



## WHAT IS COACHING?

By Neil W. McKinlay



The momentum of today's world influences all of us. The pace and demands of our lifestyle shape both our view and experience of living. As one person recently told me: "My life is about getting up, surviving whatever happens and then collapsing into sleep. It's really about just getting by." She is not alone in feeling this way.

In spite of this, however, many of us suspect there is more to life than "surviving". My work is about supporting people who harbor this suspicion. It is about helping them step out of the endless cycle that drives modern living and begin to connect with their own sense of life beyond "just getting by."

Regular conversations are the foundation of our work together. Typically conducted by phone for maximal comfort and convenience, these help us to develop a mutual familiarity. They also serve to bring an individual's present situation together with my training and background. More importantly, though, our exchanges provide an accepting forum in which people can begin to relax with themselves - often for the first time in a very long while.

Such relaxation awakens our inherent awareness. As this occurs, blind spots and resistance are uncovered. So too is our wisdom, understanding and connection. Feeling these more strongly, our lives begin to shift; more and more they become marked with a sense of trust in both ourselves and the world around us.

Awareness practices such as meditation and breathwork may be introduced as means to further facilitate the opening of awareness. Whether they are or not, however, the emergence of trust is a major turning point in the journey to connect more fully with living. For this begins to dissolve many of the barriers we erect around ourselves. It encourages curiosity about who we are. Not about the roles we hold and the responsibilities we must fulfill, but curiosity about who we really are.

And here we have reached an answer to the question posed by the title of this essay: What is coaching? In my experience, coaching is an expression of our willingness to engage life in a new way. It is a manifestation of our desire to cut through the distraction of modern living and finally engage ourselves.

To learn more about Neil McKinlay and his coaching services, contact:

**Neil W. McKinlay**

**Phone: (250) 595 4348**

**Email: [info@neilmckinlay.com](mailto:info@neilmckinlay.com)**