



Coaching Report

May 2015

Directors' Corner

How appropriate that our research and book offerings for this month are focused on “curiosity”. With Spring in the air, and tulips in bloom, our natural sense of aliveness, desire for newness, and energy for exploration, naturally re-emerge after the dormancy of winter. I notice that many of my clients consider changes to their roles or their careers this time of year. Just as students are gearing up to graduate and embark on the next adventure in life, we are all, always, in transition. Our commitment to helping others grow and expand into possibility is what coaching is all about.

Somehow it seems easier to connect with our inherent curiosity during Springtime—nature herself is in a creative mood—but as coaches we know that staying curious, engaged and inquisitive all year round-is key to our success. So this month’s resources like fascinating research about the transient or character states of curiosity, and Todd Kashdan’s book on the topic (as well as his webinar on May 12, which is recorded for members) help deepen our commitment to staying curious – all year round. We also hope you’ll take a few minutes to listen to our CoachX talk this month, as IOC Fellow Carol Scott shares her amazing “recipe” for leading an “optimal life”. Are you curious? Enjoy!

Jeffrey Hull, PhD



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Interesting Things and Curious People: Exploration and Engagement as Transient States and Enduring Strengths
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Curious? Discover the Missing Ingredient to a Fulfilling Life

UPCOMING LIVE WEBINARS FOR IOC MEMBERS:

June 16th at 1:00 p.m. EST
Donna Hicks – Dignity in Action

SAVE THE DATE:
Coaching in Leadership and Healthcare Conference: Save the date September 25 – 26, 2015

HARNISCH GRANTS:

Next Grant Deadline: August 1st

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Research You Need to Know

Interesting Things and Curious People: Exploration and Engagement as Transient States and Enduring Strengths by Paul Silva and Todd Kashdan *Social and Personality Psychology Compass* 2009 vol. 10

Special thanks to Brody Gregory, PhD for translating this article.

“Without a mechanism of intrinsic motivation, people would rarely explore new things, learn for its own sake, or engage with uncertain tasks despite feelings of confusion and anxiety” (p. 785). In their 2009 article, Silvia and Kashdan explore the impact of two forms of interest – momentary feelings and trait-based interest – motivation to learn and develop.



Momentary interest is best understood as a *state* of interest and curiosity. This is contrasted with *trait*-based interest, such as being characteristically curious. The authors note that characteristically curious people are more inclined to seek out knowledge and new experiences; they are also likely to experience more instance states of interest and curiosity. They further distinguish state from trait as “the state level of *interesting things* and the trait level of *curious people*.”

State-based curiosity can be evoked by new experiences and opportunities and inspired people to learn, grow, and explore. Trait-based interest drives naturally curious people to seek out such opportunities, and has also been linked to high levels of intelligence and resilience.

How can you use this dual perspective on interest in your coaching practice? Reflecting on current or past clients, can you clearly see where some are more naturally curious than others? How did this impact their participation and experience with coaching? How can you leverage the effect of state-based curiosity to help your clients learn and grow?

Book Important for Coaches

Curious? Discover the Missing Ingredient to a Fulfilling Life by Todd B. Kashdan, PhD

Dead cats. That's the image many people conjure up when you mention curiosity. An image perpetuated by a dusty old proverb that

has long represented the extent of our understanding of the term. This book might not put the proverb to rest, but it will flip it upside down: far from killing anything, curiosity breathes new life into almost everything it touches.

In ***Curious?*** Dr. Todd Kashdan offers a profound new message missing from so many books on happiness: the greatest opportunities for joy, purpose, and personal growth don't, in fact, happen when we're searching for happiness. They happen when we are mindful, when we explore what's novel, and when we live in the moment and embrace uncertainty. Positive events last longer and we can extract more pleasure and meaning from them when we are open to new experiences and relish the unknown.

Dr. Kashdan uses science, story, and practical exercises to show you how to become what he calls a curious explorer—a person who's comfortable with risk and challenge and who functions optimally in an unstable, unpredictable world. Here's a blueprint for building lasting, meaningful relationships, improving health, increasing creativity, and boosting productivity. Aren't you curious to know more?

Offerings for members of the Institute of Coaching

The Institute offers a member-donor association designed to be your bridge from scientific research and theory to best practices in leadership, health / wellness, and personal coaching. Learn more [here](#).

Live Webinar for IOC members:

Dignity in Action with Donna Hicks

Date: June 16th

Time: 1:00-2:15 p.m. EST

This webinar will introduce participants to the Dignity Model: a hopeful, learning approach to building healthy and enduring relationships. While the desire for dignity is one of the deepest human yearnings, knowing how to treat oneself and other with dignity does not come naturally. We may all be born with dignity, but we are not born knowing how to act like it. It has to be learned. The session introduces the basic building blocks of the dignity model as well as skills and tools for coaches to put dignity into action in their own lives and the lives of their clients.

Our most recent webinar, recording, **Rage Against the Psychological Machine: When Should Coaches Deviate from The**

Positive with Todd Kashdan, PhD, you can access it by logging in.

For members to sign up for live webinar, please login and select the Live Teleclass blue tab.

- IOC members [login here](#)
- [Or join the IOC](#) to access the full MasterClass

Announcing This Month's CoachX Podcast:

A Model for Optimal Health with Carol Scott, MD, MSed, FACEP



This month we are excited to continue our monthly CoachX podcast series of 15-18 minute Founding Fellow Talks -- with Carol Scott.

Coaching in Leadership & Healthcare Conference

Save the date September 25 – 26, 2015 at the Renaissance Boston Waterfront Hotel. Information will be coming in Spring, 2015

Call for Paper and Poster Submissions:

We invite submissions of proposals for:

- **Oral Paper presentations:** Accepted papers will be presented in oral sessions according to topics.
- **Posters:** Accepted posters will be arranged in an exhibit during the poster session, with opportunities to interact with authors and audience.

The purpose of these sessions is to have a stimulating exchange of information and discussions about coaching theory, research and its relevance to practice, as well as to expand the network of coaching researchers.

All poster applications invited to submit a full poster will be entered into a competition for Best Poster.

The deadline for the receipt of paper and poster applications is **June 15th, 2015 11:59 PM EDT**

**For more details visit the [2015 Conference website](#).
To submit your application visit the [Registration page](#).**

Contact:
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