

Potent Alchemy #2

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Potent Alchemy

... **simplicity** in complexity ... **possibility** from improbability ... **adaptability** from
fixidity


Knowing No-thing

'To know and not act, is yet not to know'


Certainly there is no certainty

I am at my best when I sit in the place of not knowing. I suggest that there is no better place to be as a leader, coach, facilitator, supervisor. When I surrender to knowing no-thing I bring myself into a place of being fully present to what IS. In this place I can bring acuity, sensitivity, compassion, care, playfulness. When I am at my worst, I presume myself to be an expert: I know what is WRONG with the world, with others, myself; and worse, I know how to make it all RIGHT - ah! the God delusion! We human beings are acute sufferers. I don't know how you deal with your certainty but I grab hold of mine and try to swallow it whole. It sits in my gut, indigestible; blocking my system, denying me access to any nourishment. If I don't find a way to break it down, it becomes toxic to me and to my relationships. It shuts me down.

As human beings we are hard-wired to categorise, judge, conclude. We look for what we know (or think we know), disregarding what does not fit. If this is our only modus operandi we will never come to know more. This capacity to search for what is familiar, is vital when our immediate physical safety and survival is at stake, yet in many current contexts we need to do the exact opposite. We need to open up, be curious, enquiring, expansive in looking beyond what we normally see, to what we have yet to discover. When we are caught in a driven state, desperately searching for the certainty that 'surely must be there', we close our senses and minds to what is around us. We become like an unstoppable steel cannonball racing down a hill - crushing whatever crosses its path, and along the way, missing or killing all that is potentially life-enhancing.

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Breakthrough Coach CPD Training

for experienced Coaches, Facilitators,
 Supervisors & Therapists

✿ Embracing Complexity

Edinburgh: 24 April, 11 Sept, 11 Dec

✿ Systemic Coaching with The Potent 6 Constellation

Edinburgh: 25-27 April, 12-14 Sept, 12-14 Dec

✿ Embracing Complexity in Coaching and Supervision

Manchester: 22 May

To register, please email [Julia Menaul](#)

For
Edinburgh training ==> [Eventbrite](#)



**Having emotions does not
 kill us; denying them
 might**

Turn judgment into curiosity

Our propensity for seeking or assuming certainty is unconscious and pervasive. Often, we are only confronted by 'our certainty assumptions' when something does not happen as we 'know' it should. The bus is late. An airline goes missing over the South China seas. The rivers flood. A friend discovers they have cancer. We know we are confronted by our certainty mind-sets because we usually feel something we would rather not feel: irritation, anger, even rage or despair or grief. **'IT SHOULD NOT BE LIKE THIS!!!!'**

Yet it is. It is. This is how it is. We look for someone or something to blame. We demand that *'it should have been predicted'*; that *'someone should have known'* and *'should have prevented it'*. We are so certain that whatever happened need not - should not - have happened. **Yet it did.** It is our refusal to accept reality that causes us so much angst and the more we cling on to it, the more we deny ourselves access to our creative, generative selves.



When we favour curiosity over judgment we liberate ourselves. When we ask open questions, we discover more possibility and free up potential for creative action. Genuine inquiry leads us into new and different places and catalyses future change. Closed questions, driven by our assumptions and judgments, lead us back to the past. Why? Because this is where they come from. Whilst this may not necessarily be unhelpful, often it is.

Past solutions were fit for the conditions of the past. If we do not pay wholehearted attention to what is present we miss vital clues that are relevant now. This is why, in the paradigm of complexity 'there is no such thing as best-practice' only 'best-fit practice'. Knowing what the past has brought us is important; but being present to the Present is what equips us to step towards the future from a grounded, conscious place. Presence is the source of wise action and it is this that holds us at the centre of our work with The Potent 6 Constellation.



Emotional mastery is known to be one of the key competencies of great leaders. Yet so many of us find ourselves doing everything possible to avoid connecting to our feelings, fearing that if we do, we might unravel!. Our emotions and physical responses are simply data. Data that helps us notice things that might otherwise remain outside our awareness. If we befriend our emotions, we empower ourselves to better see, understand and engage with the reality within and around us. This in turn helps us to respond from a more considered place rather than blindly reacting to unexpected and unwanted events. Many people talk about emotional or personal mastery but rarely do we come across something that actually, practically helps us to develop it.

The Potent 6 Constellation is breakthrough social technology that meets this need. It helps individuals and groups to radically shift stuck, unhelpful and destructive patterns by sensitively illuminating what is at play, but which is outside everyone's awareness. Our gorgeously simple materials enable the Coach/ Facilitator to work in a systemic, embodied way with clients - safely opening up the space to explore and work with the hidden undercurrents. The (c) Emotional Palette cards (in the picture) support the process helping clients to recognise and name their emotions and to see how these are connected to other factors at play in their personal or group system. This is exciting stuff, as a client of one of our recently trained Coaches exclaimed:

'Moving around the Potent 6

Constellation enabled me to step out of the chaosthis was probably one of the best coaching sessions yet, I can see it so clearly now!'



The Past revisited as the Future calls

Spring appears to be on its way and as I sit writing in The Cabin, with my feathered friends flitting between the bird feeders and the squirrels doing their acrobatic best to extract seeds from equipment designed to deny them, I am filled with a sense of joy and of gratitude. This gorgeous Cabin has just had its first birthday. Last year on 1 March, after a 2-week build and then, for me, a week of working outdoors sanding its exterior and giving it 3 coats of paint, finally it was finished.

Saturday 2 March 2013, heralded the public launch of The Potent 6 Constellation which has been some 25+ years in the making. Several coaches gathered for this first training, introducing them to **'Embracing complexity'** and **'Systemic Coaching with The Potent 6 Constellation'**. Others have since joined our pioneering Community of Practice, opening up the space for richer, deeper embodied learning. We would love you to join us.



April invitations

Our next training cycle is fast coming upon us. If you are seeking something to help you better understand, embrace and work with the uncertainty and complexity of reality, then we invite you to sign up for our 1-day course: **'Embracing Complexity'**.

If you feel ready to stretch into new learning which has the potential to take your personal mastery and professional practice to a whole other level, then we invite you to sign up for BOTH **'Embracing Complexity'** and our 3-day course **'Systemic Coaching with the Potent 6 Constellation'** both of which can be booked by clicking this link ==> [eventbrite](#). Do be aware that you cannot do the 3-day without first having attended the 1-day. ONLY 6 places available for these sessions in Edinburgh.

If you are seeking something to support you personally to **'Turn your life around'** then

email [Louie](#) direct. You will have the option to sign up for a 1-2-1 breakthrough intensive with or without a series of 6 follow-up coaching sessions.

AND FINALLY, following up on the delightfully successful session in Edinburgh last September which I delivered in partnership with the Association of Coach Supervisors, I am running another 1-day '**Embracing Complexity in Coaching and Supervision**' on 22 May in Manchester. Please email [Julia Menaul](#) to register or contact [Louie](#) to find out more.

For more information on **Executive Coaching** (leaders and senior managers), **Facilitation services**, **OD consulting**; **Leadership Development**, **Culture change** and **stakeholder engagement** feel free to email [Louie](#) direct

And if none of this is a fit for you right now.... may I simply wish you well!

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