

Solution IV – World Conference – 19 and 20 April 2024

Workshop

The power of the Present Moment

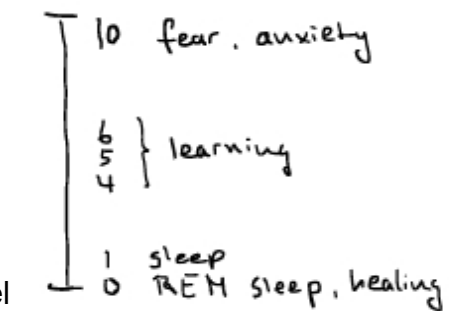
By Daniel Köchli (<https://daniel-koechli.ch>)

How being in the "Here and Now" helps the (coaching) process ... Or does it not?

In this workshop we learnt how to get into the Present Moment really quickly, using the technique developed by James French, who works with traumatized animals for over twenty years. (<https://trust-technique.com/>). This technique reduces thinking levels in animals (and practitioners) and allows for learning and healing.

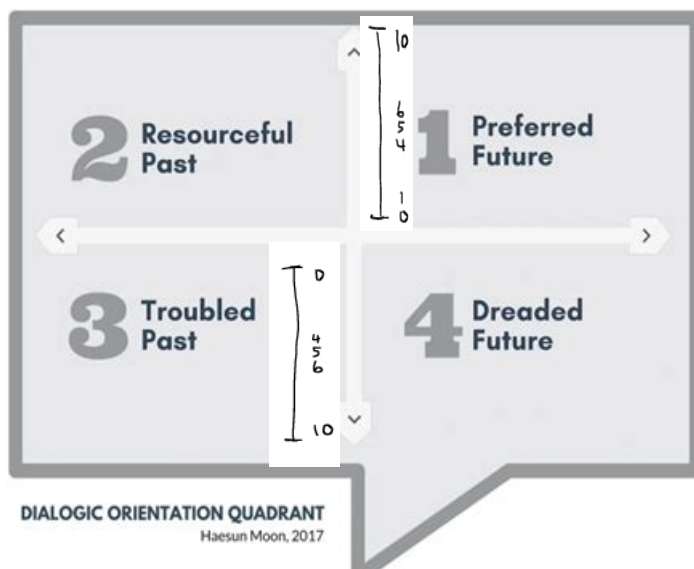
As we all know, animals can sense what we feel. They know when we are tense and afraid or happy. This sensitivity we can use to help animals to reduce their thinking levels and to calm down – even all the way down into a sleeping and healing state (level 0).

Calming down animals with this technique certainly works, but does it work with our human clients as well? I think, in a state of high thinking and overthinking (level 10), it is hard to talk about the preferred future, to think of next steps or even take decisions. Therefore it could be helpful to be able to reduce client's thinking levels as well.



Thinking levels on a scale from 0 to 10

Although I cannot imagine using the Present Moment in a coaching session with an enraged client, it does help me to use the Present Moment to reduce my thinking before a client knocks on my door. Additionally, I think it might be helpful to mentally overlay Haesun Moon's DOQ with the thinking level-model and, depending on the client's thinking level, engage in slightly different interventions.



DIALOGIC ORIENTATION QUADRANT
Haesun Moon, 2017

Have fun experimenting and let my know, what difference the Present Moment makes.

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