

Leadership Coaching

by Gerrit Landmann

What in Heaven's name does Leadership Coaching have to do with golf? Of course – another clever marketing idea! After all, golf is a game I play in my free time and has nothing to do with my working life. Leadership and golf – what rubbish!!

Oops, wrong...! Golf is a game yes, and it can also be much more than a game. Plato is believed to have said: "You can discover more about a person in an hour of play than in a year of conversation." Since we take ourselves with us wherever we go in our lives, this is also true of our golf game. Consequently the truthful understandings we experience on the golf course must also have an influence in other areas of our lives.

In respect of my golf game, I have felt stuck since years. Whatever I did I never really moved forwards. Life took pity on me at the end of last year, and brought me to Sabana. First we met for a day and went through some KAGAMI awareness exercises for my golf game. Encouraged by this meeting, we arranged another coaching day, this time for a KAGAMI Leadership Coaching. The description of my many understandings about myself on this day would take far too long, therefore I will stick to describing the most meaningful experience.

After a few reasonable golf swings in connection with two awareness exercises I suddenly hit a "Shank" – a frightening shot from the heel of the club that flies at right-angles to the goal. After 2 good shots, there it was again! I was about to reach uneasily for another ball when Sabana encouraged me to stop and look inside. With her help I was able to describe the body feeling that this Shank had triggered. Encouraged by further questions, I allowed pictures and feelings to come to the surface that helped me recognise just how much I judged myself after a bad shot. It seemed I had connected my self-worth to the way I played golf! Naturally this created enormous pressure on me to perform which was transferred as tension to my address position and my swing. During the coaching session I was able to dissolve my judgments and the connected body tension. The following shots were much smoother as I was no longer so results orientated.

Coming back to my original question – what has this realisation in golf taught me about my business life?

Not surprisingly I had the tendency to judge myself there also. When dealing with people, I have made the experience that the inner attitude is reflected back from them, so this attitude was limiting me in my business dealings.

Since this Coaching session I recognise a higher level of respect and sensitivity compared with others – regardless of the results! This is a wonderful feeling.

Conclusion:

The golf game provides me with a direct feedback instrument. It has given me the experience that when I changed my thought processes I could immediately experience a new reality! I was able to take this understanding into other areas of my life. Even though the results are not immediate in every life situation the way they are in golf, I see the possibility of a long-term change in my behaviour – and therefore the results I achieve. Voilà!