



"When the eyes close the world disappears...
When the mind's still the world blooms."
— Bert McCoy

The Transpersonal Approach

Transpersonal Coaching takes a holistic and integrative approach to supporting growth and transformation. A more recent type of coaching, it emphasizes the study of transformation and acknowledges the beyond-ego, transcendent and spiritual domains of human experience. Based on transpersonal psychology, Transpersonal Coaching actively engages with an individual's spiritual intelligence (SQ) and builds on emotional intelligence (EQ) to enable deeper and broader perspectives on the challenges we face today.

Drawing on the transcendent quality of consciousness to shift the client from ego-centered focus on problems towards expansive awareness, a transpersonal coach supports them to discover solutions that draw from spiritual wisdom and principles in a pragmatic way that empowers them in the context of their everyday life. In helping a client identify what provides them with a sense of meaning and purpose and finding ways of purposefully express this – in their work, their personal life, and within relationships, transpersonal coaching helps the client develop a more expansive and interconnected sense of self and access necessary resources that support them to attain their fullest potential and most resourced performance.

Transpersonal coaching can be considered a bio-psycho-socio-spiritual approach to coaching that can help clients resolve issues concerning the body, mind, relationships and spirituality.

LEARN MORE:

Read "[Transpersonal Coaching Psychology: An introduction to the theory and practice](#)".



How is it different from other coaching?

From Transpersonal Coaching, EUROTAS

“Transpersonal coaching recognizes the vast untapped resource in the wealth of our superconscious realm, which is full of intuition, imagery, creative ability, innovation, full of peak experiences, joy and love. These go beyond the linear way of the rational mind but do include it.

The transpersonal coach is not constrained by the limiting definitions of a “coach” or a “person.” The focus of their actions is a complete openness to the truth of the moment, by anchoring in the presence. As a result, a natural simplicity, authenticity and clarity emerges, and a fundamental accepting of whatever is, in each moment.”



From What is Transpersonal Coaching, by Jules de Vitto

“From a transpersonal perspective, I have experienced that the traditional approaches to coaching and psychology that dominate mainstream society are limited. They are usually based on a reductionistic, ontological assumption of human experience. This paradigm does not consider the holistic, interdependent system of mind, body or spirit, including the “trans” personal potential of human nature.

Law, Lancaster and DiGiovanni (2010) suggest that coaching based on the theoretical framework of transpersonal psychology addresses these limitations because it acknowledges that many issues faced by individuals are often because of a disconnect with the transpersonal or spiritual domain. The spiritual may be defined as “an inner experience of connection to something greater than oneself, a personal sense of the sacred and meaningful.” (Lukoff, 2007, p. 635).

... From my experience, one of the fundamental aspects of a Transpersonal Coach is their healing presence. This is a ‘way of being’ in sessions as opposed to the use of applied techniques. As transpersonal coaches, we do use applied ‘techniques’ but we also emphasize the holding of a compassionate and intuitive space that can be described as “a liminal space that is open, receptive and emergent and promotes transpersonal knowing” Dangelis (2022).”



From “[The Evolution of Coaching Psychology](#)”

“At least as far back as the beginning of recorded history and described in religious or spiritual texts from many traditions – particularly in the East – we find evidence that humans have long had the capacity for powerful altered states of consciousness which break through the restricted boundaries of ego and produce profound alterations in our relationships to self, other and the cosmos. These self-transcendent “awakening” experiences have typically been identified with religious, mystical or shamanic contexts. However, as a result of various studies in transpersonal psychology, we now know these profound states of psychological transformation are far more common than we first thought and tend to occur most often outside of a religious or spiritual context 2. Hence the term “awakening experience” (as opposed to religious or mystical experience) is now preferred and more accurately represents the secular (non-religious) and far more common expression of these profound transformational and psychological experiences.

A person’s psychology, perspectives on life and sense of self all tend to change irrevocably following such awakening experiences. Individuals who experience these transpersonal awakening experiences tend to become aware of their fundamental interconnectedness with all life which often leads to shifts of perception and changes in behaviour where they become more compassionate, altruistic and often re-evaluate their goals, careers or personal values. Perceptions of self and ego expand to include other people, all life, and even the cosmos. Some have even speculated that these awakening experiences are not only far more common than previously thought, but universal to all human’s and the capacity is simply dormant, awaiting the right situation or experience to be revealed and one day along our evolutionary path, may become the way we all experience the world all the time.”





Why work with a Transpersonal Coach?

The role of the transpersonal coach is to support the client to develop a more expansive sense of self and, in so doing, to help the client access the necessary resources (social, emotional, psychological and spiritual) to help them fulfill identified goals and, if the client so desires, support them more broadly in realizing more of their transcendent potential.

The skills employed by transpersonal coaches include the cultivation of practices which may evoke peak experiences, recognising that such states can bring forward insights that have meaning and practical applications in the area where the client wants to resolve a challenge. Clients learn how to embody their insights and anchor their new perspectives into the relevant contexts of their life.

What might a typical session look like?

[Read more about this in “Working With Me” here.](#)



Who might this suit?

Transpersonal Coaching is ideal for someone seeking to explore and integrate the deeper dimensions of their existence, going beyond traditional coaching to address the spiritual, emotional, and psychological aspects of their lives. This holistic approach is especially suited to those on a journey of self-discovery, aiming to align their personal and professional lives with their core values and higher purpose.

If you are looking to transcend limiting beliefs, enhance your sense of inner peace, and cultivate a more profound connection with yourself and the world around you, Transpersonal Coaching may be the perfect fit.

Does (m)any of the below resonate?

- **Holistic Perspective:** You are looking for a coaching approach that integrates mind, body, and spirit.
- **Open to Self-Exploration:** You are willing to delve into deeper aspects of your psyche and spirit.
- **Spiritually Curious or Developing:** You are interested in exploring spiritual practices and philosophies.
- **Emotionally Open:** You are open to discussing and processing emotions, or want to develop the capacity for it.
- **Mindfulness-Oriented:** You want to incorporate mindfulness, meditation, or other reflective practices into your daily routine.
- **Purpose-Driven:** You feel pulled to align your actions and decisions with a deeper sense of purpose and meaning.
- **Seeking Personal Growth and Self-Understanding:** You want to develop more self-awareness and fulfillment.
- **Committed to Change:** You are ready to make significant life changes and embrace new perspectives.

If so, you may find this a coaching approach that works well for you.



Interested?

[Learn more about working with me](#)
and book a session.