

On 'blurting'...

From Co-Active Coaching, Henry Kimsey-House, Karen Kimsey House, Philip Sandani, Laura Whitworth

“Odd as it may sound **blurting** is actually a skill worth developing... most of us spend so much of our time trying to analyse and figure things out, that in the delay we miss the opportunity to jump in. In coaching, **it actually serves the coachee to go right into the messiness** without sorting it out first. It's better to dive in and be willing to look a little clumsy. This often builds more trust than if you are always the polished professional authority, always in control. Being clumsy, or messy, and therefore more human, is also more authentic. And if you don't have to look good, your coachee doesn't have to look good either.

For example, as a coach you might say something like:

“I'm not sure what the right words are here, but it's something like...”

Or,

“Let me just talk out loud for a minute. I'm not sure what I want to say here...”