



The Hidden Art of Coaching

Restoring Rest, Play, and Confidence

Since the word, “coach,” can mean so many things, three coaching mentor/colleagues decided to have a series of in-depth conversations about the subtle, hidden, and somewhat countercultural ways we each practice the art of coaching. We found that as we discussed the themes of rest, play and

confidence and how those wove into our work, it helped to reveal both the common ground we stand on and the differences in our styles and approaches.

Each conversation is a little over an hour and is prefaced by a brief clip that will give you a taste of the territory we’ll be exploring in the longer conversation. I highly recommend you start with the first one, focused on Lianne, because it lays a foundation for the other two.

Lianne Raymond is a coach who mentors coaches. She lives and works on Vancouver Island in British Columbia.

Clip: **Confidence in the Unfolding**

Full Conversation: **The Hidden Art of Coaching – Lianne Raymond’s Practice**

Carolyn Koehnline of **Gentle Approach Coaching** is a clutter and transitions coach, artist, and writer who lives and works in Bellingham, Washington.

Clip: **Emergence, Not Emergency**

Full Conversation: **The Hidden Art of Coaching – Carolyn Koehnline’s Practice**

Kim Scanlon is a life coach, singer, and writer. She lives and works in Seattle, Washington.

Clip: **Attention is Benign**

Full Conversation: **The Hidden Art of Coaching – Kim Scanlon’s Practice**

Producer/Engineer: Greg Scott, Music: Scott Nygard

For more information about Carolyn’s Gentle Approach Coaching **[click here](#)**.