

Intuition



wolf & heron

Why Intuition Matters

Whether the coach is “right” or “wrong” with respect to how the intuitive nudge is interpreted, using your intuition will almost always serve to further and deepen the conversation for the coachee.

Why it’s Hard

- > It’s hard to verify that it’s “real.”
- > Can feel like guessing or getting lucky.
- > Not based on “facts.”
- > We often misinterpret our intuition.
- > The skills of intuition— intruding and blurting— can feel rude, socially awkward or messy.

What to Do

- > Trust that there is more than one way of “knowing.”
- > Disassociate the intuition from your interpretation of it; even if it is misinterpreted, the nudge will always serve the conversation.
- > Stay open to all forms of intuition. Visual flashes, shifts of energy, a “spidey” sense... all forms are relevant.
- > Relax; try too hard to find your intuition and it’ll stay hidden. Simply allow yourself to stay available and listen to your whole self.
- > Lean into the discomfort of intruding and blurting.

Skills of Intuition

INTRUDING

Because coaching sessions are brief, it is sometimes necessary to intrude on the coachee’s report or storytelling in order to get to the heart of the matter. Rather than wait for a socially polite break in the conversation, the coach interrupts and redirects the conversation or asks a question. Often, intuition is what urges the coach to intrude.

Consider phrasing like “I have a sense...” or “I wonder if...” or “My intuition tells me...” followed by, “What do you make of that?”

BLURTING

Even after the nudge of intuition, there is often a natural tendency to hold back, analyze, and verify. By the time the coach has done this, the coachee has moved on and the moment is lost. The willingness to be clumsy, messy, or simply get it “wrong” is a powerful coaching skill.

Consider phrasing like, “I’m not sure of the right words here, but it’s something like...” or “Let me just talk aloud for a minute.”

For further reading, reference:
Kimsey-House, Henry et. al. *Co-Active Coaching: Changing Business Transforming Lives*. Nicholas Brealey Publishing. 2011