

Thank you coming!

Dejligt at
se jer alle
sammen!



My preparations made me thoughtful

What do I want to share with you?

...

Retiring means ...

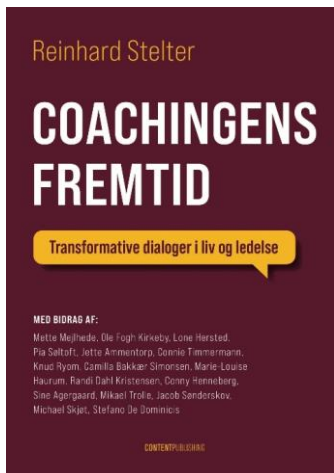
- *To share what life as taught me*
- *To take some responsibility for the next generation*
- *To share some of my "wisdom"*



Wisdom?
Research, reflection and writing has taught me something
- shared in some of book publications in coaching



Finally, I came with an idea
based on the title of this book that came out on Monday



Actually, the book holds a message
 more about what **I wish and hope**
 should happen
 -
 especially when I think about the upcoming
AI revolution

What computers can't do

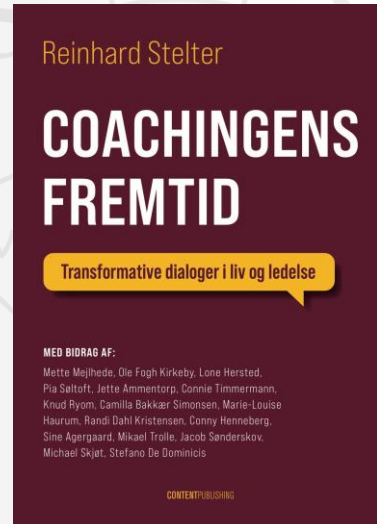
- Vision & Wishes for the Future of Coaching

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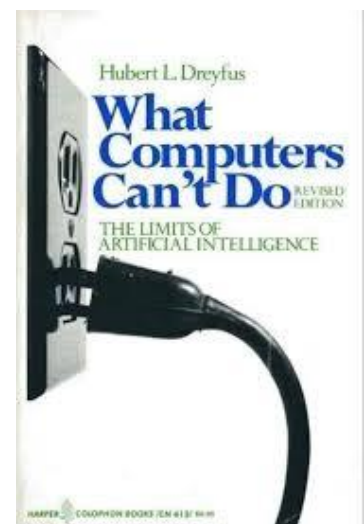
UNIVERSITY OF COPENHAGEN



The inspiration for the title comes from

Hubert Dreyfus (1929-2017)

- studied philosophy at Harvard University, at the University of Freiburg and in Paris – influenced by Merleau-Ponty and Heidegger
- Professor at MIT, University of California, Berkley

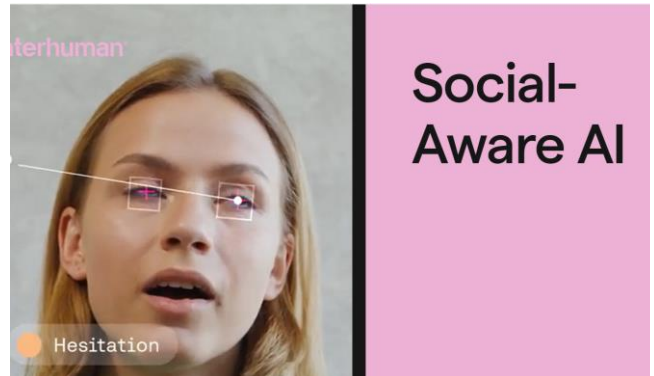


First published in 1972

I have to admit: Computer and AI can already manage quite a bit in the field of coaching

AI and large language models can:

- ✓ simulate “empathy”
- ✓ detect your voice intonation
- ✓ read facial expression and by that mood states
- ✓ It can help coaches to evaluate their sessions



www.interhuman.ai

My argument will follow a different path

- What kind of future do I wish for when we have problems and challenges to handle?
- What should we learn from the first decades of digital revolution?
- What do we wish for in human interaction?



The focus of my presentation is to present arguments for face-to-face interaction in the field of coaching as a transformative dialogue and for community building where dialogues are the foundation

I would like to present four perspectives

1. Views from social research
2. How do people change because of social challenges?
3. Highlighting specific relational qualities
4. Enactive intersubjectivity



1. Social and mental consequence of societal changes

Byung-Chul Han (2015) speaks about “**The Burnout Society**”

Power control grows through **surveillance of one’s own performance**

Alain Ehrenberg (2000) speaks about

La fatigue d’être soi - **The fatigue of being oneself**

*The loss of social signposts have psychological consequences like **anxiety, depression and stress***

Andreas Reckwitz (2019) speaks about *Die erschöpfte Selbstverwirklichung* – **The exhausted self-realization**



2. Mental challenges:

Loneliness – increasing importance especially in the young generation

Mary Fonden
H.K.H. Kongrinesse Marys Fond

Ny undersøgelse viser massiv ensomhed blandt unge voksne

17.6.2024 05:00:00 CEST | [Mary Fonden](#) | Pressemeldelse

Del [f](#) [in](#) [X](#) [e](#) [w](#)

En ny omfattende befolkningsundersøgelse fra Mary Fonden viser store udfordringer med ensomhed, særligt blandt unge voksne, og giver for første gang et dybdegående indblik i danskernes viden og holdninger til ensomhed. For mange unge er oplevelsen af ensomhed uafhængig af, om de er alene eller sammen med andre.



