

# COACH GURU

## The Journey Continues...

The monthly newsletter from the desk of Regal Unlimited

### WHAT'S IN IT:

Women as coaches and why, past as well as upcoming ones, some humour, blogs and much more!

Dear Leaders,

An equal world is an enabled world, isn't it? Individually, we're all responsible for our own thoughts and actions - all day, every day. Individually, we can actively choose to challenge stereotypes, fight bias, broaden perceptions, improve situations and celebrate women's achievements. Afterall, it is on each of us to create a gender equal world. On the occasion of the International Women's Day's let us resolve to fight for gender parity, celebrate women's achievement and support #EachforEqual.

### COACHES ON #IWD2020

We asked our coaches 'What IWD20 meant to them as a coach?'

Coaching is as much about the feminine energy, Shakti/Yin, as it is the male, Shiva/Yang energy.  
**Subash CV**

Dear Women, Your greatest responsibility is to love the whole of yourself & know you are Enough .  
**Priya Sundaram**

Its a day when my passion to empower women so they stand free and tall, gets reinforced.  
**Rekha**

Liberation and creativity to tap into the higher potential within each.  
**Sidhartha Satpathy**

A day of celebration of women as mothers, colleagues, wives, leaders who lend much needed diversity and balance in all walks of life with their vibrancy and energy.  
**N Venkatraman(Tram)**

Be a good role model and ensure the success of every woman becomes the inspiration to other.  
**Saswati Basu**



IWD is an affirmation to me that every life on this planet has a right to express itself and live a happy life. Every year there is a new theme for IWD, but the underlying resolve is to fix the systems in our society that got choked with negativity.  
**Shanthi**

Deluged gratitude to all women who sacrifice their aspirations to help their loved ones dreams come true.  
**Dhurka Natchiyar**

Not the other half, not even the better half; rather, I am a woman, a whole woman!  
**Anu**

Reaffirmation of many things, independence, love, compassion, ability to transform others and celebration of life itself.  
**Abirambika Ravivarma**

A woman is a full circle. Within her is the power to create, nurture and transform.  
**Ramanathan Yegyanarayanan**

It signifies empowerment, liberation, self discovery, contribution, and evolution.  
**Debabratha Banerjee**

Unlocking possibilities and breaking limiting beliefs  
**Ashwini**

You can make her a Devi or a Devil. Inclusion (or exclusion of "L" is in your hands).  
**Sangeeta Shankaran Sumesh**

Reminds me to be more respectful, compassionate  
**PK Narayanan**



Subash CV

When I first heard, ‘women make better coaches’, from a trainer, I was not perplexed. I had seen the innate potential in women to inspire and coax one to become a better version of themselves – the women in my life had done that for me. Later, as part of our coach training and mentoring, we were encouraged to always ask ourselves, ‘what would it take to get more women to learn to coach and practice coaching?’. Unfortunately, at least in this part of the world, there seem to be more men getting into coaching than women. Or shall we say that the overwhelming majority is not women, yet.

***What makes women natural coaches? At least most of them?***

One of the concepts integral to our work at Regal Unlimited is ‘Unconditional Positive Regard’, just as Carl Rogers speaks of it in the context of therapy. While one may agree that it is possible to always have some regard, positive or negative, is it possible to keep it always ‘positive’? Is it even humanly possible to operate from an ‘unconditional’ space at all? At Regal, the journey of becoming a coach to being a coach is to tap into that unconditional positive regard.

