find these skills flowing into their personal life and enriching those relationships as well. A transition occurs from doing coaching to being a coach. That is, a “shift happens,” which impacts all interactions (Rose, 2012). When personal and professional relationships are mindfully held within this new way of being, nurse coaches should expect nothing less than positive and profound changes in their relationships. We have seen this paradigm shift many times, which leads us to say that coaching is not what we do: it informs who we are.

REFERENCE

Linda Bark, PhD, RN, MCC, NC-BC is a Master Certified Coach (International Coach Federation), a Board Certified Nurse Coach (American Holistic Nurses Credentialing Corporation) and founder of the Wisdom of the Whole Coaching Academy. She has more than 25 years of coaching experience in her private practice as well as 20 years of training coaches internationally. Linda’s integral/ holistic coaching model is an innovative and unique approach to co-creating learning experiences that empower people and help them feel and maintain a sense of ease, fun, and fulfillment. You can learn more about Linda’s coach training program by visiting www.wisdomofthewhole.com

Shirley Conrad, MSN, RN, CCRN, AHN-BC, HWNC-BC is a PhD student at Florida Atlantic University with plans for exploring an aspect of nurse coaching in her dissertation work. Her graduate track was Advanced Holistic Nursing, a paradigm that has informed her life for decades. She uses coaching principles in leadership in the acute care setting of a trauma intensive care unit where she feels the principles of complexity and coaching match effortlessly.

Some Thoughts on Why I Coach

Awakening dreams and igniting passions coming through to places of respect and trust
Opening and deepening the caverns of desire discovering the shapes of things to come…

Playing out in Rumi’s field - permission granted; life allowed.
Molding dreams, and planting seeds; nurturing the tenderness, cultivating moments of deep knowing and awareness.

Clarity and purpose in a dance of depth and hope; Coalescence and amazement as alignments emerge Companions as the path unfolds.

Marian Long, RN, MSN, AHN-BC, HWNC-BC, ND, HTCP/I