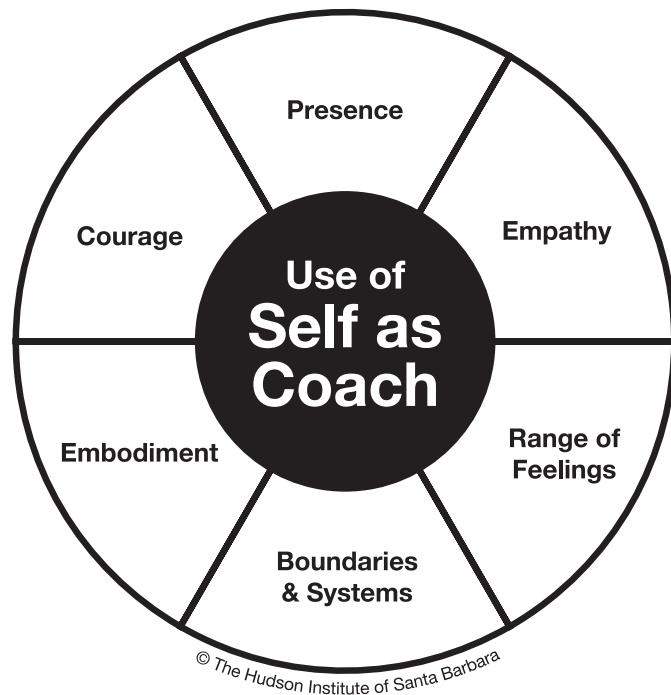


Deepening Your Impact

THE SELF AS COACH MODEL



Six Dimensions

Great coaches share a willingness and a commitment to meeting one's self at the edge of the boundaries of one's development. Each of the six dimensions of the Self as Coach model appears as distinct but, in reality, we use various dimensions to different degrees and in overlapping ways with each leader with whom we work.

In what dimensions do you currently demonstrate strength? How does this show up?

In which dimensions do you currently need to grow? How do I know this?

What We'll Cover 1: Self Assessment 2: Building Heat

1: Self Assessment

Without use of our self, we are wildly diminished. Reflect on the following common haunts of coaching. Rank the concerns as they apply to you from 1-5, with 1 being “this does not apply to my coaching tendency at all” and 5 being “this is extremely accurate to my coaching tendency”.

Personal growth in which dimensions do you think would enhance your work as coach or leader?

COACHING SELF REFLECTIONS	SELF-ASSESSMENT RANKING				
My presence is so overpowering and dominating that a client might be reluctant to share her real anxieties and concerns.	1	2	3	4	5
My attachment to tools and resources and my tendency to lead with them might diminish my connection with the client.	1	2	3	4	5
My tendency to emphasize the positive and veer away from the darker side could makes it almost impossible for the client to explore what is most at stake.	1	2	3	4	5
My own raw edges might make it difficult to slow down and build the all-important working alliance with my client.	1	2	3	4	5
My own fears affect my willingness to help a client pursue a daring alternative.	1	2	3	4	5
My own level of development is still in that early socialized stage of either/or thinking and I could be unable to go with the client to where their focus needs to be.	1	2	3	4	5
My aspirations are so strong that I risk failing to recognize that my client wants something much simpler, more direct, and more achievable, at least in the short term.	1	2	3	4	5

2: Building Heat

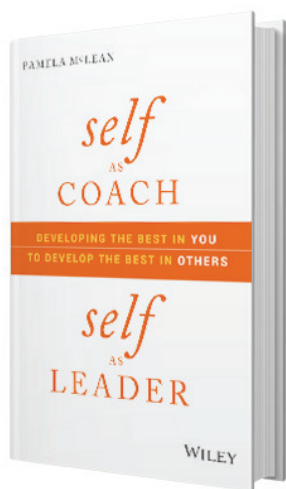
We deepen our capacity when we continue to do the inner work to link who we are today with our narratives, our formative attachments, and the scripts we crafted in our early years that no longer serve us as well in our current lives.

“Heat” creates the possibility for new insights and epiphanies. With well-constructed practices and supports, these breakthroughs lead the way to our own vertical development.

Could you devise ways to create a little heat in your life and work, perhaps through a reflective practice, in order to gain new perspectives about yourself?

Pay closer attention to how and when there is some ‘heat’ in your work that serves to surface new insights.

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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