

# Coaching from your Agenda

The client's alignment to wholeness  
as a foundational approach

By **Melanie DewBerry-Jones**

I have an agenda for my clients. I'm very clear about and committed to adhering to this agenda. I'd like you to consider having an agenda for *your* clients. I realize that this contradicts what many schools of coaching tell us, but hear me out.

I'm concerned about the overdeveloped sense of separateness that is pervasive on this planet. I am sure that it is this separateness that is causing many of the ills the planet and we humans are experiencing. I'm equally certain that whatever the purpose, when clients come to be coached, their results are embedded in this agenda.

You may wonder how I can be so certain. The answer is everywhere: go to a bookstore and see the plethora of self-help and psychological information on the shelves. We are in a search to define ourselves, to make meaning and purpose part of our existence. We want success of the *Self*, and often will substitute work and wealth in order to have it seem personalized.

Many want "celebrity-ism" for their children because they believe that is

the key to being known, recognized and loved.

My agenda for each of my clients is that of *Sacred Union* or wholeness. Sacred Union means to be in emotional, spiritual, and physical connection to the Self, the Cosmos (Universe) and all living beings. The wholeness that Sacred Union brings lets the whole Cosmos know our truth. Wholeness includes beauty, grace and love. And it is from this place within that clients can achieve their greatest results – some of which they could not initially conceive, but will be forever grateful for attaining.

By living from truth, we come to live in responsiveness to our responsibility to each client. My agenda is no secret. I do not hide it from my clients. The client's alignment to wholeness as a foundational approach becomes the meta-view for each coaching call.

## A Whole New Way

I'm suggesting that our clients can't know who they are, or what they want, when they are not wholly integrated.



From a state of fragmentation, which is how the majority of humans exist, we experience a life of intermittent happiness with a foundation of fear and rage (often misnamed as anger, depression, anxiety and self-doubt). I differentiate wholeness from being broken. Being broken doesn't have a negative connotation about the person; it simply implies wounds unhealed that prevent movement. We are all whole, whether we are broken or not. We often do not recognize our wholeness, and thus act from a state of fragmentation which can lead to a feeling of *being* broken. If we are not holding an agenda for wholeness, then we often find ourselves coaching the shards of fragmentation. And yes, our clients will have some success from this kind of coaching, but as I've written before, they and their successes will not be sustainable.

Sustainability is our goal so that, once coaching is complete, the client

## Your Dog Knows

Here is an example of wholeness from the world of pets. Let's take your dog. Dogs live from wholeness, knowing their level of interdependence with you to feed them, and with the outdoors that gives them mystery and pleasure. The same goes for their relationship to water, trees, sand and dirt. Your dog relates to all without hesitation, until a *separated* human teaches it to her. Look for wholeness and connectedness in all around you – watch a squirrel or a hummingbird some morning. The wholeness in nature is in your clients; help them see it, too. Look for wholeness, peace and Sacred Union this week in other humans – in your neighbor, your sibling, child, client, barista ... and especially in yourself. If you see even a flicker, know that there is a flame.

is inner-resourced – looking within for answers to external stimuli. They know who they are so completely that they know where and how to draw upon themselves to engage with this world.

### The Holy Land

It is from this state of wholeness that one experiences a Sacred Union with all life because you no longer are ruled by fear of attack (anger, separation, anxiety, stress). Only then can you be in a holistic relationship with all. We choose differently when we make our choices from this place. Let's call it a *state of peace* because that is what wholeness is. This is not "utopia," some untouchable land that only the holiest of holy get to experience. It is already within your client. Will you see it? Will you dare to name it and bring it forward? Or does it feel too vulnerable, too inappropriate? It *is* vulnerable and completely inappropriate. Please claim it anyway. In many situations, we are way too appropriate with each other, and this leads to false decisions that affect us in grave ways.

### The Marriage of Green and Right Brain

Sometimes Sacred Union shows up as coaching the marriage of my client's

right and left brain. Each of us tends to favor one way of approaching life – either through the left brain of strategy, linear thinking, research and fact basis or that of right brain, the intuitive, creative, visionary and feeling basis. Often our tendency is to favor one over the other which leaves us severely lamed. Living in the vision of possibility, we might be unwilling to get the facts and do some background work, or perhaps we are so strategic, we forgo our natural insights of intuition and thus do what the facts tell us and not what we tell ourselves.

If we are right brain, we feel the left-brain walk is hard, boring and limiting. If we are left brain, we feel the right brain approach is too *touchy feely* and fantasy-like, holding no real application. Both views are in the business of making the other wrong.

Making the other part of our brain wrong means we don't have to embrace it, and therefore don't have to be uncomfortable with our lack of mastery of the atrophied side. What is not realized is that we are inept without union of both sides. Sacred Union is a wholeness-based approach. Whole, we have the *all* of us and we are unstoppable; we fear nothing. Fear

is what *has* to appear in separation of our wholeness. This is just a very small example of how fragmentation shows up, but you can see even in this example how not utilizing the entire mind can lead to separation of Self and then other. Each group (right/left) becomes a world unto itself. As Einstein put it: "*The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honors the servant and forgot the gift.*"

I hypothesize that the degree we have *wholeness of Self* is the degree in which we feel connected and responsive towards all living things. Our level of connection and responsiveness impacts the result we call life. Each one of us is having an impact right now on each other, and in this world. As it stands right now from our state of separation and fragmentation, we use this planet and each other as resources.

What we do singularly creates a shared experience. From wholeness we *feel* this – our intelligence knows this and thus we make choices consciously. Clients aren't just experiencing a transition, buying a home, or having a baby; they are designing the next set of experiences that will ripple waves into all of us. We get this idea when it comes to politics or war. Be assured that if you can feel it on that level, you can experience it on all levels.

Why not be intentional, and coach the client from a clear agenda to *evolve* as they aim for their goals. Try having an agenda that serves both your client and this world. Don't keep it a secret. Most folks want meaning in their life, and this is a way to attain it. •

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