

TOP THREE WAYS COACHES GET IN THEIR OWN WAY



Scenario One

1. What feelings did you feel? Write down using feelings words. (e.g. mad, glad, sad)

2. Write as many short sentences as you can about the narrative attached to those feelings? (i.e. What's the rationale for the feelings? What meaning are you making that provokes those feelings?)

3. What are you noticing?

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Scenario Two

1. Write as many short sentences as you can about your internal experience.
(i.e. a description of what's going on inside of you regarding the exchange.)

2. Identify each sentence above as a thought (T), a want (W) or a feeling (F).
Write below the number of sentences that were thoughts, the number that were wants and the number that were feelings.

of Thoughts _____

of Wants _____

of Feelings _____

3. What are you noticing?

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Scenario Three

1. Write as many short sentences as you can about your internal experience. (i.e. a description of what's going on inside of you)

2. Identify each sentence above as focusing on Self (S) or focusing on Other (O.). Write below the number of sentences that were focused on Self and the number that were focused on Other.

of Self ____

of Other ____

3. What are you noticing?

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