

Watching the World Go By...

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I sat in Birmingham New Street Station this week in the midst of rush hour, waiting to meet colleagues ahead of a series of meetings. This enabled me to do 2 of my favourite things – people watching and have a brew...

I find people watching a fascinating experience – and whilst I was reminded of the Newton Faulkner song, People Should Smile More that morning – I like to observe people and their behaviours with little or no knowledge of who they are, what they are doing and why they are doing it.

This is all in complete contrast to coaching and coach education where, in theory, we should know, or think we know, some of those answers....

As I watched the world go by, I saw people rushing somewhere (work or meeting I presumed); some clearly lost around the new layout of New Street Station (they are not the only ones!); others presumably catching trains to go somewhere as they stared at the multitude of screens of train times and destinations, or maybe looking to see what time others were arriving; I saw the power walkers, the dawdlers, the phone tappers (though disappointingly not colliding into anything or anyone..), the wanderers, the long lost friends reunited, the coffee drinkers, the healthy eaters, the students, the parents, the athletes...(but no celebrities....)

At times it mirrored the chaos of a coaching session, where a horde of people were all moving, at various speeds, following a pattern or moving against the flow, all with a goal but not always a common one, carrying a variety of objects, with those who are focussed and those whose attention is short.

I am not a fan of assumptions, but I assumed that everyone that passed by achieved their goal or outcome to some extent, rising up through the chaos...

Chaos, (or organised chaos as I like to define it as) forms a large part of my coaching philosophy, as my belief is that sometimes the greatest tool I employ as a coach is not to coach...

Does anybody else use chaos (organised or unorganised) to support their coaching programmes, and how has this been viewed by others?

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