

CDI Philosophy and Vision

Welcome to the next step in your personal and professional development.

We know you may be thinking, “Here we go again, another program in personal and professional development”.

Let us share our vision for this work.

We make an analogy between the ICF Coaching Core Competencies and what the sutras are to yoga, or what the 108 slow, gentle movements are to Tai Chi. These traditions have represented over time the inherent intelligence that is held in our body and mind. The repetition and revisiting of these sutras and movements resonate with our own intelligence and become a foundation for our thinking, our being and our actions. In the same way, the core competencies, over time are applied with increased awareness and help us cultivate and remember a deeper sense of self. This serves as a foundation for the coach and adds value to the client’s coaching experience.

The use of the ICF Coaching Core Competencies becomes an art because of the conscious awareness that we bring to them. We believe all learning stems from integrating personal experience. We will support you in being fully present. You are asked to trust the process and be willing to explore with an open mind. During the program we invite you to notice your feeling/sensing body, tap into your inner knowing, integrate your understanding, and create a deeper learning. This process will allow you to set aside previously conditioned responses and open up to new possibilities.

In this program you will not find a rigid format to abide by or guide you. You will find gentle nudging to step out of what is familiar; questions that will elicit curiosity of the unknown and a new sense of integration that allows you to dance in the moment with renewed confidence.

At Coaching Designs International we value co-creation. We know we are not the experts in telling people what is true for them or in knowing what you need to learn. Life shows this to us every day in our coaching, our work and our relationships.

What we will learn together could not be uncovered alone. Co-creation is about surrendering and trusting that a greater understanding will come out of our interaction.

Sincerely,

The CDI Team