

Reproduced with the permission of choice Magazine, www.choice-online.com

Reproduced with the permission of choice Magazine, www.choice-online.com

choice

the magazine of professional coaching

Impact!

How coaching
is making a
difference

Coaching for
Rapid Impact

Gardening
for Growth

Impacts from
Coaching
TED Fellows

Engage!

Creating a richer life through integration

By Kat Knecht, PCC, CPCC

When searching for a book to review for this issue, I wanted one that explored the question, “What evokes the state of being confident and at peace with ourselves ... and more loving toward others?” How do we bring about, and then measure, that kind of impact? I was thrilled to see in my inbox the announcement of a brand new book, *Integration - The Power of Being Co-Active in Work and Life* by Ann Betz and Karen Kimsey-House.

Betz and Kimsey-House take us on a journey through the land of “Integration” by doing just that – integrating personal stories (theirs and others’), evolutionary biology, core coaching philosophy, social science research, spirituality and accessible interpersonal neuroscience. They do it in a way that makes sense and is positively impactful.

Although both are Co-Active® leaders and influential members of the Coaches Training Institute (Karen is a co-founder and Ann a leader), they present the Co-Active® philosophy in a way that applies to all of us. Full disclosure: I am also a leader for the CTI Certification program. My choice of this book to review is, as always, based on wanting to share a valuable resource with my fellow coaches.

The book’s concluding quote by Stephen Covey describes the impact of cultivating integration: “When we reach a ‘critical mass’ of integration, we experience spontaneous combustion – an explosion of inner synergy that ignites the fire within and gives vision, passion, and a spirit of adventure in life.” The authors deliver on the promise of this quote in a way that practices what they preach.

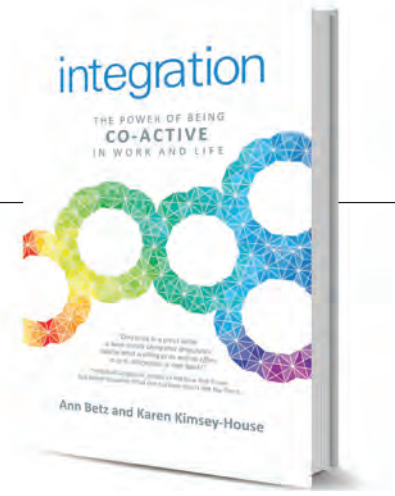
You will also find a treasure trove of well-placed and powerful quotes throughout the book. I counted 42 quotes in its 165 pages and truly believe the wisdom in those words is just one reason to read this book. There are many more and as I describe below this is a book that will enhance a coach’s bookshelf and benefit anyone hungry to live a better life.

The book begins with the authors’ personal experiences of the pain of separation and disconnection. This pain, they propose, is the evolutionary stage our species has created and inhabits at present. In our movement from tribal community to individual expression, we have lost a vital

The book begins with the authors’ personal experiences of the pain of separation and disconnection.

connection with ourselves, each other and our planet. Our challenge and choice now is between deepening this separation or engaging in the process of integration. The authors propose that this choice comes at a critical turning point in our species’ history, with the global Doomsday Clock at three minutes to midnight. Rather than return to our tribal history, our challenge is to welcome, honor and link our separateness through the process of integration.

Betz and Kimsey-House eloquently define integration as connecting the dots, linking differentiated entities into a cohesive whole that is neither rigid nor chaotic. When we engage in this



process in our brains, bodies, relationships, businesses, communities and global cultures, we co-create a healthy and vibrant world.

The book describes “The Five Keys to Integration,” which are practices that will cultivate integration at every level. When standing on the cornerstones, intentionally designing relationships and using these keys, integration will always happen.

The third chapter brings hope with inspiring stories and examples of how we can make this shift into a new phase in which we integrate our life experiences instead of shutting down, compartmentalizing and isolating. If there is one clear message that comes through to me, it’s “welcome and engage with it all.”

Coaches will be happy to find effective tips and tools that can be used to learn about and develop the skills being described. The book ends as it started, with the personal stories of the authors, this time with an integrated perspective on the pain of separation. There is also a rich resource section for those who want to delve further into this highly important area.

This book will not only help you, as coach, gain new insight and learn useful tools for your coaching, it will give you a new way of describing the amazing impact of coaching on an individual client, team and yes the world as a whole! ●