

# Responsive Life Coaching

*You Have the Power to Live  
to Your Greatest Potential*

By Brenda Gracely

## What would it be like to be fulfilled, balanced, and self-managed?

Can you imagine how it would feel to discover and create your own answers to your life's quests and move from the present to where you really want to be? Chris Beadles knows how that would feel and can help you get there.

Chris is a Co-Active Coach, having completed her Certification with The Coaches Training Institute. "Evoking transformation is all about the relationship between coach and client," explains Chris. "We all possess the capacity for knowing what is best for ourselves," she continues. "I create a safe and courageous place where client and coach can be free to discuss anything possible, allowing the greatest opportunity for the co-active experience." Chris says with a chuckle, "Where else can you go and get a conversation all about you?"

The Co-Active Coach comes from a place of authentic being, listening, and offering encouragement to uncover the best in oneself and others. In designing an alliance between coach and client, the coach helps the client bring change through working with the four cornerstones of the Co-Active model: people are naturally creative, resourceful and whole; focus on the whole person; dance in this moment; and evoke transformation. "The designed alliance is a container that holds the client's space for expansion," explains Chris.

Coach and client become allies that form a contract and discover what is possible. Chris uses her learned tools—curiosity, active listening, her intuition, and her self-management—to deepen her client's actions that will bring them to their goal. Coach and client work toward the three principles of the Co-Active model—the flow of change: fulfillment, balance, and process. It is within the process that clients come up with their own tools to move forward with their life dreams.

Co-Active Coaching starts with discovery. By asking questions like, "Who are you now and who do you want to become?" By actively listening, Chris guides the client to their own answers. Clients learn how to resonate with their passions and work toward their life purpose.

Clients learn more about themselves and are held accountable for the actions they take. Chris asks, "What if you already have the answers but you just don't know that you do? Clients really do have the answers," Chris says. "They are in control of what happens to them and have the ability to reach unknown possibilities. It is important to be in the present in order to move

forward and make change," Chris continues. "I am the facilitator helping them stay focused so they can get to a vision of the future."

Fulfillment requires the client to discover what is really important to them. What are their values? What is meaningful to them? It is learning from the heart rather than the head. And most importantly, what is their saboteur? What is keeping them from change and moving toward their heart's desire?

Working toward balance means discarding old thoughts and moving forward with positive energy. "The coach helps the client to discover new perspectives for possible change," Chris explains. "The client chooses preferred perspectives on which to take action. It is bringing fulfillment into action, action from the heart. It is the vision and desire for change." Then the coach asks for accountability, encouraging responsibility to move forward and take action.

The process is 'being' wherever the client is at the present moment. 'Being with the client' equates to guiding them through the anxious, unfamiliar place of change. "Perhaps they are coming from a place that always seemed to be a great distance from them," Chris says. "I help them bring what is familiar to them into who they are becoming."

Through her many life changes and personal successes, Chris was motivated to help others make changes and build their own successes. She has realized that change can be good and very powerful. Chris says, "I really enjoy watching a client get to the root of where they are deep inside," and she emphasizes her clients are protected with high ethical standards. "Confidentiality and ethics are huge in my practice."

Co-Active Coaching was founded by The Coaches Training Institute based in San Rafael, California. CTI is among the initial pioneers of the coaching profession; over the last 20 years, CTI has trained over 35,000 Co-Active Coaches worldwide. Move toward "a new you." Visit Chris's website at [www.ResponsiveLifeCoaching.com](http://www.ResponsiveLifeCoaching.com) to learn more. Chris can be reached at [chris@responsivelifecoaching.com](mailto:chris@responsivelifecoaching.com), or by calling 719-570-4374. **WE**



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Certified Life Coach