

For Coaches

Each coach should use self-empowerment, which in its simplest form means taking charge of our own lives, in the work place, with colleagues, with subordinates, with superiors, with our bodies, with our illnesses and for us caring for ourselves.

This sounds obvious but how come most of us don't do it. The reason for this is that we don't have the full understanding of how to do it properly or even what it means. We seem to rely on some sort of gut instinct or thought pattern within us, that we think this is the way it should be done. When we find out through some experience that, that is not so. We become confused, feel angry, feel hurt, indignant, feel rejected, feel not good enough, etc, etc.

The Issues

If you had the knowledge and understanding of what and how to do something, then you would know how to do things so that they don't go wrong later. In order to do this, you need knowledge of some sort. Or should we say self-empowered individuals do not give away their power or allow others to infantilize them, they use it appropriately. But to do this, one has to own and know your own power and be able to access it and use it appropriately.

So what is the difference between those who own and know their power and use it appropriately and those that don't ? It is the internal belief system. It is believing in yourself it is confidence in the extreme but not big headedness.

It is up to us to give these gifts or talents to participants in order that they can become empowered.

So what if you lack confidence and thus cannot become empowered

If you can't do it for yourself then get someone who is specialised to help you to get the answers and understanding for you. Once you have overcome that hurdle, you will have started to build knowledge about yourself and how you operate. When the next similar event comes up then you will be empowered to overcome that similar kind of situation, and will not react negatively. You will be able to handle that particular situation easily.

Becoming empowered means doing this exercise over and over again every time you have a reaction to anything, you will build up huge knowledge about yourself. Through this methodology you will eventually overcome all of your reactions. As you do this more and more you will overcome your fears that were holding you back, making you feel dis-empowered. When you have reached that stage you would have become rather powerful or empowered in your own right.

Thus we can see the barriers to empowerment are lack of confidence, lack of knowledge and fear.

If you knew absolutely nothing about a horse, and the horse stopped opposite a building site far from home. You would have no idea what to do so that you can go on. Yet if you had a good knowledge and understanding of the horse then you could figure out what needs to be done.