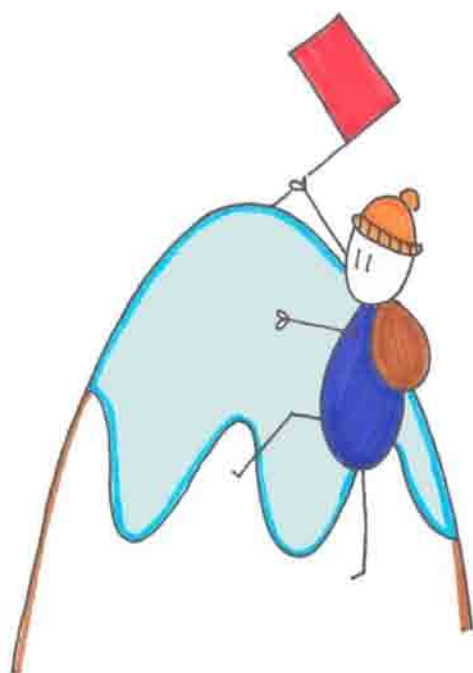





Auto coaching

HOW TO GET THE BEST FROM YOURSELF



Pedro Amador

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Auto coaching

How to get the best from yourself

Pedro Amador López

AUTOCOACHING®

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To my father, for guiding me through
every important step I take.

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In Practice: Variety Coaching

After four years of working with the *Autocoaching* methodology I have been able to confirm its usefulness in many cases. But it's also true that in practice the exercises are difficult to do. Why is that? We think: let's see, I'll start with the Wheel. That's easy enough! And now the factors....phew! This is going to take some time. What should I write? And you find yourself trapped in a small spiral, difficult to get out of. But that's necessary in order to list the factors and changes you really want to include.

The main problem is that it's difficult to be objective: *What is it you want from love?* I asked this question over and over to people who scored low on their triangle. *Well, to find someone who loves me; to meet my life partner, to meet the perfect person for me.* I received many similar, overly generalized responses to this question which, while understandable, does very little in helping to specify what you want.

You have to come down to earth and be more objective. I'm sure you have preferences as far as your partner's height, education and life style. And who knows; maybe you want it all, because you deserve it. What if you were given a list of things that you like but can only choose the ones that really matter?

Wouldn't that be easier? Now the excuse of *I didn't know what to write!* is no longer valid.

Your first reactions will be defensive: *I'm sure they won't be able to suggest **everything** I really want*, followed by, *Are they predisposing me to certain things?* Neither of them is true. **Variety coaching doesn't intend to do this.** It's a method for classifying, whose sole purpose is to make a structured and hierarchical variation group based on each of the present aspects of the Wheel of Life sectors that will allow you to sharpen your own factors and changes related to reasoning and objectivity.

As Edward de Bono specified in his book "Lateral Thinking," the capacity of the human mind is surprising when it generates options. Even if they seem ridiculous at first, in the end they contribute to reaching a proper solution.

Developing variety coaching for *Autocoaching* was complicated. Every individual is complicated. Whenever I checked the factors and changes that most of them suggested, the more I confirmed the thesis that each person is a different world.

Some of the examples were really incredible and fun: Like that friend who, after meeting who she describes as the man of her dreams, couldn't continue with the relationship because he had a hairy back. Well it seemed to be a necessary factor for her boyfriend not to have hair. She would have never considered this important, but that point was proved crucial when arranging a date for my friend.

Many psychologists would probably start to analyze the possible motivations of this factor, searching for some hidden childhood trauma.

But people have their “tastes” and perhaps you don’t have to dig very deeply into the subconscious in order to discover when and how they began.

But if you want, I’ll leave this exercise for a better moment. It’s enough knowing that right now you shouldn’t hold back when choosing all the factors you consider necessary because -as strange as they may seem- **they’re yours.**

When I started this project people used to tell me: *Choosing my tastes from a list of countless options is impossible.* And in a way, they were right. Defining tastes can be an endless exercise if you don’t know how to use well-defined parameters. For example, if you want to define the preference for eye color there are people who are very particular, saying that there are lots of colors to describe them.

