

Nurse Coaching Is Not What I Do: It Informs Who I Am

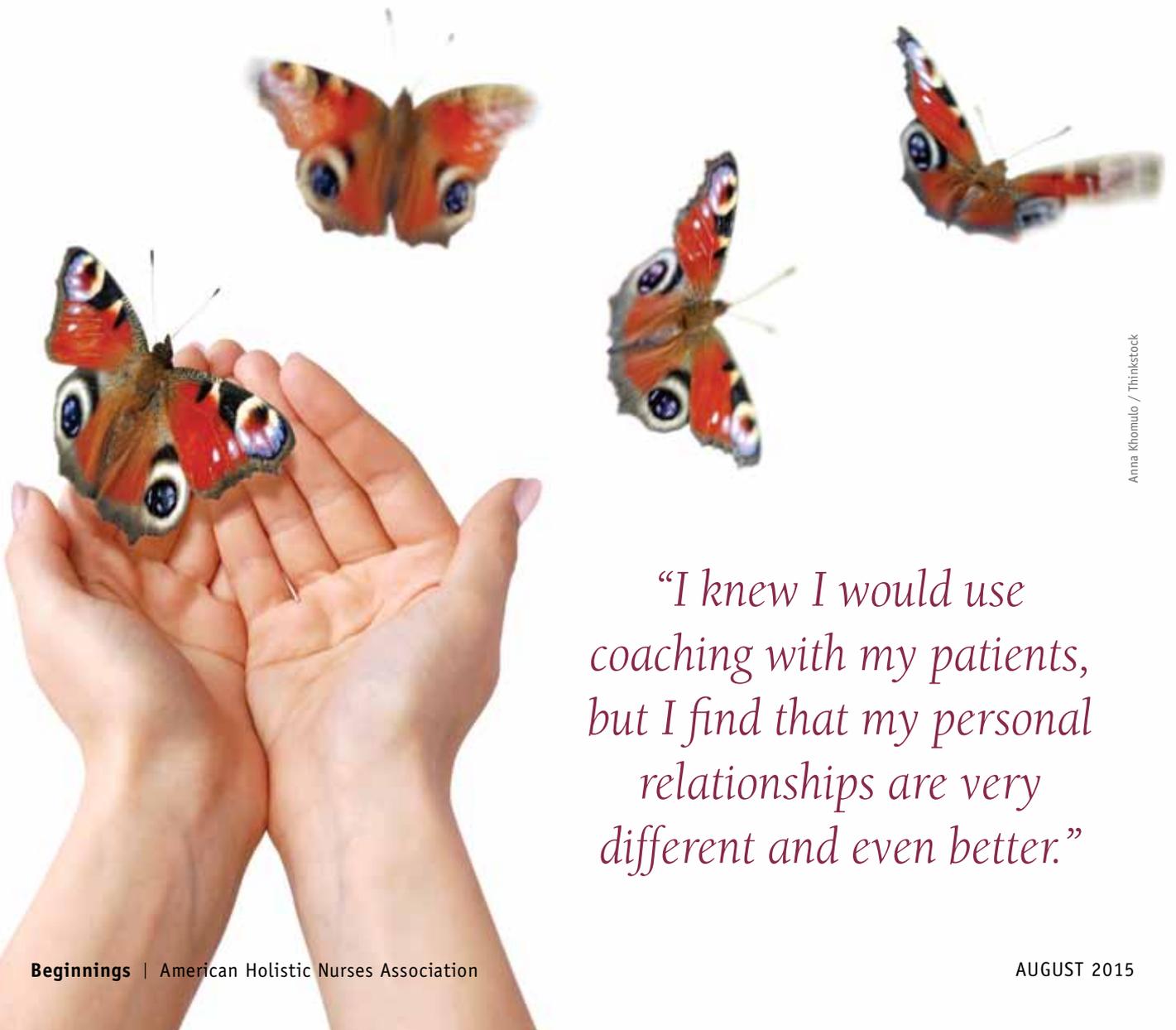
by LINDA BARK, PhD, RN, MCC, NC-BC and SHIRLEY CONRAD, MSN, RN, CCRN, AHN-BC, HWNC-BC

Individuals operate simultaneously within multiple paradigms including professional, religious, political, scientific, cultural, and gender. Similarly, nursing practice is informed by more than one paradigm, and shifting from one to another can require a fundamental change in viewpoint. Learning the process

of nurse coaching appears to be a transformational experience, which can change this viewpoint. In fact, nurse coaches often notice a shift in themselves after integrating the principles of coaching into their practice and daily lives.

As evidence of this transformational experience, one nurse coach educator

reports the following comment from a student, “This coach training is a total paradigm shift for me, and I see applications across the board. It is not just with my patients but it is with any conversation I have now.” This master certified coach trainer frequently hears other graduates of the holistic/integral program state, “This program



Anna Khomulo / Thinkstock

“I knew I would use coaching with my patients, but I find that my personal relationships are very different and even better.”

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

Bark, L. (2011). *The wisdom of the whole: Coaching for joy, health and success*. San Francisco, CA: CreateSpace.

Conrad, S. (2014). How does an integral coach-training program affect the student and influence their nursing practice? Pilot study, Florida Atlantic University.

Hess, D. R., Dossey, B. M., Southard, M. E., Luck, S., Schaub, B. G., & Bark, L. (2013). *The art and science of nurse coaching: A provider's guide to coaching scope and competencies*. Silver Spring, MD: Nursesbooks.org.

Hayes, E., & Kalmakis, K. A. (2007). From the sidelines: Coaching as a nurse practitioner strategy for improving health outcomes. *Journal American Academy of Nurse Practitioner*, 19, 555-562.

