

Deep Dive: presenter's worksheet

Complete prior to your coaching session to help you organize your thoughts and dive into the complexities of your situation. You can use this structure as a basic outline for your Deep Dive. You may rework or update the document after your coaching session to include deeper issues uncovered.

1. HEADLINE OR SUMMARY STATEMENT

What do I want to explore with the Forum?

2. CONTEXT

a. Background:

b. Current situation:

c. Next steps I am considering:

3. DIVING DEEPER INTO MY STRUGGLE

a. What is hardest for me?

b. How might my own actions be contributing to the challenge I face?

c. Where am I stuck?

d. What do I most want to change?

Deep Dive: presenter's worksheet (continued)

4. MY FEELINGS

a. My strongest fear/uncertainty/concern:

Feelings/emotions	Where are these coming from? Thoughts/story creating these feelings...

b. A metaphor or image that comes to mind that describes my situation:

5. LOOKING FORWARD

a. My hope, dream or ideal outcome is...

b. What would failing mean for me and those around me?

c. What would success mean for me and those around me?

d. Are there any beliefs or biases I might need to shift in order to get what I want?

e. My core opportunity or dilemma might be...

Deep Dive: coach's "cheat sheet"

Coaching supports powerful Deep Dives that focus on our inner struggle, rather than details of my story/situation. My Forum mates listen to connect to their own resonant memories or struggles and share those vulnerably.

PREPARE

- Coach and presenter meet one to two weeks BEFORE Forum Deep Dive (not day of meeting).
- Meet in a comfortable, private space. Plan for an uninterrupted hour.

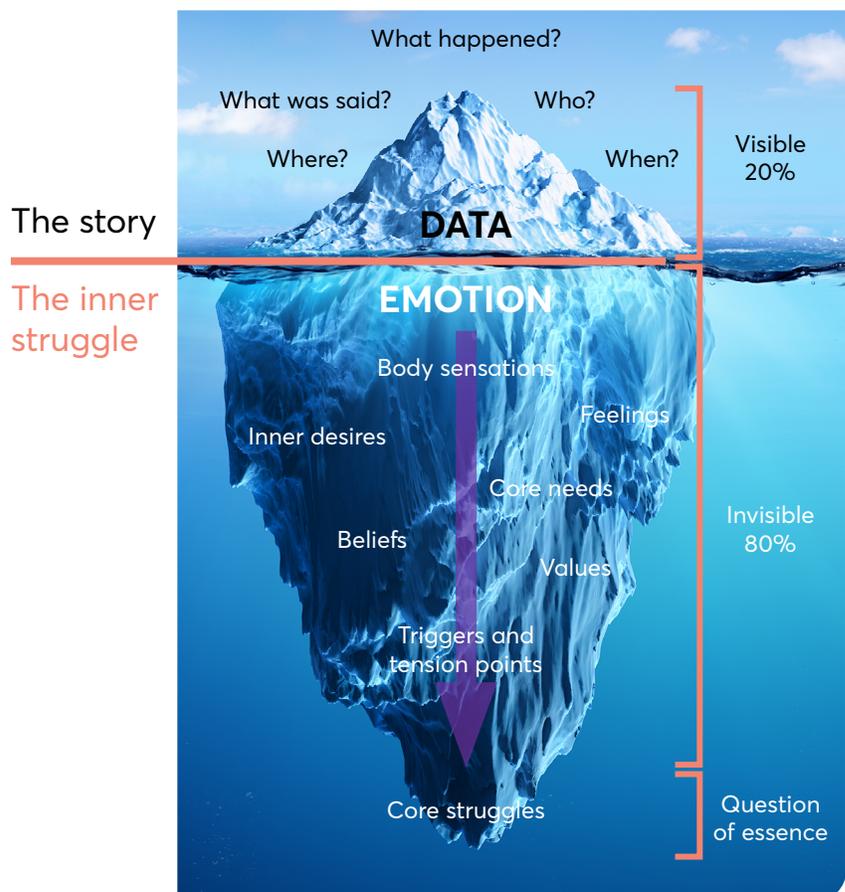
Coaching mindset
<ul style="list-style-type: none"> • Listen curiously to help find the inner struggle beneath the current situation • Reflect back what you hear and notice • Silence is powerful; listen more than speak • No problem solving or experience sharing • Emotions lead to depth

Coaching tips
<ul style="list-style-type: none"> • Ask open-ended questions, "Tell me more..." " Help me understand..." "Why..." • Notice body language or tone of voice and inquire as to meaning • Listen for powerful words or metaphors • Where does the conversation return to, repeatedly? • What emotions are most powerful? What lies beneath them?

FOUR SKILLS OF COACHING

- 1. Quiet mind**
Resist solving. Just listen.
- 2. Reflect back**
Repeat what you here, see, notice
- 3. Listen for the struggle BENEATH the story**
Where is the challenge?
- 4. Focus**
Which struggle is strongest?

Sample coaching questions:
<ul style="list-style-type: none"> • What's on your mind? • What are your strongest emotions about this? (ask at different points of the conversation) • What is the real challenge? • What question do you hope to answer for yourself? • Of everything you've shared, what are you most troubled by, uncertain about, or stumped by? • What do you want? • If you could wave a magic wand, what would it look like?



Deep Dive: coach's introduction

INTRODUCTION

The core of this opportunity or challenge? *(A single sentence, in the PRESENTER'S words)*

The struggle(s) beneath this story I heard:

Feelings I heard:

Something I heard (or noticed) that I want to share:

DEEP DIVE COMMUNICATION STARTER:

Think of a time when you felt _____ (presenter's strongest feeling)

because _____ (a general description of the situation).

Example: Remember a time when you felt frustrated because an important person in your life was holding you back.