But for practical purposes, eye colors are brown, black, blue and green. Few people would like to add other colors like violet, pear green, or dark blue.

And what happens if you simplify the parameters? Nothing. That’s because the aim isn’t total accuracy, but rather the thorough and rational configuration of options so that each person can discover what they really like. If the result of the factor doesn’t respond perfectly to the preference, a blank space will be left that so that the person can describe whether the color he was thinking about is green or pear green. What’s important is that he will have expressed the idea of whether eye color is motivating or necessary.

In order to put together this summary of factor suggestions and changes, it took two years of extensive studies, analysis and information gathering from all types of sources: different genders, religions, cultures, ages, professions....It required developing and patenting a personalized computer application for creating models for all the variations provided with consistent rules, as well as a classification method useful to people in order to find the best options searched for. The system can generate more than 70,000 factors and 11,000 changes which aren't included in this book because they would take up more than 800 pages.

You can go to www.autocoaching.info where after registering for free, you'll see all the steps included in the *Autocoaching* methodology. This includes a simple Wheel of Life that will help you to think about the many NMFs that the system assigns you, and provides the necessary changes when a particular factor is unfulfilled.



Glossary

I'd like to include a short list of the most important words that are used in coaching:

Actions/Possibilities: Elements through which projects and activities are put into practice in order to achieve your goals. In Chapter VIII (What I Gain and What I Lose) you'll see that you must always pay a price for every step you take.

Beliefs: Opinions and points of view regarding any aspect of our lives. They're always personal and their understanding leads us to see a multicolor world of opinions that we may or may not identify with.

Changes: The entire set of actions you commit to that lead to improved self-knowledge.

Coach: The person who teaches coaching. A coach is not an expert. Instead of focusing on a variety of answers, he or she poses questions, thereby helping to explore the present and to design the future.

Coaching: A group of actions used by the *coach* in order to help clients get the best from themselves. My favorite definition of *coaching* says that it's the process that turns dreams into reality. Different types of coaching exist, but the main ones include:

- **Personal Coaching:** The coach focuses on improving the areas of private life, work, health and love.
- **Executive Coaching:** The coach specializes in helping executives.
- **Business Coaching:** The coach provides solutions to work groups and companies.
- **Professional Development Coaching:** Coaching provided to people who are looking for a job, or people who want to improve their professional profile.
- **Sport Coaching:** Aimed at sports; it's commonly identified with the concept of trainer.
- **Autocoaching:** The process of getting to know yourself better and getting the best from yourself without face-to-face involvement. This book follows a methodology that allows readers to do activities, set goals and monitor the attainability of their goals. Advantages include price (it's inexpensive) and complete confidentiality.
- **Variety Coaching:** A database containing a complete list of examples of interrelated factors and changes arranged in a hierarchical manner.

Commitment: The internal engine that attains goals and objectives. Before setting goals it's important to know whether or not you're truly committed to them. It must be something that forms part of your inner self. Remember that commitment is the basis of Chapter VII (Establishing Your Commitments).

Factors: Elements one would like to have in each *triangle* of the Wheel of Life (leisure, health, love).

Future Self: Understood as dreams and goals that you hope to achieve in life. It's often referred to as **vision**. See Chapter X to review it detail (Your Future Self).

Learning: A process that provides skills and knowledge through experience useful in the development of a person. You saw the steps in the learning process Chapter XI (Learning Process).

Opportunity Cost: The price we have to pay when we make a decision, or the cost of alternatives which have been disregarded by taking a particular path.

Stereotypes: An “over generalized idea, impression or point of view” not proved as being true.

Structures: Tools that can be used to remind us of our objectives, goals, wishes, motivations, etc. There are many different structures that were explained in Chapter VII (Establishing Your Commitments).

