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Igniting Insights for Clarity, Creativity, and Collaboration for Lasting Impact.

BOUNDLESS Coaching
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April 2026

A Coaching Session with Me

"*When we are not constrained to conform and perform, we are like flowers. Naturally, born to grow when connected to water for nourishment, and sunshine, an energy source, with an inbuilt intelligence, a knowing, to turn and lean towards the shifting sunlight to grow, bloom - fully, vibrantly, thriving effortlessly*." - Steve Sharpley

I want to share below how a coaching session with me can unfold:

After a check-in with you about insights and reflections from a possible previous session, our starting point will always be whatever is present for you. Also, we may reflect briefly on your current state of mind, i.e., whether you come to the coaching from a general curious openness and desire to learn, with a need for greater ease and clarity, or maybe feeling tired, pressured, confused, uncertain, upset, stressed, or whatever else. There is no right or wrong.

We become quieter, settle into the session, into calm and spaciousness. The tone is set. Deep listening happens without judgment, and the pace can naturally slow. I listen carefully to the conversation, and for what can be heard beyond the surface, the words.

Throughout the session I draw and proceed from a foundation of my own lived learning, insights, experience and understanding. They have informed my knowing and trust that everyone - including you - has deep insight and wisdom available to them, to guide and enrich them, beyond any level of knowledge, intellect or ideas. The coaching process aims at enabling those to appear for you, i.e., they will be your insights exclusively.

When relevant, I will share key aspects of the 3 Principles to inspire your reflection and insights. These provide a deeper, visible and clearer understanding of how life happens moment to moment. They also enable your living from less reactivity to life 'out there', and, as sessions proceed, seeing that deeper clarity and wisdom are never absent, only obscured by internal 'noise'.

Thought, visible and invisible, is trusted as fluid, always moving, always capable of revealing new questions, intuition, insights and perspectives. A gentle pointing toward the nature of Thought, Consciousness, and Mind and the universal, Inside-Out nature of life, invites liberating, and potentially transforming, realizations to surface for you. Freeing any invisible protection, these tend to enable us to manifest, to be even more of, who we really are - not a different person.

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At times, we will likely experience a calming silence, and when it comes, I will often hold it as a fertile richness - not an awkward pause. In these quiet spaces, insights can surface - fresh realizations, awarenesses of a deeper intelligence and resilience, bringing new capacities to respond differently in everyday life. These insights are not created by me; they arise directly within you. The quietness in the moment can simply allow helpful thoughts and insights, relevant to that moment, that question, to surface.

Throughout, the conversation leans on this universal intelligence rather than effort or accumulated knowledge. Wisdom, intuition, fresh questions and perspectives can show up at any time, for either of us. This will more than likely make the dialogues feel effortless, responsive, alive, even expansive.

As sessions progress it is not unusual for me to notice shifts develop in your responsiveness, being more fully present, being a calmer presence, or coming in rushed and quietening down as the session progresses. I will often reflect these back to you, like a mirror, so you can become aware of them and notice the different feelings present – your moment-to-moment feedback. It is also not uncommon for others who know you well, to highlight how they are noticing and/or experiencing you differently. Children are excellent at noticing when we are not present, and these shifts as they still largely live in the present moment.

By the close of the sessions, you may increasingly experience a lighter, deeper state of mind. From this, what will most likely emerge, are clearer perspectives, increasing levels of calmness, an expanded and deeper sense of confidence, connection and knowing, with greater, clarity, creativity, ideas and influence. What is possible for us and those we influence become boundless.

It is not uncommon for this expansion to ripple outward from you when you leave the session and step out into work and the outside world. With less energy required, less reactivity or need to ‘control ourself’, deeper rest, trust and more time and energy emerge; more thriving and excellence; less hustle and striving; with increased ease, effectiveness, impact and creativity.

In this way, my influence as the coach can be subtle but transformative, even profound: not in what I told you, but in what you felt, noticed, sensed and discovered for yourself. You are the flower!