

# RESOURCES

We have developed these resources with some approaches that we hope you will find valuable for your coaching tool kit. You can download and print any of these to use for yourself and/or with your clients as appropriate. You can also find out more about how and when to use some of these tools in Chapter 34 of the book, *Becoming a Coach: The Essential ICF Guide*.

## Resources List

1. **STOKERS Checklist – (Contracting)**
2. **ABC Framework**
3. **Cartoon Template – Heaven and Hell**
4. **Vicious / Virtuous Flower**
5. **Forces Field Sheet**
6. **Jelly Baby Tree**
7. **Consequences Chart**
8. **Wheel of Life**
9. **DOUSE Checklist – Closing**
10. **Henley 8 – Self reflection**
11. **Self-supervision**

# 1. STOKERS Checklist (Contracting)

## **Subject**

What do we need to think about today?

## **Time**

Given we have X minutes, what about that do we need to focus on?

## **Outcome**

What would you like to be different by the end of our time?

## **Know**

How will you know you have got what you need out of this time?

## **Energy**

Why is this goal important to me know?

## **Role**

How are we going to do this?

## **Start**

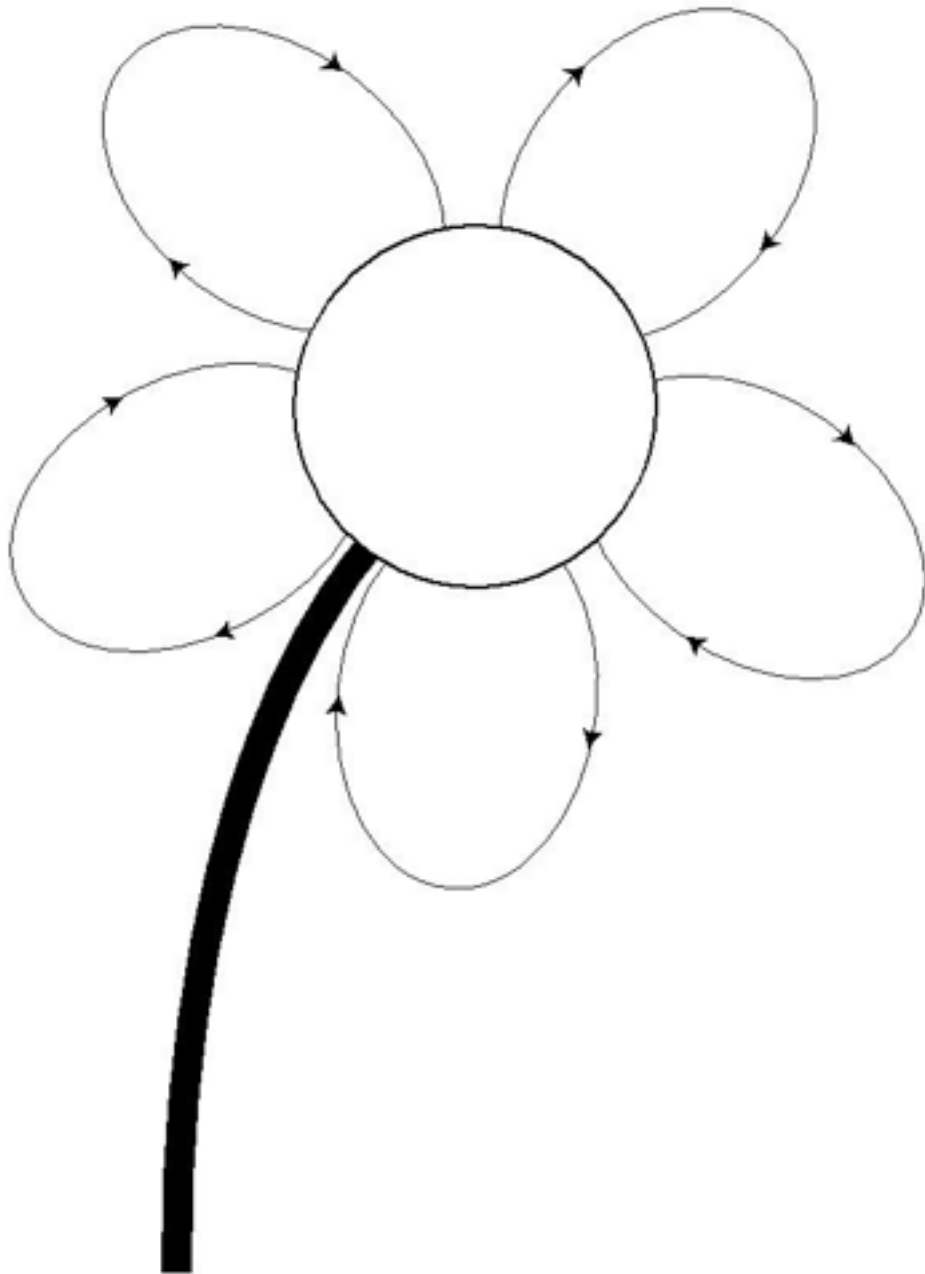
Where shall we start?

