

By Vince Gowmon, CPCC

Yes to You

Integrating spirituality and coaching

Integrating spirituality and coaching is an increasingly prevalent theme within the coaching community. The most common question seems to be, “How do I bring the two together so my practice is a veritable reflection of my authentic truth?”

The answer lies in first realizing spirituality is not something concrete. It cannot be attained, learned or grasped mentally, and therefore it is not a process of adapting spiritual terminology, ideology and methodology into a coaching practice. Spirituality is a realization and expression of a deeper knowing of our unified field of consciousness. Spirit is immanent and therefore spirituality is a means of expressing that which is our essential nature. Spiritual coaching is our

your power and stand in your highest truth. It is a calling, not for how you want your practice to be, but rather how *you* want to be. Learning more and trying to find strategies to best incorporate spirituality into your coaching is a convenient way to avoid your power — the truest source of integration. Answering the inexorable call to let go and fall into the Light of Truth is the beginning of your own reintegration with Light, and the union of coaching with spirit.

It starts with You! Your coaching practice is always a natural expression of your state of consciousness.

“Integrating spirituality and coaching is a calling for you to embrace your power and stand in your highest truth.”

own unique way of answering the call of spirit. We express its ineffable power through our presence, words and actions in the present moment for the sake of supporting others to do the same.

Coaching as calling

Integrating spirituality and coaching is a calling for you to embrace

This includes your coaching framework and style. As you embrace your power, your practice is reshaped and suffused with your awakening awareness. As spirit gracefully shapes your presence, it also imbues your practice with greater love, wisdom and spaciousness. A deeper faith in your power unfolds, and a realization that the

true power of coaching resides not in what you say, but in who you are.

The highest form of intentionality is how you declare yourself to the world — your state of being. Embracing your truth and owning your power is the source or intention that attracts the clients you would love to coach. As you surrender to You, you will attract new clientele who are ready, open and appreciative of You being fully authentic, powerful and speaking your truth! Of course, you have to want You first. That’s the trick. But when you do, just watch! Stand in your truth and the universe moves to support you. Integrating spirituality and coaching is therefore not about saying how, but rather Yes — Yes to You. •

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