

Catalyst[©]

Catalyst is for alumni of our executive development seminars to remain connected, and for coaching clients, prospective clients, and other interested parties to learn about who we are and what we do.

Coaching – A Perspective

Those of you who are intrigued by coaching, be it corporate, management, business, or personal, may be interested in the following.

I have just completed an advanced curriculum (116 hours) of coaching training with the Coaches Training Institute (CTI) of San Rafael, CA. The workshops explored values, perspectives, deeply-held beliefs and feelings, and moving our clients powerfully into action in service of their visions.

It reminded me of learning to dance. Once you have learned the basics, the fun part is in the improvisation, creating with your partner in relation to the music and the other dancers.

What I like about CTI's approach is its focus on the client, held as "creative, resourceful, and whole", and the idea that an effective coach helps a client find their own answers through a co-created "designed alliance", making the *relationship* between client and coach of prime importance.

It was very powerful to work with a group of

like-minded people over time, all of whom were committed to supporting each other's development, to exploring what it means to be human at a very deep level, to connecting in ways we seldom make the opportunity for.

Sometimes it was messy, sometimes sacred, sometimes sublime. Some of us went straight through the curriculum modules, some came and went each month. What continually impressed me was that the more we took the risk to speak our unspeakables, the more we moved closer to our goals, dreams, and visions, an opportunity we can then offer to our clients, not to mention others in our lives.

People came from across the country and across the world, and in every case it became clear that, cultural differences notwithstanding, there is a common language our hearts speak. Taking the risk to connect at that level is huge, often challenging, and immensely freeing, making way for magic of all kinds...

– Deborah Huisken

WORKSHOPS

Power at Work

In September of 1999 a colleague and I offered my Power at Work workshop at Ashridge, a noted UK management college.

In this workshop we take two days to look at the lures, traps, and possibilities inherent in power, and at the power dynamics in individuals' current work situations. We then work experientially with how those dynamics might change, and what actions people will take to change their situations.

Comments from the ten Ashridge participants (tutors, consultants and staff) included "stimulating", "Thank you for enriching my life. I will never forget my experiences over the past few days and am extremely grateful", "an extremely powerful developmental experience", and

"this brief experience has already and will continue to change my life at work and home. I feel more at peace within myself and with the world, more tolerant/almost loving. I feel as if there is the beginning of a different person developing - the sort of person that I really want (and always wanted) to be."

– Erwin Scholtz, Consultant

Dimensions of Leading

In Dimensions of Leading we use Lindy Hop, a partner dance, to explore issues in leadership and team participation. This is a fun, flexible session offered in from one to four hours to suit the audience. It is ideal for livening up an annual meeting, as seen at the Going Public with Spirituality Conference in June 2000, and a Corporate Coaches Collaborative meeting this past March. Upcoming events include a public offering in the UK to coincide with a private offering at a Society for Organizational Learning meeting in October 2001.

What Is Catalysts for Change?

Catalysts for Change is a 5-day experiential retreat which helps business people refocus. We explore the nature and responsibilities of Leadership, and take a deep look at the blocks and blindspots which keep leaders from achieving their full potential, drawing in part from performing arts techniques, a variety of spiritual disciplines including meditation, and 12-step principles. We encourage participants to access parts of themselves which are currently dormant or underutilized, exploring new, creative ways to maximize potential, to find new responses to the rapid change facing leaders today.

If you join us, you will have fun – you may also work harder than you ever have in your life. For more information, contact Dancing Star Productions at +1 413 367-9416, go to www.DancingStar.com, or e-mail Deborah@DancingStar.com.

