

Ali:

Hi Kelly, hi Liz. Welcome to this fun podcast conversation, um, we get to talk about this really fun coach retreat that we've got going this fall.

Liz Stewart:

Hi, Ali. Thanks for having us.

Kelly Wendorf:

Yeah. Hi, Ali. Good to be here.

Ali:

So I know Liz pretty well from the past handful of years in a few contexts, but one of them is the coach supervision context. And Kelly, we've known each other for a long time, actually since the beginning of Reboot, since our first Bootcamp when I came down and had an experience with You which has still not left my body 10 years later. And upon meeting you, it just solidified this need inside of me that we needed to work together and I needed to learn the ways and I'm so grateful to be part of the Equus Herd in terms of a facilitator in the world.

It was in my...encountering of both of you and the work and even in connecting both of you together that when I thought about Reboot Supervision, I said this body of work, this important body of work for coaches, having coaches learn in kind of a supervisory capacity and gaining that capacity for themselves and their own professional and personal development really would be greatly lacking if it did not have this potent experiential piece which is working in the arena with the horses.

Kelly Wendorf:

Well, as you speak, Ali, there's a few things that just come to mind right off the top of the bat. And I think about the, you know, the last 10 years we've had together and how much has changed in the world in those 10 years. And it really feels like this is the time we need good coaches out there in the world. It is no accident that we're all together and the coaching industry is sort of emerging and blossoming in so many ways. And what better time for us all to be doing our good work than now when humanity is amidst so much disruption.

And so, not only are we all as coaches called forward to be coaches, but to be the best coaches that we can be in these times. so I just, and I don't know about you Liz, but working with coaches is so fabulous because we have these learner mindsets. We are curious. We are, you know, if we're good coaches, we're doing our own internal work. So I feel this is so timely, this retreat.

And then also that we have horses stepping up to assist us to be even better coaches because for anybody that's read my book, the horse in many cosmologies is seen as a wisdom companion for these times, for this time, this choice point that humans find themselves in as someone who can, an ally that can help us make the right choice collectively. So, and you've

met the horses too, Liz.

Liz Stewart:

I have, I mean, I'll jump in. think the thing that was so profound and I did the horse experience and it is still with me, like Ali, you mentioned it's still with you 10 years later. I can honestly say every morning I wake up and the horses are still with me. I came home with this idea that the horses don't lie.

And so all these messages that I might have been, I might have been in the past telling myself, you know, inside my mind, the feelings that a lot of coaches also have of, I good enough? Am I doing the right thing? You start to realize with the horses that they're, giving you a very clear lens of how you are received. And to come home with that feeling and then to apply it into your work, it doesn't end. And I didn't realize that it would be such a feeling because often to me in the coach supervision work that I'm trained in and that I've done with coaches, there's so much stuff that's going on up here and not enough that's coming down into here, into our seat, into our feet, into our brain in a different way, that it helps us relate differently. Because coaching can be very verbal. To relate and have a feeling and you meet your client with that feeling can be much more expansive.

Kelly Wendorf:

Mm -hmm. Yeah, I think it was Rick Hansen, you know, our neuroscientist friend who said that roughly 33% of our attributes were stuck with, you know, our tone of voice, that we're introverted or extroverted, but 66 % we can change. And so as coaches this is such good news because that 66 % is where, you know, is our playground. And that applies to us as well. What aspects of myself can I influence so that I can show it more powerfully for my clients? So that my work translates into creating real measurable change for my clients so that they really see the value in the investment that they're making in us and something as simple and of course so much more is going to happen in this retreat but something as simple as having the truthful reflection back from a horse about this is how you show up this is what you embody this is these are the gifts that you bring is so much more reliable and believable than if you know a coach supervisor were to say yeah no i really feel your presence. The horse is really gonna say, yeah, yeah, I feel it, or no, I don't. And here's what you can do to change

Liz Stewart:

I'm thinking about how a horse is really big. I remember when I did my horse experience, I was just so taken at how truly big, beautiful animals they are. And when they are near you, you can't not feel them. I had heard this piece about how the energy of the heart around a horse is just all-encompassing. So you're surrounded by care which is number one, but the other piece that a lot of coaches may not realize in a retreat like this is that it's not about how to be a better coach. It's about checking in with themselves as a coach. What is it that they need for themselves? You know, what could be restorative for them? Nurturing, nutrition, so that they can go back into their work. So it's less about performance and just more about understanding themselves.

Kelly Wendorf:  
Mm -hmm.

