



Embodying **COACHNESS**

Krishna Prakash



A Cultural Heritage Organization dedicated to preserving and promoting the ancient yet ever relevant Indic Knowledge Systems and its applications in daily life.

[Foundation for Indic Wisdom](#) is a formal name & initiative to efforts that are being done in this field of since 2011.

The primary objective is to facilitate the move from mere living to enlightened living.



[Shrimath Yoga](#) is the only YOGA SCHOOL listed in international travel portal TripAdvisor to be consistently ranked in the top #3 since 2013. Since 2015 we started to receive CERTIFICATE OF EXCELLENCE.

In 2019, Shrimath Yoga entered the HALL OF FAME in TripAdvisor for securing CERTIFICATE OF EXCELLENCE for 5 consecutive years since 2015.

In 2020 we were awarded the TRAVELLER'S CHOICE that's offered only to the top 10% hospitality properties of the World.

Do feel free to write directly to our students reviewers and get to know about their experience on studying at Shrimath Yoga.

Jai Ma!


Introduction

Welcome, fellow seekers of growth!

Coaching is more than a skill - it is a way of being that gradually helps us to embody Coachness in all walks of life.

This mini-booklet explores the **dharma of coaching** through the lens of Indic Wisdom.

Again, the utility of this booklet is not limited to ICF and non-ICF Coaches but it is designed in a way to help **Leaders, Entrepreneurs, Educators, Working Professionals** and **Householders** to wear the '**coaching hat**' at will when they wish to harness the innate talents of those around them, be it team or family.



What is Coachness?

Embodying the competencies to transcend frameworks, techniques and formulae.

How do we enable Coachness?

By weaving together the **eight coaching competencies with the timeless Indic Wisdom.**

This transformative journey nurtures not just skill but spirit.

Why this Program?

In today's fast-paced world, coaching isn't just for certified professionals—it's a way of leading, guiding, and elevating those around us.

Whether you are a Coach, Entrepreneur, Educator, or Leader, this program helps you cultivate '**Coachness**' that is deeply rooted in Indic Wisdom.

The Structure

The program unfolds in **nine parts: eight modules** dedicated to the coaching competencies and a final module on **spiritual intelligence**, bridging the practical and the profound.

A Glimpse Into the Learning Journey

The *dharma* of coaching – coaching, at its core, is about creating meaningful change.

We explore *dharma*, the principle of purpose and alignment, and how understanding it can transform your coaching & presence.

We uncover how coaching interventions create a ripple effect in both individual and collective growth.

To bring this idea to life, let's step into an engaging conversation between ***Yashaswi*** and ***Sai*** in the traditional format of *samvada* i.e dialogue.

The *dharma* of coaching

Yashaswi: “*Dharma* is the cornerstone of Life. If it is understood and practiced, coaching as a profession can be an elevating experience, both to the Coach and the client.”

Sai: “***What is dharma?***”

Yashaswi: “*Dharma* is that which supports, sustains, and enables proper functioning of any system.”

Sai: “***So, what is a system?***”

Yashaswi: “Merriam-Webster calls it as a group of interacting or interrelated elements that act according to a set of rules to form a unified whole.”

He continued, “The output of one system becomes the input for another, and vice versa. Many times, this is like an infinite cycle of cause and effect.”

Sai: “***Appa... why is ‘system’ important?***”

Yashaswi replied, “The entire cosmos is a huge living system. Any small conscious intervention enabled by a system can create an enormous trickling effect in the systems connected with it.”

Sai: “Appa, now I understand why you always compare coaching to *vedanta*—***it enables the client to seek answers within.***”

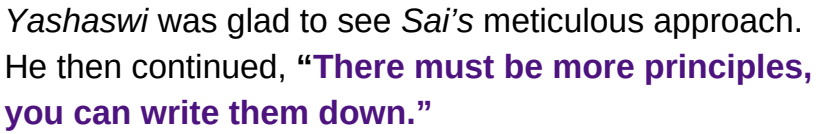
Yashaswi: “Yes, the process of inquiry, where the seeker’s only goal is to know **THAT ONE** through which everything is known.”

Sai: “**Can you tell from your experience how a Coach can enable this Inquiry?**”

Yeshaswi replied, “Yes, out of the numerous ways, I follow these nine.

“Give me a minute.” said Sai and rushed to get her notebook to write these nine ways.

1. By creating a **safe space** where being vulnerable is also acceptable.
2. By **fostering trust** by our mere presence.
3. By our ability to **empathize** without the urge to sympathize.
4. By our capacity to exhibit **active listening**.
5. By **eschewing our urge to lead the discussion**.
6. By exploring the client's belief systems **without being judgmental**.
7. By **mirroring the client's language**—verbal and non-verbal.
8. By exhibiting coaching competencies **without overwhelming** the client.
9. By being courageous enough to **refer the client** to expert coaches or other relevant professionals like therapists, mentors, etc.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.


Sai: “***Appa, how does understanding dharma help coaching?***”

Yashaswi: “To be able to play the role without getting entangled, lost, or overwhelmed, Coaches need to learn how to ***withdraw from their personality.***”

He continued, “To be conscious of their personality during or after a coaching session, Coaches need to develop discretion in order to avoid relating to their own past experiences.”

“To develop the ability to discriminate, role clarity is paramount.”

“To enable role clarity, the ability to tap into their own skills, knowledge, and intuition is the key.”



Sai reflected, “Coaching appears to suit those who are open to being fearless, vulnerable, and honest—all at the same time, under all circumstances, with every relevant stakeholder.”

Yashaswi nodded, “Thereby giving themselves an opportunity to co-create with the client a positive impact in the biggest system that we know—the cosmos.”

This is not just another coaching program.

It’s a journey into Coachness—where you don’t just follow frameworks, you embody them.

If you seek to Coach / Lead with greater depth, an unshakable calmness and a warm presence that could potentially effect transformation in the client / colleague then this is your invitation.

**Are you ready to step up your
level in coaching, leadership or
entrepreneurship journey?**

Contact Us



[+91 97390 20102](tel:+919739020102)



info@indicwisdom.org



indicwisdom.org/coachness