



COACH GURU

The Journey Continues...

The monthly newsletter from
the desk of Regal Unlimited

WHAT'S IN IT:

Regal makes its presence felt at events in Bangalore, Hyderabad, Pune and Chennai, upcoming events in the coming months, some humour, recommendations on books to read and much more!

Dear Friends,

The central theme for this month's Coach Guru is learning, in keeping with Teacher's Day, which was widely celebrated in India on the 5th of September.

If you observe closely, everything and everyone around us is teaching us something. The sun teaches us to show up every day no matter what, the clouds teach us to keep moving, a child teaches us to live in the moment, a dog teaches us to love unconditionally! There is no dearth of life lessons. It is only a matter of being receptive to it!

This quote of Vernon Howard, an American spiritual teacher, author and philosopher sums it well. ***"Always walk through life as if you have something new to learn and you will."***

So, if you think about it, all it requires of us is to bring and keep our awareness wholly in what we are doing each moment to keep learning and assimilating the lessons life is teaching us. And for those of us that manage to do this – even if for a short while – the learnings are simply out of this world.

Coaching, therefore, becomes the vital central piece to the jigsaw of lifelong learning. It is a passageway to the university of life, in which you learn to be a conscious lifelong learner.

COACH AND BE COACHED

Coaching is not teaching. It is asking, not telling or guiding.

While there are many ways to define this potent transformational tool, we like ICF's definition the most. Coaching, it says, is ***"partnering with clients in a thought-provoking and creative process that inspires them to maximise their personal and professional potential."***

Coaching, as you can see, is a powerful means to enhance your ability to understand and effectively use that understanding to better lead and inspire your team, and co-create a working space where everyone thrives. It is a facilitative one-to-one approach, wherein the professional coach works with you to accelerate your progress by providing greater focus on where you are now, and what can be done to get to where you would like to be.

At Regal, you can choose to be coached as well as become a coach. We offer a plethora of coaching services (check out www.regalunlimited.com) as well as coach training to aspiring coaches. It helps us get better at coaching. As they say, 'to gain mastery in any field, start teaching'.

REGAL MAKES ITS PRESENCE FELT

To improve awareness about coaching and help more people choose the path of lifelong learning, we associated ourselves with many events in different cities last month. Here's a glimpse for you:

REGAL AT THE 5TH BANGALORE BUSINESS LITERATURE FESTIVAL (BBLF)

A melting pot of compelling stories, deep conversations, and brilliant ideas, BBLF is where readers, budding authors, corporate executives, start-up founders, writers, B-School faculty and students, trainers and coaches come to celebrate the best of Indian business writing and thought. We met a lot of interesting people and hobnobbed with who's who of the business world. Our learning? To shape behaviour, we need to change stories. Every business leader, therefore, needs to essentially be a storyteller. And coaching can help you with that.



STARTUP 360 @BANGALORE



We were happy to participate in this event, tailor-made for start-ups and entrepreneurs. Regal's star trainer, CV Subash was part of the panel, **'Entrepreneur in Entrepreneurship'**. He spoke eloquently about how in our pursuit of professional success, we often forget the 'why' of it.

COACHING PERSPECTIVES @ PUNE



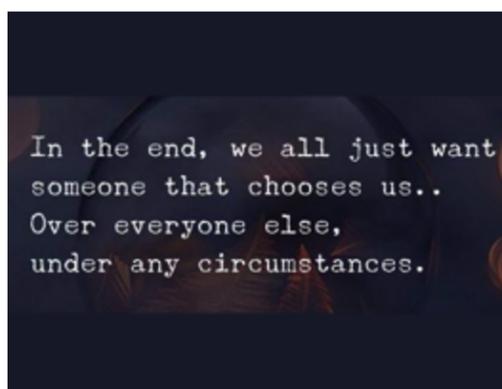
Regal Unlimited made an interactive presentation on coaching perspectives in Pune at an event sponsored by Power Agile. The presentation was well-received, and many in the participants came forward to express their appreciation.

RCC FOR CORPORATE LEADERS IN CHENNAI



We started a batch of Regal Coach Certification (RCC) programme in Chennai last month. RCC is tailor-made to give corporate leaders the first exposure to what coaching is. It is the foundation programme on coaching and gives a peek into the knowledge of coaching and help add basic coaching competencies to leadership and life.

LIFE COACHING AND HEALING



Our Life Coaching and Healing practice curate the best of psychological, physical and metaphysical wisdom to help you reclaim your life. Theta Healing, Phyllis Krystal Method – 'Cutting the Ties that Bind Us', Access Consciousness/ The Bars and Quantum Touch are some of the techniques we use to help you lead a wholesome and blissful life.