Liz Stewart:

And the piece I'm excited about, because it's the other half of the retreat, is when we get into a group of only people to, I don't know if the word process is the word I really want to use, but to talk about the experience and then to see if we can translate it into the room where people can tune into each other in a different lens, not just in what they're hearing, but also what they're feeling from each other.

Kelly Wendorf:  
Mmm. Yeah. I love that

Liz Stewart:

To make it a fully integrated experience that they can go home with.

Kelly Wendorf:

Well, you are a little bit psychic with me right now, Liz, because I was just thinking, what are you excited about? What excites you about? I'd love to hear from Ali and also you, what you're excited about bringing forward in this retreat.

Liz Stewart:

Well, I mean, the very first thing is to say that I love group work. So the group work that you do and the group work that I do where people are coming in with two people that enjoy what they do, which is very different. I've been a teacher for a long time for adults and often adults come in because they have to, or there's a requirement to, continuing ed requirement. And so, just the excitement that we both love something that we're offering.

That's one, but the unknown factor to me is very exciting because we don't know what's going to happen to each person in the group. But what I do know that's known that's super exciting is how people begin to relate to the horses, to each other, to themselves. And to see that spark kind of like go off, not just up here, but in their body, because my background is very heavily in somatics, heavily, 35 plus years.

And the integrative piece that can happen, often in experiential environments, people get these openings and then they don't know what to do with them. So the other big piece for me that's exciting is how to put our two worlds together so that the coach takes something home that up levels them significantly and also gives them a time of rest and restoration and just to get to know other people not in their little window. How about Ali, what's exciting for you?

Ali:

I think that, similar to what you were talking about, Kelly, kind of at the opening, that we have this opportunity here and now as coaches and even as an industry to get really clear about what

our work to do is in the world and how we need to be doing that work. And if coaching is a calling and we're really answering that call well I firmly believe that what makes a good coach is one's ability to be present with themselves, with relationally, and also like what's emerging in the environment or what's here.

And the ability to sense that requires this capacity on the inside of a human be able to receive that signal or that information and that requires the stillness and the inner knowing and I guess that inner presence, presence with self. And so for me good coaching goes back to embodiment and presence and I can't think of a container than a herd of to teach that honestly.

Kelly Wendorf:

Yeah, absolutely. And you know, it's interesting. People hear the word horses or horse assisted whatever, and they very often think, well, there's just a lot of preconceived ideas and biases around what that means. They think of equine assisted therapy, which this is not, this is coaching. They think about, you know, maybe that this has to do with petting animals and really I love the framing that really this is about us partnering with a 56 million year old wisdom companion. Forget that they look like horses, know, forget that they have this appearance of four legs and fur, but that they are this ancient ally and friend that we get to partner with, that we get to spend time with. Someone who has 56 million years of evolutionary intelligence, therefore, they have figured out how to be here on planet Earth in a way that works for them. And what is the key to that? What is the key to that success? And there's so much that they can show us because really the calling of coaching, I love that you said that, Ali, for me is such a sacred calling.

It's really, yes, about presence and can we stand in the fire of our own presence, of the presence of our client and not just help them get a raise at their next job, but really live purposeful lives that matter and that make a difference in the world and that are a part of the new human story, whatever that is supposed to be. yeah. And also I'm aware this isn't for everybody. We are really taking time to connect with each person that's interested in being a part of this retreat. So I'm just curious, Liz, what your feeling is about who this is for.

Liz Stewart:

Yeah. Well, I think it's true. In terms of coaching supervision, I just want to talk a little bit about why a coach might want supervision. And in this retreat, one of the, one of the things that I'm really dropping into more and more as we get ready for it is, and this is kind of classic coach supervision training when you learn about coach supervision. You want to help coaches with developing skills and understanding. You want to help them support and have emotional resources so that they can sustain themselves in their work. And then they need to stay tuned to what's ethical in their career and in their role as a coach.

But in the retreat, the thing that's exciting is we're going to create safety and have this transformational, secure environment. And that comes from the animals. But to be able to take that back into your practice and have the felt sense of it.

And a lot of people in my career, those two words, felt sense, don't often land well with people. It's simply that they've had an experience and they go home and they can, they see things differently, they feel things differently, they relate differently. But also in the retreat, making room to breathe and how to find that while you're in a session when you're back home. Or being able to work with overwhelming feelings that you have and that you might not have all the answers. And these are themes that come up with the horses.

I will get to answer your question, but I just think it's important to kind of parse out some of these. Like, you know, to be able to be with other people and say, sometimes I don't have the answers and I worry. And the horses will know how to help you with understanding how you are perceived as a worrier. And there's energy and there's reality. So horses are going to pick up on what's true.

