Teach your Clients the Power of Continuous Learning

Those who embrace the challenge of personal development while adopting a commitment to continuous and never ending improvement possess an attitude that welcomes problems, always looking for the gifts each holds. In contrast to those who suffer through life, thinking that life will be great when some future event happens, those who are committed to the process of continuous learning instead see every challenge as another opportunity to learn and grow. They seek out and find the gifts that each problem conceals. Their positive expectation that every day offers a new opportunity to learn and grow provides them with a self-fulfilling prophesy. As they embrace the process of personal development by asking themselves the all important question, “Who am I being that this is showing up in my life?” they utilize each challenge to gain insights into their levels of personal effectiveness, charisma and responsibility.

Those in personal development possess an attitude of gratitude for the new experiences that will lead to an increase in wisdom, empathy, compassion, understanding and ability to contribute to others. They realize that there is no arriving, only the process of experiencing, learning and growing. By operating from a commitment to continue the lifelong process of expanding who they are, to welcome challenges and to learn from their mistakes and setbacks, they adopt the perspective that it is all good and each challenge builds their understanding, empathy, wisdom, and character as well as their ability to contribute more to others. Teach your clients that rather than looking for “The Answer” take on the challenge of standing in the question and stay there for as long as it takes to expand their perspective and allow them to experience the breakthroughs that await their discovery.

Challenge your clients to realize that the greatest breakthroughs come to those who look for access to the areas they are blind to, that is, the areas around what they don’t know that they don’t know. To source such breakthroughs, encourage them to seek coaching from those who can support them to expand beyond their comfort zones. Support them to realize that information is only the beginning. To be truly powerful one must develop the distinctions that go beyond information alone. For example, if they had never ridden a bicycle, they could go to the library or look up the topic of bike riding on the computer. They could learn all about the various parts of a bicycle, see where one places ones hands and feet, how to steer and use the pedals, etc. But until they actually get on the bike and wobble from side to side, fall off and get back on and eventually “learn” how to ride a bike, they will not have bicycle riding as more than information. Your clients will not “know” how to ride until they actually develop the distinction of balance. In this same way, true learning is experiential not simply informational.

Moreover, for meaningful transformation to take place, information must lead to a commitment to action and the willingness on the part of your clients to put themselves – and who they think they are – at risk. Breakthroughs in their understanding and effectiveness will come from their courage to reinvent themselves minute by minute as they develop the principles that will augment their personal power and wisdom.

Challenge your clients to decide to live from their empowering vision and a declaration of who they are (simply because they say so) rather than from the
disempowering evidence they’ve amassed over the years that points to their flaws and limitations. Help them to get in touch with their gifts and commit to manifesting them in the world. Invite them to have the courage to declare their life purpose and live from that purpose with courage, passion, and commitment as if they had the next 300 years of their lives to live with gusto.

Assist your clients to identify any areas where they are living in resignation and apathy and challenge them to decide instead to live boldly with a positive expectation that they will realize all their dreams and have the courage to pursue them. Suggest that they become clear about what it is costing them to play small and safe and not face their fears and challenges with the expectation of breaking through them. Invite them to decide to leave a legacy and play full out with a burning desire and the expectation that their success is inevitable…and it will become so for them.

Here are some exercises to support your clients to develop the power of continuous learning…

1) Invite them to consider in what areas or ways they have stopped learning?
2) In the next 30 days, challenge them to identify any areas in their lives where they are stopped and have them seek your services as an experienced coach with an intention to break through these stops.
3) Invite your clients to contemplate what their unrealized gifts are and what their life purpose could be.
4) Ask them if they are manifesting their gifts fully and if their actions, goals, and vision are in alignment with their life purpose?