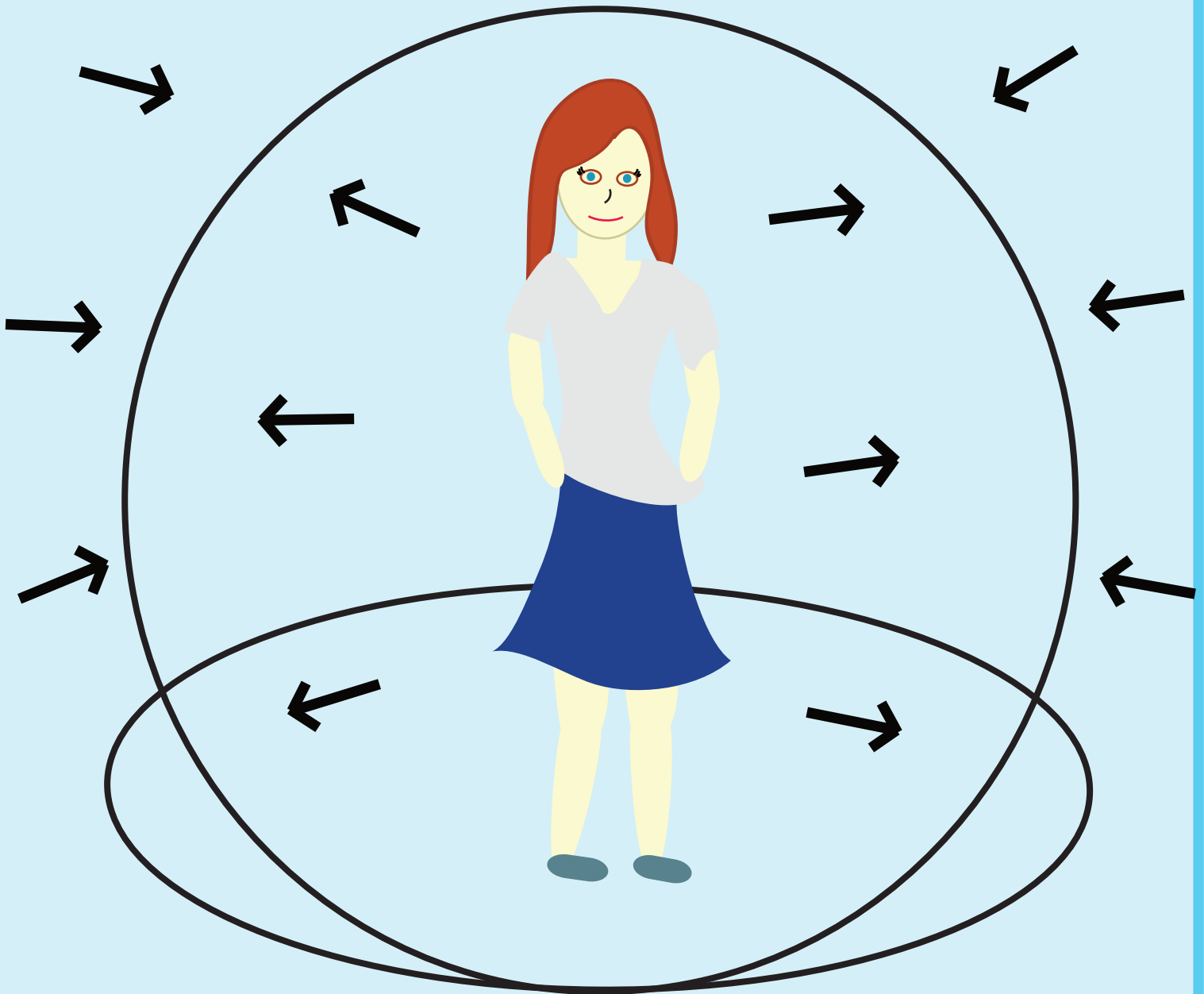


Holding Your Space

Context is Partnership - our "part" of partnership begins with honoring ourselves and our existence.



Different Kinds of Space

- **Physical Space: affects focus & creativity**
In a crowd, closing a door, saving a seat
- **Mental Space: room to think**
Interrupting & distracting noises collapses mental space
- **Emotional Space: capacity to engage**
Demands to talk now may collapse emotional space
- **Schedule Time Space: to be calm & present**
Agreeing to tight deadline, unrealistic timeframes
- **Spiritual Space: our unconscious attention**
Energies we avoid, refuse or embrace

Things to Look at in Your Life

- What do you need difference spaces for?
- What do you need difference spaces to BE?
- What does that space look like?
- What expands our space?
- What is space collapsed by?

Questions to Ask our Partners

- What kind of space you need?
- What do you need me to apologize for?
- What kind of code words do you need?

Keep in Mind:

- > ***Space and Connection are different*** - by holding our space, we grant space to others.
- > ***Boundaries are a kind of holding space*** - when we hold our space, others learn to do the same.
- > ***Holding emotional space*** - is not suppressing our feelings, but being responsible for their effect.

Partnership requires vulnerability: Instead of "sucking it up," we must "cough it up," expressing what we feel and what we think, and allowing others the space to do so as well.

To learn more or to sign up for the next topic, email sarah@sparklingresultscoaching.com.