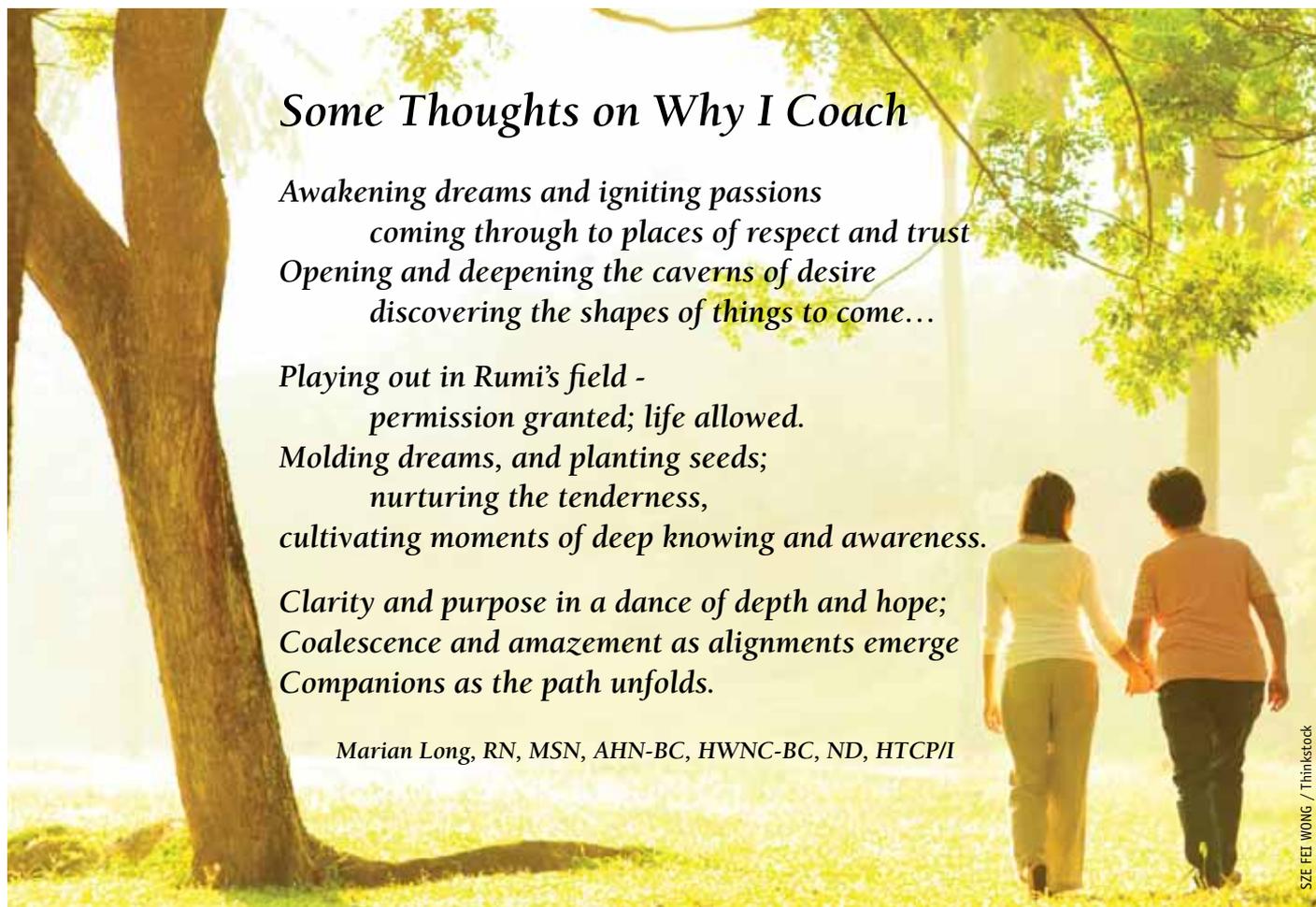
Rose, D. S. (Producer). (2012, May 8). “Did you know?/Shift happens” [Video file]. Retrieved from <http://youtu.be/XVQ1ULfQawk>

Ryan, R. M., & Deci, E. L. (2000). Self-determination theory and the facilitation of intrinsic motivation, social development, and well-being. *American Psychologist*, 55, 68-78.

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, HTCPI

SZE FEI WONG / Thinkstock



AHNA Beginnings

Beginnings magazine is a benefit of AHNA membership.

We hope you have enjoyed this article from *Beginnings*. This article is provided for personal and educational use only. Any other use requires prior permission of the author and the American Holistic Nurses Association. For permission, contact communications@ahna.org.

Why Join AHNA Today?

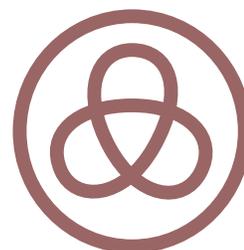
AHNA helps nurses transform healthcare while supporting each other. Nurture yourself and advance your profession with the support, resources, education, and community that only AHNA provides. Together we can build a more united voice.

By becoming a member of AHNA, you have access to resources that exist nowhere else — as well as to a supportive community of nurses who speak your language and know how you feel.

Don't Burn Out – Discover Self-Care!

Other professions and professional organizations do not talk about caring and self-care as an integral part of their theoretical foundation. At AHNA, you'll find a supportive group of nurses who empower each other to be what we wish for our clients: healthy.

Join now at
www.ahna.org/Join



AMERICAN
*Holistic
Nurses*
ASSOCIATION

(800) 278-2462 • www.ahna.org • info@ahna.org

