

The Stance of the Transformational Coach with Damion Wonfor

"Who is this helping really for?" – Jan Jacob Stam

As this year is our 10th anniversary, I want to offer you a CPD session based upon my own practice as a systemic coach and constellator and this workshop will focus on one of the key influences that has impacted my presence and stance as a transformational coach, the way I hold the client in our work together.

This influence comes from the work of Bert Hellinger, the visionary that wove a rich tapestry to create Family Constellations. It is through my own training within this modality that I first came into contact with his ideas about the **Orders of Helping** and it will be my privilege to pass this learning to you.

The Orders of Helping are 5 principles that seek to clarify what it means to help another person in a way that respects their dignity, autonomy and place within their wider system. For Hellinger, helping is not simply a matter of giving advice, solving problems or relieving suffering. It requires the helper to recognise the limits of what they can do, to respect the person and their circumstances, and to allow the other person to remain responsible for their own life.

Within this context, Hellinger viewed the role of the helper with particular care. The helper is not there to *fix* the person or to impose a solution. Instead, the helper seeks to perceive what is present, recognise what belongs to the person and their system, and intervene only where appropriate. This requires a particular quality of **presence, humility and intentionality**. The Orders of Helping are therefore concerned not only with *what* a helper does, but with the **position from which they help**.

At the heart of the Orders of Helping is therefore a movement **away from rescuing and towards respectful presence**. These principles offer a way of reflecting on the power inherent in the coaching relationship. They invite the coach to become aware of when their stance and desire to help may lead them to overstep, interfere or take responsibility that belongs to someone else. In

this sense, the Orders are less a set of techniques than an orientation towards **how to be with a client whilst coaching.**

In this CPD session we will experientially explore these 5 principles, their impact and learn how to integrate these within our stance as a transformational coach.

The session will be delivered by Damion Wonfor, Founder of Catalyst 14.



Damion is an experienced Executive Coach, Coach Supervisor, Mindfulness Teacher and Constellator. He has been involved with Executive Coaching and People Development for over 25 years. His focus is on supporting clients to develop a deep sense of presence and impact within their work so they can live meaningful lives. His practice is underpinned by Mindfulness, Humanistic and Eastern psychology and Embodied Systemic Methods and Constellations. His full profile can be

viewed here - <https://www.catalyst14.co.uk/damion-wonfor>