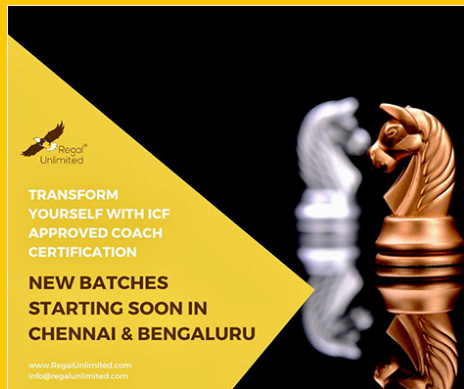
Of course, the much-talked about unconditional *love* is a notch above that – perhaps possible only at a deeply spiritual, divine level. Maybe an *avatar* can demonstrate unconditional love. May be not humans. ‘We are only humans’; I often hear from my fellow coaching colleagues. Even though what we do is almost divine – coaching and maximising the human potential in both personal & professional front – a coach, and a good one at that, can only have unconditional positive regard for her coachee, and not unconditional love.

And that made me wonder how are women so naturally disposed to become better coaches? Is she capable of unconditional love? Well, a mother is the closest to demonstrate that unconditional positive regard/love. But here again, it is only for her child. So, it is really unconditional? May be not. But there is no denying that she is way ahead of everyone else in this department. And maybe that’s how it is easy for her to be a good coach! Going beyond IQ, to EQ and SQ (spiritual quotient), perhaps she can unconsciously tap into the feminine/Shakti/Yin energy, which makes her stand.

For men, it is an attribute that needs to be built over time, making coaching a holistic skill that can be learned

Here is something to ponder upon - *What would help us to tap into that loving energy, for the benefit of the coachee, client?*

*PS: Dog parents would have experienced unconditional love from their dogs.*



**ICF Approved Coach Training & Certification**

1. Chennai - Starting 14th & 15th March 2020
2. Bengaluru - Starting 18th & 19th April 2020
3. Online/Live in March 2020.

**Regal Unlimited global webinar on 24th March, 8 pm**

To know more, [write to us](#).

Visit our website: <https://regalunlimited.com>

**GUEST BLOGS**



**Are your goals your own?**

As each year comes to an end, and the new year dawns, there is so much of hustle and bustle about the goals that you’ve achieved and the new goals that you are to set for yourself. There is tacit stress that has started to build around something that was once so much fun and motivating. Most of the time we are measuring ourselves on an invisible scale against others, often feeling the need to speed up to keep up.

What intrigues me is whether the goals that we set nowadays, are our own or ones that are socially accepted at our age? I gave myself some time to debate that thought and gain some clarity. I realize that I have always believed that setting goals are very important at every stage of life. They help motivate our choices and decisions, giving us the clarity to work towards reaching our potential. However, the goals that we aspire to reach should be true to what we value in our life and also help us move towards being self- actualized individuals. It should not be a checklist that has been socially agreed upon. That takes the fun out of goal setting. And who said goal setting really have to be a “serious” task?

**Lakshmi Sithambaram, ACC**





**Coaching as a leadership Approach/Skill**

A leader has the responsibility to inspire the hearts of her people & make them follow her vision like it is their own. However, the ownership doesn't come naturally for an employee, till they totally buy into the vision and take accountability of the outcome. Where the traditional leadership approach often fails to inspire accountability, "coaching" as a leadership approach seems more effective in infusing sense of ownership organically.

"Coaching" as a leadership approach fosters a culture of partnership and collaboration. Creativity is met with no resistance. It further encourages transparency, trust, teamwork & authentic conversations, making it a dream workplace. Less turnover, better results; consistent performance becomes a by-product of such positive environment. Leadership which has "Coaching" as the core component makes cultural transformation possible, where more people are motivated to think like coaches, eventually leading the focus to shift from managing deficiencies to developing competencies. This skill helps the organisation move forward, faster, efficiently & cost-effectively. Leadership should be all about empowering enabling people and "Coaching" as a leadership skill, is a promising way forward.