To book appointments, write to us at info@regalunlimited.com.

LAUGH AND LEARN

What's life if we can't laugh at it, right? Here's some coaching humour for you to laugh at.



READER'S PARADISE

The Coaching Habit: Say Less, Ask More & Change the Way You Lead Forever

Author: Michael Bungay Stanier

Stanier's book is a practical and unusual guide to coaching, aimed at helping people coach more regularly in the workplace—and allowing them to expend less effort and have a more positive

effect when doing so. He teaches seven categories of questions that help managers get results more easily:



- The Awesome Question keeps conversations focused
- The Kickstart Question finds the main point
- The Learning Question helps employees benefit more from coaching
- The Lazy Question and The Strategic Question help you save time
- The Focus Question and The Foundation Question help you find the main problem

The author offers scientific research, wit, and practical advice.

REGAL COACHES' CORNER

GUEST BLOG



CONNECTING WITH THE CURIOSITY IN YOU Lakshmi Sithambaram, ACC (ICF)

Each day brings with it a need to learn to survive and thrive. This learning and in the process, unlearning as well, forms the basis of our life. But have you ever given a moment to think, where our focal point of learning is? Growing up conditions some of us to conform to norms and look for external factors, such as grades, appreciation, landing a job, and money.

When our need to learn to survive dominates the need to thrive, then we are shutting down our curious self. Connecting with our inner curiosity, which we seem to have forgotten in the process of adulthood, will kindle learning just for knowing and satisfaction. It could also help break the monotony that drives us, and even shift gears.

The role of a good coach would be to guide us in shifting gears. To get in touch with our curious self and change the focus of learning to internal factors that eventually drive us. In the journey of coaching, understanding where and how we lost the connection with that curious nature, will help us break from the chains of that belief that is holding us back. Learning could help us grow - emotionally, intellectually, and strategically. The Coach often helps us find that path that we have strayed from.

ACHIEVEMENTS



JOIN US IN CONGRATULATING NANDA LANKALAPALLI CST WHO IS NOW ACC (ICF)

"Glad to share that I am now approved as ACC from International Coach Federation. This is a significant achievement this year. It took me more than a year because of my busy schedule. Finally, I made it. My sincere gratitude to my Coach Mentors, Subash CV, MCC (ICF) and Priya Ramesh, Leadership Coach and peer coaches and clients for their support in this journey"

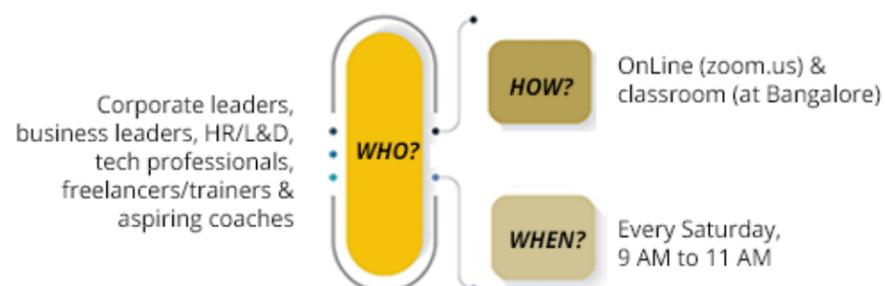
WHAT'S NEW

MEETUP IN BANGALORE

Regal in organising a meetup in Bangalore for corporate leaders, coaches, healers, professionals and entrepreneurs on 19th October. You can register [here](#) for the same.

NEW BATCH FOR RCC IN OCTOBER

A new batch of RCC will begin in October soon. These classes would be a mix of virtual as well as classroom sessions. To register, write to us at info@regalunlimited.com.



A Happy and Holy Dussehra from Team Regal!

Dussehra or Vijaydashami, is the day that follows the nine days of Navratri. Navratri is replete with symbolism about vanquishing evil and wanton nature, and about having reverence for all aspects of life and even for the things and objects that contribute to our

wellbeing.

Yogi and mystic, Sadhguru, looks at how this day can bring success and victory into our life.

"Of the many things that we are in touch with, of the many things that contribute in making and creating our lives, the most important devices that we employ in making a success of our lives are our own body and mind. Being in reverence towards the very earth that you walk upon, towards the air that you breathe, the water that you drink, the food that you eat, the people that you come in touch with and everything else that you use, including your body and mind, will lead us to a different possibility as to how we can live. Being in a state of reverence and devotion towards all these aspects is a way of ensuring success in every endeavor that we partake in."

**Lots of Love,
Team Regal Unlimited**

