

Their curiosity is free. Then, somewhere along the line there is a palace coup, and our parents, teachers, employers and sometimes our friends are part of it and the question is replaced by the Answer as King.

We get measured, tested, evaluated on answers and are rewarded or punished according to the requirement of how well our answer fits the question. We lost the joy of asking simply to find out what may be there. We have lost the pure curiosity that lives inside us and replaced it with a more purposeful curiosity, one that allows for some wandering, but very little wondering.

For coaches, the muscle of curiosity is essential. It's not sufficient if we're looking to help our clients achieve long-term results and true evolution, it's not sufficient to just ask questions that will "solve the problem." Being curious about our client's situation is only the first level. In some circles it's called being curious about the "what" of our client.

It's important to be curious about who our clients truly are inside. What's really important to them and how this situation fits into the bigger picture of their entire life is a second level of curiosity. It's founded in the recognition that while the "what" of one's life is important (meaning the circumstances, the events, choices and decisions) it's really who they are in what they do, that really makes the difference. How's that for a jargon laden sentence?