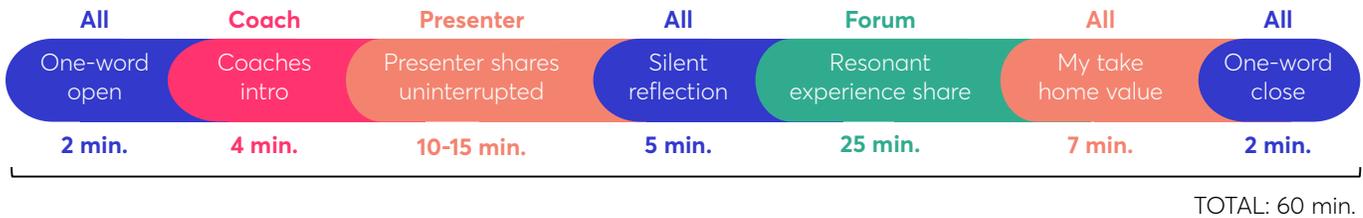


Deep Dive agenda

Planned—coached between meetings



Open coached



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?
-

A Deep Dive is...

- An opportunity to share ANY topic that is important, unresolved and emotionally complex
- An opportunity to hear resonant experiences
- A gift of vulnerability to your Forum

A Deep Dive is not...

- A therapy session
- A fix-it brainstorm
- An opportunity to debate solutions