So as far as, and then I think the other piece in these groups, which is different from one-on-one is just finding ways to go home with that you can work with difficult situations. Because in a group, something challenging, hopefully not too heavy, but it happens and we look for it. And in the world of body, we often say, or in the world of the earth being created, something out of chaos can come through and it's new and it could be reorganized in a way that can really suit you.

So as far as who's an ideal candidate for this, I think people who are curious, who are coaching, who are willing to be vulnerable, even if they don't know what that means and are open to not knowing. There's a real wisdom in coming in and saying, I want to grow myself as a coach. I want to grow myself as a human.

Liz Stewart:

Ali, do you want to add anything?

Ali:

I think what I, my thoughts are circling around like the full body experience that it is, you know, and I guess we said this kind of at the outset, like it's a deeply experiential thing and it's in NLP terms that when I studied with Carl and Michelle at NLP Marin, it's like this is a full body anchor of an experience. This isn't just that was cute kind of moment. This is like your entire body feels and experiences whatever happens in the arena with the horses in a very relational way, which I think hits at so many layers, just neurologically. And it's unforgettable. Your nervous system does not forget this easily because you're literally experiencing either a different way of being or who you are or a different way of being in relationship in ways that you're, you may not have experienced in the human realm or solely in the human realm, you know, in life. And I think the fact that we can kind of, we can get that from the horses is an incredible gift, but it's really potent, I think for coaches and facilitators and practitioners to also have that experience, especially if in the work that they're doing out in the world, which is, you know, being there to help guide others, but you have to be able to be a certain way with yourself and this experience

just roots it.

Kelly Wendorf:

Well, this is where I really geek out because I think all three of us geek out in this place because so many coaches leave so much money on the table when they don't translate learning into the felt sense, the body, the connective tissue between, to use your words, between themselves and their client, their client and the issue that they're dealing with there is connective tissue and it is all experienced through the body. And the body's intelligence thus informs our brains. And yet we live in a culture that's very much sort of brain focused and we think the brain informs everything else. It's actually the other way around. And we're way over simplifying here, I realize.

It comes to me that one of the things I believe will open up for coaches when they come and work with us is a lot of my coach clients will often say, I really understand that bringing in somatic, somatics and somatic experiences are important for me to be able to move the needle for my client, but I don't know how to do it and I'm shy about this and I don't know how to help my clients be more comfortable with this body -based kind of coaching. And I feel like by the time you've had a few days here with us and the horses, this will just be native to you. And it will start to just feel like something that's really easy for you to access.

Liz Stewart:

I just think the question that I do like to ask coaches is what makes you stand out? is the, why are people attracted to you? And it's really interesting because people answer that question in all sorts of ways.

And I think that's how people find clients. It's not that I have a, I might have a very specific skillset, but it's people come to me because of me. People are coming to Equus because of a feeling that they've gotten from maybe reading your blogs, Kelly, or seeing some of your video, or Ali, you're at Reboot. There's a reputation and there are people that we want to get closer to because we want that for ourselves.

So when a coach can say, what makes me unique is that I actually bring in these systems and I put it together. And in the world of somatics or body work, anyone can take a body apart. Anyone can help a client kind of break things down. It's the rebuilding. It's the understanding of who am I in this process and how can I connect to myself and to my environment and to my clients. That to me is one of the gifts of any kind of supervision, but especially this, where there's so much nonverbal presence happening.

Kelly Wendorf:

Hmm. Yeah, I'm excited. There's also the presence of the land here. You know, we have a lot of allies that are going to be assisting us to assist you, you who might be participating in this event. We have all the ancestors that are here, all the critters that are on this ranch, the land.

There's just a lot of energies at work that are here to support people to go deep, to nourish themselves as you say, Liz, to pause and reflect and leave here different, leave here changed.

Kelly Wendorf:

We're excited to have you here. Everybody, everybody who's listening, we'd love to have you here, we're excited.

Ali:

Yay.

Liz Stewart:

So I think it's worth at least knowing that we want you, if this is interesting to you, to please reach out. And also to know that Reboot has some other things that they do for supervision.

But a number of folks that I've spoken to have said, this is like an ideal way for me to discover what's possible for me, to have this immersion. And then if I'm really wanting more supervision, there are ways that that can happen. There are options. But this is a really nice first dip into the water.

Ali:

Yeah, indeed.

Kelly Wendorf:

Thanks Liz. Yeah, thanks Ali.