

## **Abstract Professor Ho Law**

### **The 4<sup>th</sup> Generation Coaching for people and the planet (Recovery and Sustainability)**

This paper invites participants to reflect and review the current human condition in terms of the post Covid-19 pandemic and the climate change crisis. This New Norm calls for a new generation of language and coaching approaches to leverage a socio-cultural and technological paradigm shift. Drawing from the established art of healing, theory of planned behaviour, ecopsychology, coaching and transpersonal psychology, we shall discuss the future action and coaching practice with an intention to:

1. Understand the 4th generation coaching (4GC) approach, its rationale, formulation & wider role in the environment.
2. Experience the mindfulness practice that embraces motion & emotion, meaning & spirituality.
3. Know how to integrate mindfulness, spirituality, and narrative practice in the GROW coaching process.
4. Know how to enhance motivation to work on change in spiritual, psychosocial environmental practice for recovery and sustainability.

**Keywords:** fourth generation coaching; 4GC; coaching psychology; GROW; healing; spirituality, psychosocial environment.