

“See the world through New Eyes: notice the flowers, the birds, your friends and your family. Smile and display some appreciation for all the beauty around you.”

In his bestseller, *The Power of Now*, Eckert Tolle shares the importance of staying in the present. He encourages us to let go of the past, don't worry about the future, and instead to focus on the present, the now, the moment. This is the foundation for being alert.

As an awesome impact coach, we are always looking for great models, techniques or tools to add to our repertoire of transformation. One of my favorite models for learning about **alertness** is my four-year-old son Justin Ryuki.

A four-year-old child is remarkably alert. Alert for a four-year-old is all about being fully engaged. Children are remarkable because they are goal-oriented, focused, action driven, flexible and most often very successful in their quest. Watch a four-year-old around an ice cream parlor. He or she is goal oriented (thought — I want some ice cream), he or she focuses (thought — how can I get



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year-old child at a birthday party? Get prepared physically and mentally. Look forward to something that is very exciting to you!

2. Be a Child: Be curious, honest and in the moment. Be interested, learn and develop. Play like a child. Engage fully. Focus on taking something apart. Being childlike is very different from being childish.

3. Be Alert: Be aware and ask, ask, ask! And remember to listen and learn. Be externally focused: respectfully and tactfully

work to achieve what you are focused on.

QUALITY QUESTIONS — ALERTNESS — NEW EYES

Rate yourself as a practitioner of seeing with 'New Eyes', especially in the workplace? How would you colleagues rate you?

Colleague Rating _____

Self Rating _____

ALERTNESS — SEEING WITH NEW EYES

some ice cream?), he or she takes action (ask — may I have an ice cream please?), he or she is flexible (if you say yes, great; if you say no, he or she starts wailing), and he or she is often successful (he or she gets the ice cream).

As an impact coach, we have a lot to learn from children, and it all starts with their eyes. Children see things as I like to call it through, 'New Eyes'. As a coach, when you start seeing things through 'New Eyes' it begins to transform you and your coaching. Coaching through 'New Eyes' is tapping into a higher sense of alertness: it is coaching with a new feeling of enthusiasm, a spirit of curiosity and an appreciation of the new (and all things are new!).

Here are three fantastic strategies to bring 'New Eyes' into your coaching:

1. Physiology First: Move your body and get into the state of anticipation. Can you remember being a four-

What three things can you do "even better" to be aware of the powers of now and seeing with 'New Eyes' in 2006?

1)

2)

3)

If you take these actions in the next fourteen days, what would your rating be?

Rating _____

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