

UN Coaching Programme

Inner Leader Visualization

This visualization is an exercise that coaches can do with their clients. It can be done as part of the Discovery Session or a later session.

Here are some key points about it:

- It is especially relevant for leadership coaching.
- Always ask your clients beforehand if they would like to try this visualization (or any other one).
- Be sure you have enough time in a session to do this. It is important not to rush through it.
- Read the text at a steady, even pace to your client.
- Then ask them to take some notes about their thoughts and feelings about it.
- Ask your client if they would like to share their impressions with you.

Text to Read: Inner Leader Visualization

Breathe in and breath out.

Allow your body to settle into your chair.

Find your feet on the ground.

Notice any thoughts or sensations arising and simply let them pass through you.

You are shifting from doing and thinking into stillness and observing.

Imagine that you are walking through a long corridor, on your way to meet a very important person.

With every step, you feel the anticipation rising. This is a very important meeting.

Now, you are arriving at the end of the corridor, and you find a door.

Take a deep breath in and place your hand on the door.

Turn the knob and open.

Beyond the open door there is a room.

Notice how the room appears and what the energy like in this place.

Perhaps there is furniture, perhaps there is just open space.

This room may be indoors or outside.

Step into the room and begin to explore.

Now, you notice a figure in the room.

Slowly they come into focus.

This is the individual you came to meet. And they are here to meet you as well.

This is your Inner Leader. The highest part of your being.

The one who knows and acts with your highest purpose in mind and heart.

This one has infinite authority, wisdom and creative power.

What do they look like? How are they holding themselves?

What characteristics stand out to you about them?

Approach this individual and greet one another.

Your Inner Leader has been awaiting your arrival.

Find a place to be together in this room and have a conversation.

What does your Inner Leader want you to know about your purpose?

Your values?

Ask them. Listen to their reply.

They have a very special message for you today.

Open yourself to receive it fully, even if it doesn't make any sense right now.

You may experience sensations or emotions – simply notice them.

Pause for a few seconds before continuing the narration...

Now it is time to bring this meeting to a close.

Ask your Inner Leader how they want to be called. And how you can connect with them.

Thank your Inner Leader for the information they have given you today, and with respect, turn to walk towards the door.

As you step through the doorway, know that you can return here anytime. This room and your Inner Leader are part of you, and they are always here for you, to support you in your leadership journey. They have infinite wisdom and guidance to offer you.

Close the door behind you and walk down the hallway.

Slowly come back into your body, into the room you are presently in.

Take a few deep breaths and open your eyes.

Take a few notes.