

The Way I See It: The Value of an Angle Adjustment

Tim Cosby

Terra Nova Coaching www.terranovalifecoaching.com

Here is fun example to highlight how the position from which you view events can lead you to the wrong conclusion. Copy and paste the following URL and watch the short video, then come back and finish this article. It's really cool, I promise!

<http://www.youtube.com/watch?v=hAXm0dluyug&feature=email>

A key benefit of discussing important decisions with your coach is the exploration of alternative explanations for observed events. Let's face it, we all have a very distinct point-of-view, a set of filters that leads us to interpret the data differently than others. A good coach will help the person being coached to consider other possible ways to view the situation under discussion.

In the video, wooden balls roll up the slopes just as if they are pulled by a magnet. The behavior of the balls seems impossible, because it is against the gravity. The video is not a computer graphic, but a real scene. What is actually happening is that the orientations of the slopes are perceived oppositely, and hence the descending motion is misinterpreted as ascending motion. This illusion is remarkable in that it is generated by a three-dimensional solid object and physical motion, instead of a two-dimensional picture.

When people come to me for coaching they are often feeling stuck or frustrated by an unidentified obstacle in their life that is hindering their forward movement. One of my jobs as a coach is to help them "see" or "hear" this obstacle more clearly. It's this change in perspective that jars them loose from the quicksand and gives them new energy to start moving forward again.

Matthew Elliott, in his book, *Feel: The Power of Listening to Your Heart*, demonstrates how just one new piece of information in a situation can change your perspective and set you free. He challenges the reader to imagine they are 15 feet away from a 1,500 pound hungry, grizzly bear. How would you feel? Describe the emotions you are feeling as you imagine this scenario. What is your perspective on this situation? What immediate actions would you like to take? Scream? Run? Pee? Elliott then challenges the reader to add one new piece of information to their dilemma, just one word: "zoo." He then asks how this little piece of information has affected your perspective. What emotions are you feeling now? Personally, I'm feeling much better, but I would feel much safer if one more piece of information was added: cage. Now I'm feeling much better. My perspective has changed with the vision of a cage between the bear and me.

Think about a situation in your life where you are stuck, confused, frustrated, bewildered, afraid, or all of the above. How might you benefit from a change in perspective? Here are some coaching questions to help you gain a new perspective on an issue you are currently facing. Call up a friend and tell them you would like some help in gaining a new perspective about that issue. Then ask them to ask you some of the following questions.

Challenge your perspective. Where are you unsure of the validity of your perspective? What other facts would be helpful in gaining a clearer perspective? Do other people have a different perspective than you? How do you account for that? How would your feelings change if you

discovered that things were not what they seemed? What advantage could you gain by seeking a change in perspective? What actions could you take today to gather more information, gain clarity on the facts you already have, and test your perspective? How could you change your vantage point? Think about the “lens” through which you are viewing your troubling situation. How could you change lenses? What action steps would you like to take today that would help you gain a clearer perspective.

Now, go back and watch the short video again and think about your situation. Ask God to reveal what’s really going on. Ask Him to “say” the word: Zoo!