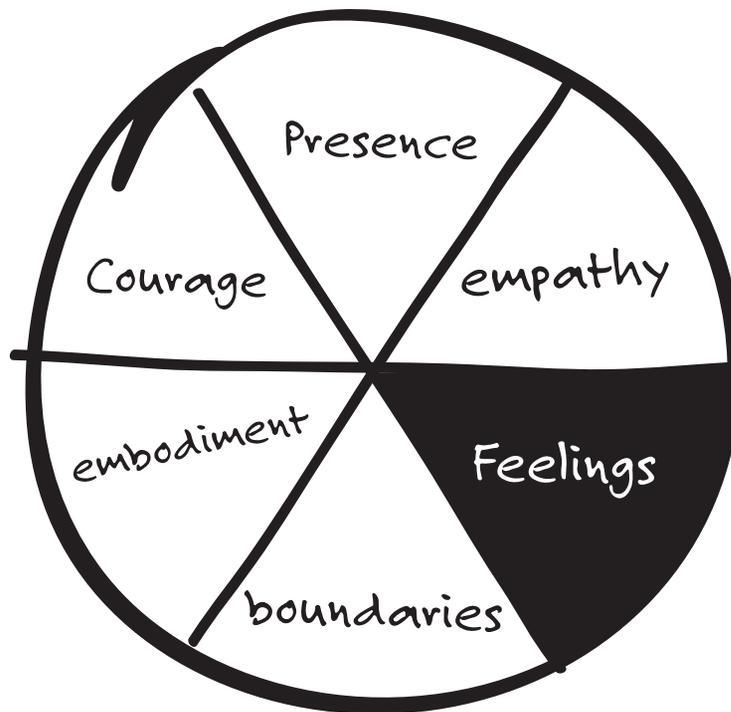


Deepening Your Impact

RANGE OF FEELINGS



Building Our Repertoire

Our ability to manage our emotional terrain powerfully impacts who we are, how we are experienced by others, and how we operate in the world. Great leadership and coaching requires us to have access to a wide range of feelings in order to have breakthrough moments. Devoting time to building a broader repertoire of feelings allows us to do our best work.

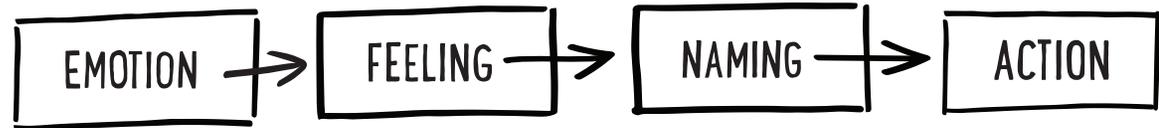
What We'll Cover 1: Pathway from Emotion to Action 2: Feelings Continuum 3: Feelings Inventory 4: Action Planning

1: Pathway from Emotion to Action

An emotion is a physiological experience that provides us with data about our world while the feeling is our conscious awareness of the emotion.

McLaren's work on empathy and feelings provides a helpful pathway from empathy to feelings.

This path from emotion to action requires mindful attention that a coach can hone over time. Real change requires thinking and feeling in our work.



Spend some time tracking your path from emotion to action over the next few days. Take a few notes and see what you learn.

2: Range of Feelings Continuum



LITTLE TO NO ACCESS	LIMITED	GROWING	RICH	EXTENSIVE
Low self-awareness, struggles to sense or describe emotional states	Limited access to a small repertoire of rudimentary feelings	Can sense some nuances in feelings	Able to sense intensity, complexity, and contradictions	Deliberately engages new experiences and unknowns
Coach finds it difficult to form connections with coachee	Coach can connect some and sense baseline feelings (mad, sad, glad)	Coach can access and respond to some wider range of feelings	Coach can build working alliances and attend to varying levels of overlap and nuances	Coach has an extensively deep and broad range of feelings and can connect with diverse and infinite possible feelings

Consider the following questions to help you locate yourself on the Range of Feelings Continuum, then plot where you fall.

When a coachee sends signals of tearing up in a coaching session, do you stop and explore or keep on topic?

When a coachee expresses a feeling that is outside of your comfort zone, do you stay there or work to move the conversation in a different direction?

When a coachee expresses no feelings, do you carry on or stop and see what might emerge?

3: Range of Feelings Inventory

For the next seven days...

1. List of all of your **go-to feelings**, those you gravitate toward with ease and regularity, each day.
2. List of all of your **no-go feelings**, those you almost never experience in your day-to-day routines, each day.
3. At the end of each day, spend some time to **explore what you learn** about your go-to and no-go feelings.
 - What feelings do you consider acceptable or good, and what do you consider unacceptable or bad?
 - What did you learn about your emotional tendencies, patterns, and your feelings range?

DAY	GO-TO FEELINGS	NO-GO FEELINGS	WHAT DID YOU LEARN?
1			
2			
3			
4			
5			
6			
7			

4: Insights for Action Planning

Holistic Professional Development

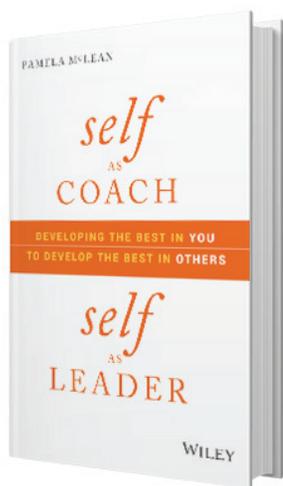
As you are reading, reflecting on the “Out in Your World” questions, and completing the Coach’s Worksheets, begin to think of how you can leverage your whole, cultivated self to your future coaching experiences and affect change.

What is one key theme you can take from examining your range of feelings? How will this impact your work as a coach or leader?

How will deepening your range of feelings help you do your best work towards affecting change as a coach or leader?

What is one practice that would support you in expanding your repertoire of feelings?

More About Our Work at Hudson



Buy the Book

For more details or to buy a copy of Pamela McLean's *Self as Coach, Self as Leader* [click here](#).

About the Author

Pamela McLean, PhD, is the CEO and cofounder of Hudson Institute of Coaching, an organization providing a full suite of coaching services inside organizations and widely known as one of the leading coach training programs in the United States for over 30 years. McLean brings more than three decades of experience as a clinical and organizational psychologist, a master coach, coach supervisor, and leader and contributor in the field of coaching. McLean has written extensively and authored [The Completely Revised Handbook of Coaching](#) (2012) and [LifeForward: Charting the Journey Ahead](#). (2015).



About The Hudson Institute of Coaching

One of the early leaders in the field of coaching, [Hudson Institute of Coaching](#) has been providing developmentally based coach training for leaders for more than 30 years. We set the standard for experiential learning programs that lead organizations and people to reach for their best as leaders and human beings in our global world.

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