UPCOMING SESSIONS

Catalysts for Change: May 2002, Dartington Hall Conference Centre, Devon, UK. By invitation only. please call for details

Dimensions of Leading: 18 October 2001, Portland Place Conference Centre, London

Support for Working Values: 16 October 2001, Portland Place Conference Centre, London

YOU CAN EXPECT TO:

- Be challenged to move beyond your blocks
- Increase your leadership skills
- Uncover hidden potential
- Add new tools to your repertoire
- Accelerate your vision for the future
- Work hard AND have fun





Catalyst - A Dancing Star Production
One must have chaos within to give birth to a dancing star - Nietzsche

Publisher

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Submissions

Send comments, questions, and submissions for Catalyst to 32 North Taylor Hill Rd, Montague, MA 01351 USA. E-mail Deborah@DancingStar.com. For submission to be returned, please include a stamped self-addressed envelope. We reserve the right to edit articles for length, clarity, and readability.

Advertising

Rates and deadlines available on request.

My Clients

I love coaching experienced professionals who are ready to transform their life, their work, their art.

Whatever sparked the desire – a problem, overwhelming opportunity, or deep restlessness – my clients are willing to work at a profound level to improve their lives, as am I. They are people who are committed to the work of transformation because they are committed to themselves and the contribution they can make to their own lives and to the world we live in. They know that whether slow and gentle or fast and fierce, change comes from looking within. Further, they know that lasting change is a process of choosing and practicing new ways of being over time, with the help of supportive, like-minded people.

Deb's Corner



Many of you know that I moved myself and my business “home” to Massachusetts in September 1998. Since then it has been a stressful time, as every major area of my life – home, work, primary

relationship, family, friendships, health, and finances – has been in upheaval because many losses hit all at once. It has been disorienting and challenging, and a time to deeply question my values and assumptions – about myself as well as about other people.

Building a business in such an environment has been, as you can imagine, challenging. There has certainly been progress, although it has been slower than I would have liked – it has absolutely not been according to my schedule!

Throughout, some things have remained consistent. They include the fun, inspiration and heart connection which partner dance, in particular Lindy Hop, is for me; and my desire to continue with the work I started in 1995 which resulted in the executive development retreat and workshops discussed herein. In addition, I have consciously added coaching (which I have unconsciously done for years) to what I offer.

My approach is not for the faint-hearted. I work with difficult feelings in order to release and transcend them, which is some of the hardest work we can do. I personally have grappled with resistance in the form of physical illness, depression, procrastination, and self-doubt. And in finding and using new and existing tools to deal with my resistance, I am moving on to new levels of health and self-understanding. I am finding myself freer to be and express myself than ever before, in ways that used to feel impossible for me.

This is the potential I also call forth from my clients. Working by phone for half an hour a week, four weeks a month, my clients call from wherever they are in the world. I ask a lot of questions and we work together to

identify their answers. It is a very exciting way of working for both of us, especially when the results include long sought-after success, higher levels of income, and a more satisfying and manageable life. Have a look at my website (www.DancingStar.com) for more of their results and comments.

In July of 1998, at a dance camp in Sweden with over a thousand other Lindy Hoppers, I spoke to an American expat who was living in Budapest. He used the following definition of spirituality – “an individual expression of a connection with something higher and greater than ourselves”. I found it a simple but elegant and satisfying definition.

This small vignette exemplifies something I learned long ago. In taking the risk to talk with a wide variety of people about my work and my beliefs – people who I might have thought “just would not understand” – sometimes the most profound lessons are learned in the most unexpected places. I do this work I do because in sharing these lessons with others, they become more completely mine.



Three who looked at Power at Work – hailing originally from Russia, India, and the USA.

Some of you in the UK will remember Rick Morgan, one of my erstwhile colleagues on the Power at Work workshop. He is currently back at work for the Home Office, last I heard in Istanbul, heading for Bangkok. The good news is that we will continue to work together when our schedules permit.

ARE YOU UP FOR IT?

To take advantage of any of these offerings – the executive retreat, workshops, or individual coaching – contact us at Dancing Star Productions: telephone: +1 413 367-9416, email: info@DancingStar.com. Or complete and send the form below to 32 North Taylor Hill Road, Montague, MA 01351 USA, fax number +1 413 367-9136.

Name _____ Position _____

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Comments: _____

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