New study shows massive loneliness among young adults

Loneliness caused by the overuse of “social” media and screen time

2. Loneliness – increasing importance especially in the young generation

- 12 % of Danes feel **very lonely** („svært ensomme”)
- 17 % of Danes, 16-24-årige, feel **very lonely**
- 22 % - age 25-34- feel **very lonely**
- 6 % - age 55-64 - feel **very lonely**
- 73 % - age 16-19 - **experience loneliness**, regardless of whether they are alone or with others

Study conducted by Epinion for Mary Foundation, based on answers from 3456 participant during Dec. 2023



2. Loneliness – increasing importance especially in the young generation



**Screen time per day: 35 h pr week
– close to 76 days/year**

[Skærmtid for børn og voksne - Stenhus Kostskole](#)

3. The relationship and working alliance are essential

- ✓ Dialogue partners are “fellow-human companions” for each other by sharing reflections
- ✓ The practice of the art of “lingering in dialogue”
- ✓ The practice withness-thinking/talk



Witness-thinking

John Shotter (2006)

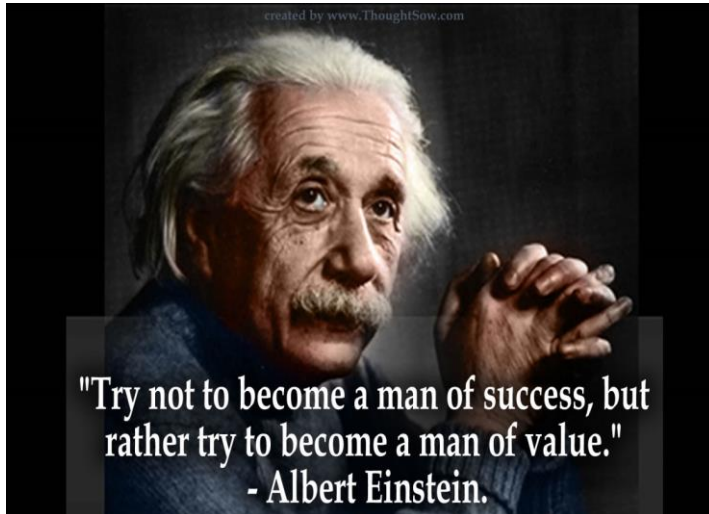
- *Witness (dialogic)-talk/thinking* occurs in those reflective interactions that involve our coming into living, interactive contact with an other's living being, with their utterance, with their bodily expressions, with their words, their 'works'. It is a meeting of outsides, of surfaces, of two kinds of 'flesh' (Merleau-Ponty, 1968), such that they come into 'touch' or 'contact' with each other. ...
- In the interplay of living moments intertwining with each other, new possibilities of relation are engendered, new interconnections are made, new 'shapes' of experience can emerge. (p. 600)

3. The relationship and working alliance are essential

- ✓ Dialogue partners are "fellow-human companions" for each other by sharing reflections
- ✓ They practice the art of "lingering in dialogue"
- ✓ The practice witness thinking/talk
- ✓ Reflection beyond the situation
– here values come into the picture



Collaborative meaning making and value reflection



- What does "**courage**" mean to you?
- or "**responsibility**", "**care**", "**love**"?
- Ole Fogh Kirkeby reinvented and further developed the ancient **PROTREPTIK**
- – turning a person to the most essential

4. The lived-body is central in the dialogical relationship

Fuchs and De Jaegher (2009) speak about **enactive intersubjectivity**, described by:

- **Participatory sensemaking**
- **Mutual incorporation**
- **Reciprocity of embodied agents**

"The explanation of social cognition by brain modules or mirror systems remains static and unidirectional in that they assume that the brain mechanisms guide development.

But there is increasing evidence that these neuronal systems develop and are continuously modified only through *social interaction*.

(Fuchs & De Jaegher, 2009, s. 468; italics in the original)

In essence

Coaching as a transformative dialogue is a collaborative practice where we can learn from each other and be inspired by the reflections of the other

**And now YOU ALL
come into the picture!**

My wish from you is...

1. Do you have a **question** that helps me to reflect about my first months or year of being retired?
2. Do you have a **reflection** from your own experience that might help in this new phase of my life?

**As a good dialogue partner you do NOT give
any advice or your solution to my new situation!!**

Thank you!

