

# THE DISRUPTIVE COACH



## Principle #3 - The Principle of Relationship

**Everything is relationship.**

### The Principle of Relationship - CORE TENETS

#### 1. Nothing Exists Independently

Every phenomenon—emotion, belief, conflict, identity, behavior—arises in relation to something else. There is no truly independent 'self' or 'problem.'

#### 2. The Self Is a Relational Process

Identity is not fixed; it is emergent—shaped by relationships with people, roles, systems, memory, and future projections.

#### 3. The Field Shapes the Parts

The relational field—systems, norms, energy, emotions—creates individual behavior. Field awareness is essential.

#### 4. The Illusion of the Isolated Self Creates Suffering

Much suffering comes from believing we are separate or solely responsible. Interbeing dissolves shame and over-efforting.

#### 5. Relationship Is the Path to Change

Transformation occurs through shifts in relationship—to self, others, time, systems, meaning, and possibility.

#### 6. The Coach Is Part of the Field

The coach is never separate from the dynamic. Their presence, history, and consciousness impact the field profoundly.

#### 7. Whatever you can't be with limits what else is possible.

The coach works to allow whatever is unfolding without any resistance.

### Fieldwork:

***Contemplate: If your perspective of separation was gone, knowing in your bones that nothing is separate – how is this relevant? What might that change what we do in our coaching? How do we practice?***

- Based on the Principle of Relationship tenets that we have discussed, see if you can access a different place to relate from with your clients. Bring your observations to class.
- Please review all the videos and articles for the Embodiment module meeting.
- Complete and return your reflection sheet for the Relationship Module and any make you need to do.

*\*A reminder to engage in your mindfulness or stillness practice. Even if only sitting quietly for 10 minutes each day noticing the thoughts that pass through your mind without attaching to any of them.*