

Testimonials – Coaching Skills Courses Non-Judgemental Coaching

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Structure

This document contains testimonials from participants from the various offerings of this course. (No names or identifying information is included.) Of course, testimonials are almost always focused on the positive. If you are also interested in discussing the lessons learned from this course, please contact Noel Posus through the contact information at the end of the document.

Feedback

I always find exercises and discussions that stretch the thinking processes relevant and useful in ways that are simply labelled self-development. I thoroughly enjoyed this class.

It has made me even more aware of how beliefs and thoughts are what we are and that often there is no right or wrong answer. But the HOW of how we term and describe our positions can determine whether thoughts come across to others as judgemental or not.

I found it helpful both personally and professionally, it's quiet interesting really when you start to look at it. My judgment of "judging" was that it was quiet a negative behaviour but really it's a necessity as well, a skill that we really need to be able to use in the world so that we can make beneficial decisions.

I found it useful to talk about how judging is just part of the human condition, so it's also part of the coaching "gig" to learn to spot one's judgements of self and of our coachees, and to note them (and possibly do something with or about them) as opposed to aiming to not having judgements at all.

I found the teleclass relevant both personally and professionally, including how to communicate with a client when you are feeling a judgement of them or yourself, as well as realising some of the judgements I have about coaching and the industry in general.

This course was challenging! It made me question some of my thinking which may lead to a change in thinking I'm sure, but that is still evolving. The philosophical approach of the course, versus "teaching" has left me a bit confused, but rather than judge that, I'm going with it. This is just not a style I'm used to, so I'm also looking forward to the opportunity to grow with it.

Contacts

To discuss your needs, please contact Noel Posus, Director and Master Coach for Incredible Awareness.

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