures.

I will then use a series of brief group exercises to illustrate and provide an experience of the most frequently used transpersonal models in coaching. After each one we will have the opportunity to debrief and address the questions that may have arisen.

I will also give a demonstration of individual coaching using one or more transpersonal techniques. We will then hold a discussion about the benefits and any pitfalls that some of you might want reassurance about.

I will conclude by introducing the next level of coaching beyond the transpersonal, known as Integral. While closely related, it explores in more depth the stages of human evolution from an individual and a collective perspective. This is where we all will have to get to very quickly if we are to re-establish a long term sustainable lifestyle, both socially and environmentally, for all of humanity and the remaining suffering species that at present we seem hell bent on eliminating. Technology without the guiding hand of truly conscious people does much more harm than good. This change will only occur when people change.

## About Sir John Whitmore



Sir John Whitmore

Sir John Whitmore is Executive Chairman of Performance Consultants International. Formerly a motor racing champion, he pioneered the development of performance coaching.

Now in the field of coaching for over 30 years, he has been rated as Britain's Number One Business Coach and has been credited with having had the most impact on the coaching profession. John is also a pre-eminent thinker in leadership, in organisational development and in social and environmental sustainability. John's ground-breaking book, *Coaching for Performance*, is the best known coaching book globally, now published in 20+ languages.

He is currently working with multinational corporations and government organisations to establish coaching management cultures and values based leadership for whole system transformation. A fuller background is available at

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