

## Career Coach

# External vs. Internal Guidance

**The issue:** Listening to your inner voice



**Doyle**

**Coach:** Kelley Doyle

**The scenario:** As the Career Coach column winds up its run, Coach Kelley Doyle addresses the “inner voice” that has been a catalyst for many questions from her coaching clients.

As my final Career Coach column, I want to share some advice that can be applied to each and every question that I have been asked as a coach. When someone seeks out a professional coach, often it is because they are looking for a solution to a problem, a recommendation for change, or advice to act upon. They are looking externally for guidance. My job as a coach is to help people also listen internally for guidance.

Often, we need the knowledge an expert has on a particular subject. However, we need a balance of external guidance from expert professionals, friends, family and co-workers along with internal guidance from our intuitive wisdom and higher power.

Have you ever taken a job when your gut said, “Don’t”

– only to find eventually that your gut was right? Or, have you sensed distrust in someone you barely knew and then experienced betrayal by them? Perhaps you were compelled to attend an event you may otherwise not have and then met someone that became significant to you in your life?

These are all examples of being internally guided. Sometimes we listen and obey, other times we dismiss the guidance and act in the contrary. There is a principle I often ask clients to consider more carefully, and to follow in their lives: Listen and trust internal guidance. I feel this is a truth that is universal for all people.

I assess where clients start in my coaching, and they’ve typically directed their lives by powering through problems.

Inviting them to listen for guidance from within is new and unfamiliar. Here are a few techniques to practice:

1. Get quiet. Turn off the TV, radio, phone ringers. Separate yourself from distractions, which can be a challenge. Either people feel they have too much going on for this, or they unconsciously avoid it because of what they may hear.

2. Get “present.” Being present means that you are in the moment, not thinking about the past 5 minutes or a day ahead. The easiest way to become present is to focus on your breathing – it’s automatic, we do it without awareness. When you focus your awareness on the rhythm of your inhale and exhale it connects you to the present moment and with your body.

3. Get connected. The intention is that you connect with spirit, your intuitive wisdom. How? Meditate, mountain bike, journal, pray, jog, yoga. Experiment a little and find what helps you find the strongest connection. Once connected, pose your questions for guidance, which can come in whispered words or maybe

a feeling.

Each of us is a wellspring of inner wisdom. I was recently reacquainted with this truth in Dan Millman’s book, *The Laws of Spirit*. Millman uses the analogy that people are radio receivers attuned to universal intelligence.

In using this analogy, I challenge you to ask yourself on occasion: “What radio frequency am I tuned into now?” Are you tuned into W-EGO where your ego’s needs are broadcast, or W-FEAR where self-doubt transmits its message? Or, are you tuned into W-JOY where there is a constant flow of information for your higher good.

My advice: Listen to others who speak from experience and have knowledge to impart, and practice listening within and trusting to take action on what you hear.

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