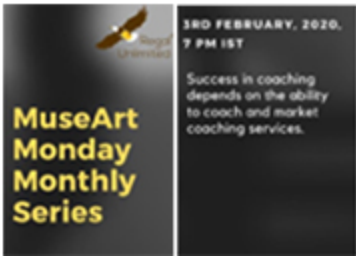
**Priya Deepak**

[Read more blogs here.](#)

**LAUGH AND LEARN (#LAL)**



**2020 EVENT UPDATES**



**Monthly Muse Art (February 2020)** for our community was focussed on Marketing. The journey from a good to great coach is based on coaching and managing the business practice of coaching. Rahul presented 'Marketing Mindset', and Avantika shared her thoughts on 'Top 5 Lead Generation Tactics for Coaches'. Be a good role model and ensure the success of every woman becomes the inspiration to other.



**Monthly Meetup**

We had a guest speaker, an experienced, global HR leader, Badri, sharing his thoughts on "Organisation Re-design, People Congruence"



**ICF Chennai Chapter – Corporate Coaches Connect**

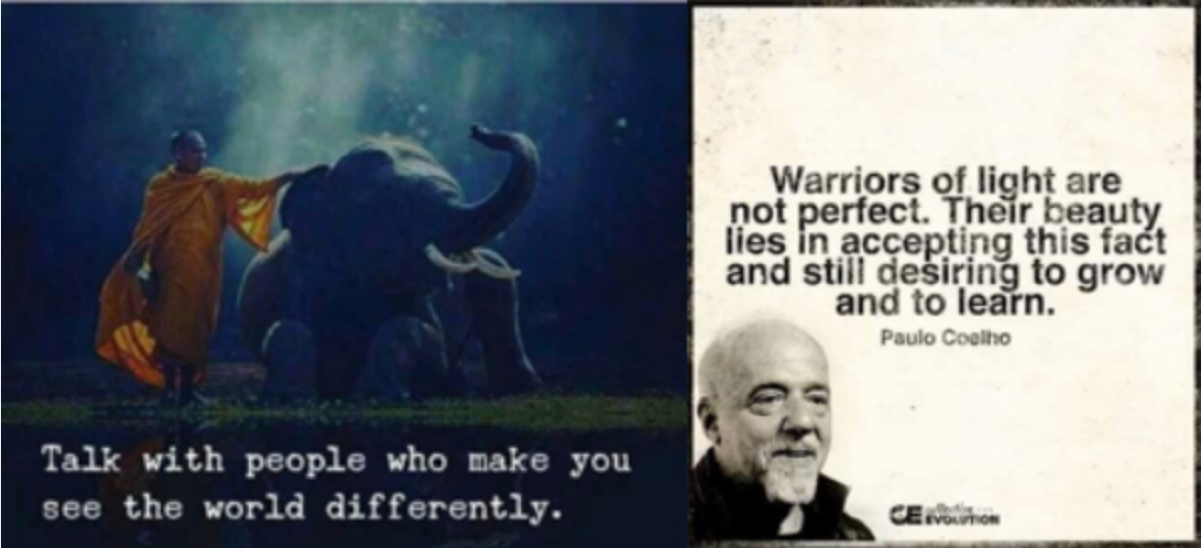
We celebrated Valentine Day at Chennai, with fellow coaches and corporate leaders, professionals. We were happy to be associated with the event as the sponsor. All for the love of Coaching.



**Chennai ICF Coach training on Jan 25th and 26th:**

A glimpse into the magic we create... ICF coach training at Chennai over the weekend of 25th & 26th Jan started with a new batch beginning their coach training journey with Subash CV, MCC (ICF) & an exclusive team of RegalCoaches

**HEALER'S CORNER**



Talk with people who make you  
see the world differently.

Warriors of light are  
not perfect. Their beauty  
lies in accepting this fact  
and still desiring to grow  
and to learn.

Paulo Coelho

CE Evolution

**ACTIVE LISTENING** IS ONE OF THE ICF COACHING COMPETENCIES.  
WE ALWAYS START ALL OUR COACH TRAINING/CERTIFICATIONS,  
WORKSHOPS WITH THIS IMPORTANT COMPETENCY.

Best wishes.  
**Team Regal Unlimited**