Trust: A vital relationship that must exist between the *coach* and his or her client in order for the coaching to work. For this book, *Autocoaching*, the trust you have in yourself becomes even more important.

Values: Moral principles held by everyone demonstrating who they are and the way they act. Values are not chosen; they're unconsciously acquired during childhood. We talked about them in Chapter X (Your Future Self).

Wheel of Life: For Buddhists, the Wheel is made up of 4 circles that show the real causes of suffering, not in a pessimist way, but for providing a possibility of redemption to our short-lived existence. Over the past few years it's been studied by Anthony Robbins and applied to the practice of coaching by separating happiness into several parts.



Acknowledgments

To say that I wrote this book on my own would be like saying that Cairo's Great Pyramid of Giza was built by only one Pharaoh. Fortunately, there have been many people who've accompanied me on this journey, and I'd like to take this opportunity to thank them for their dedication and support at all times.

I'll start with all those who had the opportunity to read a draft copy and contributed by suggesting numerous revisions.

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Along with the book, lots of people have taken part in making the *Autocoaching* website the best source of support for this text. I would have to list more than 80 people who've taken part directly or indirectly in testing the website and developing the database. I'd like to give special mention to the team that helped make it possible: Lucía Fernández, Daniel Jiménez, María Pía (Printeralia), Pablo Álvarez, Darío Torres (Studioidissey), Alejandro Falcón and above all to Leonardo Antolí, who helped to successfully set up the website. The quality of his work will always be remembered.

When it comes to my family, I have nothing but praise. Praise for my parents because they gave me life and showed me how to enjoy it; for my sisters, Ana and Raquel, because they've always been there. Without a doubt, part of this book was made possible because of all the support I have received.

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And if *Autocoaching* has a soul, it's been created by Blanca Hernández, who has the biggest heart in the world and was able to reflect the simplicity of living joyfully into the text's

illustrations. She's also responsible for my tremendous desire to live again and for this I will always be indebted to her.

I can't finish without mentioning Xavier Rovira, who has shown me how to control my emotions and has helped me to regain some of the common sense I had before the accident. His effort in helping me, and his infinite advice on every word of this book, are gifts from above.

Many thanks to everybody. Thank you for supporting this dream.



**" AUTOCOACHING IS
A JOURNEY INSIDE
YOURSELF "**

In the professional world, it takes seconds to win or lose. In the personal world, the question is much more complicated. To say that Pedro Amador is an Information Technology Engineer and has a Master's Degree in Business Administration from ESADE; or that he's worked for more than ten years for several multinational companies, would suffice as a business introduction letter. However, for a book aimed at personal and professional self-consciousness, it's more important to know that after suffering and nearly losing his life in a traffic accident, Pedro regained his will to live and enjoy life. He's trained in coaching, PNL, and leadership with CTI and AECOP and has spent the last five years working on the new Autocoaching method that helps you organize your

personal thoughts in order to improve and enjoy life more.

"Self-consciousness is the first step to happiness. This book -clear, educational and easy to read- is a enormous help for accomplishing this. Pedro has combined his knowledge and experience to create a piece of work which, apart from being read, should be applied."

Ana Mañas, Director, Radiotherapy Oncology Service at the University Hospital La Paz in Madrid and former President of the Spanish Radiotherapy Oncology Society, SEOR.

"Introspection leads to self-consciousness; in this case Autocoaching is a tool that leads you to the development process. A magnificent book for reaching magnificent objectives."

Manuel Seijo, Managing Partner of Leister Consultores and President of the Spanish Association for Coaching and Process Consulting (AECOP).

"There is a Hindu proverb that says 'the longest journey begins with one step,' and this is also true of self-knowledge. Through Autocoaching we start a journey where the aim is always personal enrichment. It depends on you to take the first step."

Esther Pedraza, TV and radio journalist; coordinator and host of "Protagonistas Teresa Campos," on Punto Radio and for the popular program "Caliente y Frio."

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