



THE ARENA

...and how it calms down monkey mind

WHAT IS THE ARENA?

The Coaching Arena creates an environment where you are empowered to be your authentic self and accomplish extraordinary results. This Arena is created by agreements we make, about how we will each “be” in this session. The Arena can be set at any time - at the beginning of our day, before meetings, conversations, coaching sessions, etc.

The Coaching Arena is created each time each of us ask and answer four questions:

1. What qualities am I willing to demonstrate in order to produce an extraordinary result out of this interaction?

Explained: There are some qualities I am willing to demonstrate in this interaction so we can both make sure we have an extraordinary result out of our session together. I am willing to be: (pick 5 each time)

Alert	Appreciative	Attentive	Clear
Compassionate	Courageous	Creative	Empowering
Enthusiastic	Flexible	Focused	Generous
Gentle	Grateful	Joyous	Kind
Loving	Open	Present	Receptive
Supportive	Truthful	Vulnerable	

This is a call to Being.

2. Am I willing to set aside the opinions, beliefs, and thoughts that may be getting in the way of seeing clearly?

Explained: During the session, am I willing to see that I may have some opinions, beliefs, and thoughts that are getting in the way of seeing something clearly, and instead look, see, and tell the truth?

– Together we answer YES

This is a call to Observation.

3. Am I willing to be open minded and fully engaged in order to receive maximum benefit from this time together?

Explained: Am I willing to learn all the lessons available to me in this interaction?

- Together we answer YES

This is a call to Surrender.

4. The result of coaching is action. Am I willing to look, see, tell the truth and take authentic action?

– Together we answer YES

This is a call to Action.

WHERE DID THE QUALITIES OF BEING COME FROM?

The choice of these words comes from a pragmatic search over the past 25 years by Dr. Maria Nemeth. They are chosen for the effect they create. In working with over 8,000 people, she discovered certain qualities consistently evoked spaciousness, contribution, compassion and generosity of spirit. The qualities we use give space for action. These words are not contemplative, they create action.

How does
the Arena
calm down
monkey?

Monkey Mind Symptoms

Fragmentation
Being Paranoid
Scarcity Thoughts
Either/or Thinking
Qualifying Statements
Complaining/Petulance
Being a Victim or Martyr
Taking Things Personally
Talking of The Past or Future as if it is the Present



Excuses
Defensive
Deflection
Solidifying
Bargaining
Resignation
Comparison
Being Vague
Justification
Impulsiveness
Rationalization



What are the qualities of monkey mind?

Emotional and cognitive maturity of a 9-11 year old.

“No fair!”

“I want what I deserve!”

“It wasn’t me!”

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What are the qualities of being in the arena?

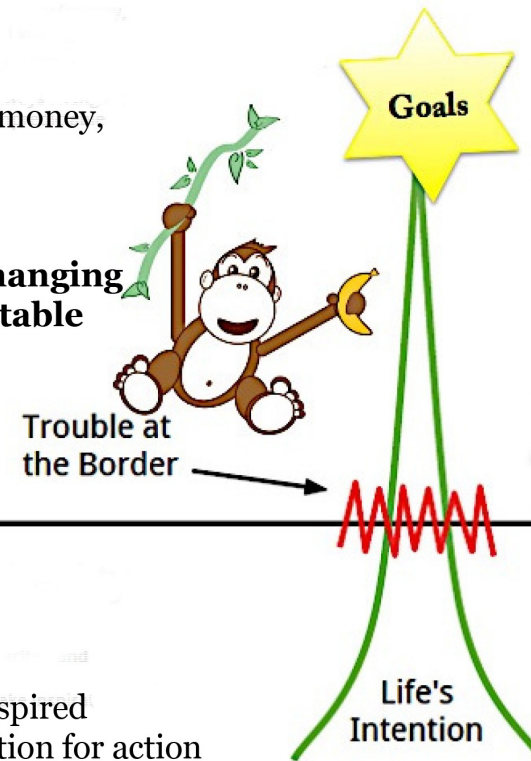
Self-Aware
Mindful
Open and Receptive
Intentional

We are prepared to cross the border with clarity, focus, ease, and grace.

The Playing Field

Physical Reality

- ✓ **Things take energy** (money, time, physical vitality, creativity, enjoyment, relationship)
- ✓ **Things are always changing**
- ✓ **Things are unpredictable**



When monkey mind greets us at the border, we use "handle holds" to move into physical reality with clarity, focus ease and grace. A few handle holds are:

- Being willing
- The coaching arena
- Your standards of integrity
- Your life's intentions
- Taking authentic action

Visionary Reality

- ✓ Energy is high
- ✓ Easy to get excited & inspired
- ✓ Easy to mistake inspiration for action