## 2. ABCDEF Chart

<b><u>A</u>ctivating Event</b>	<b><u>B</u>eliefs</b>	<b><u>C</u>onsequences</b>	<b><u>D</u>isrupting Statements</b>	<b>New <u>E</u>ffective Outlook</b>	<b><u>F</u>uture Plan</b>

### 3. Cartoon Template – Heaven and Hell


## 4. Flower

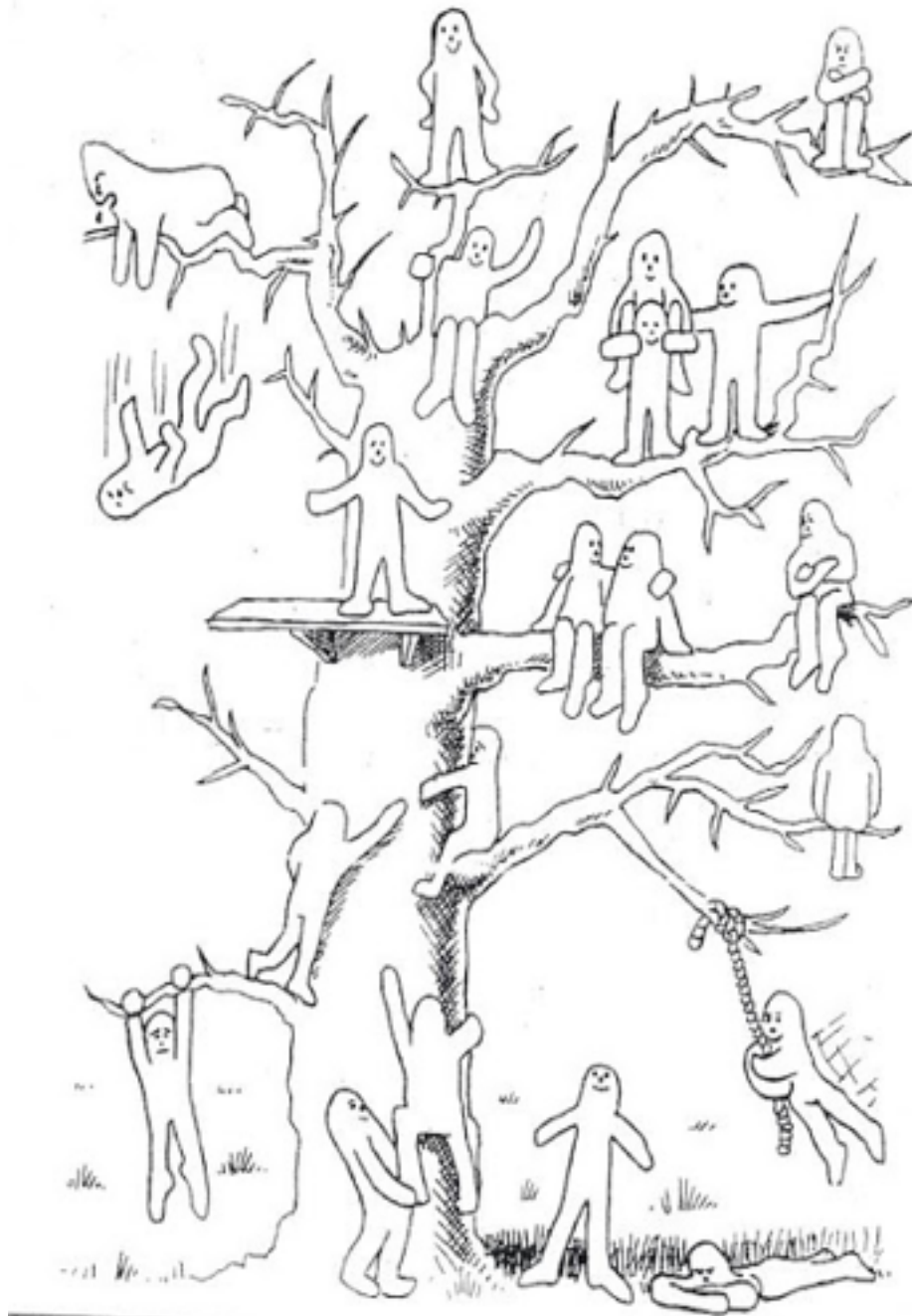


## 5. Forces for Change Exercise

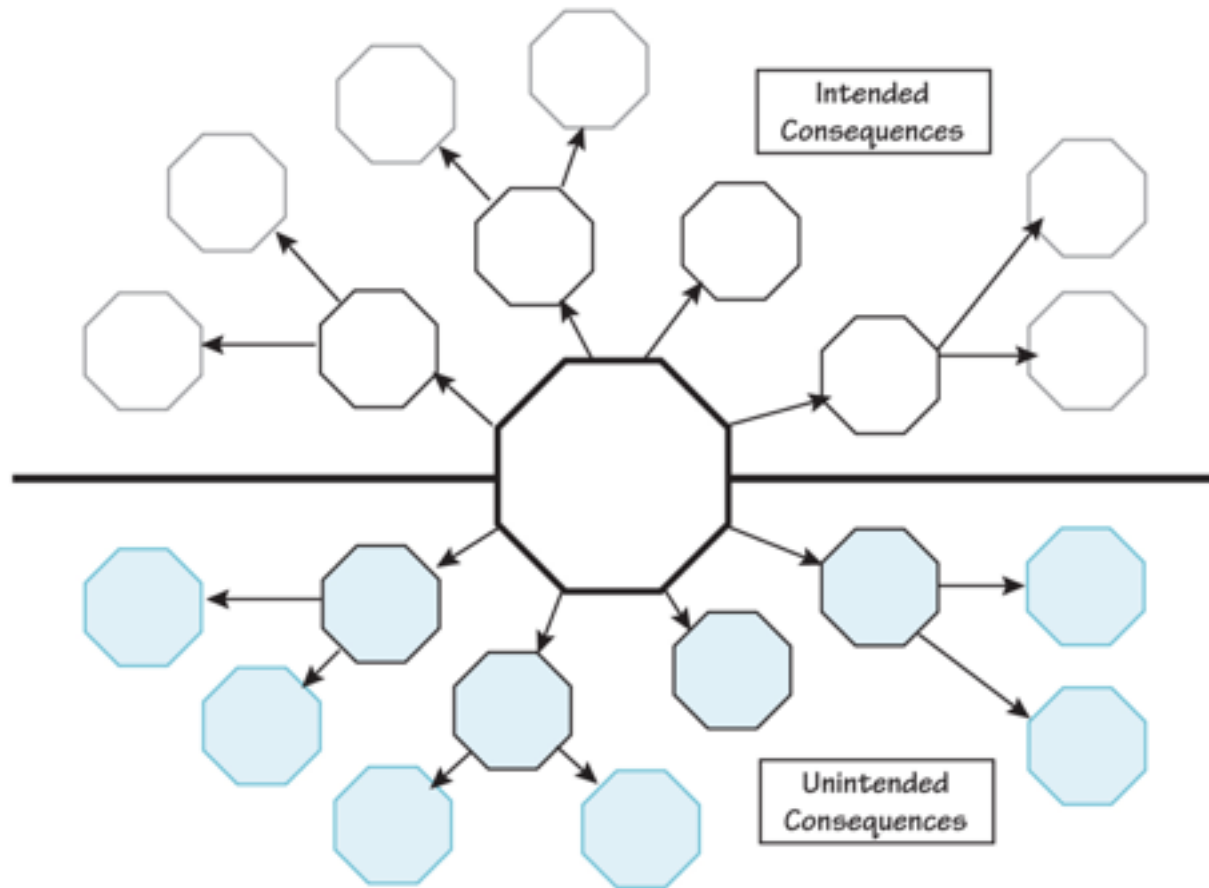
**Forces for Change**

**Forces Resisting Change**

## 6. Jelly Baby Tree

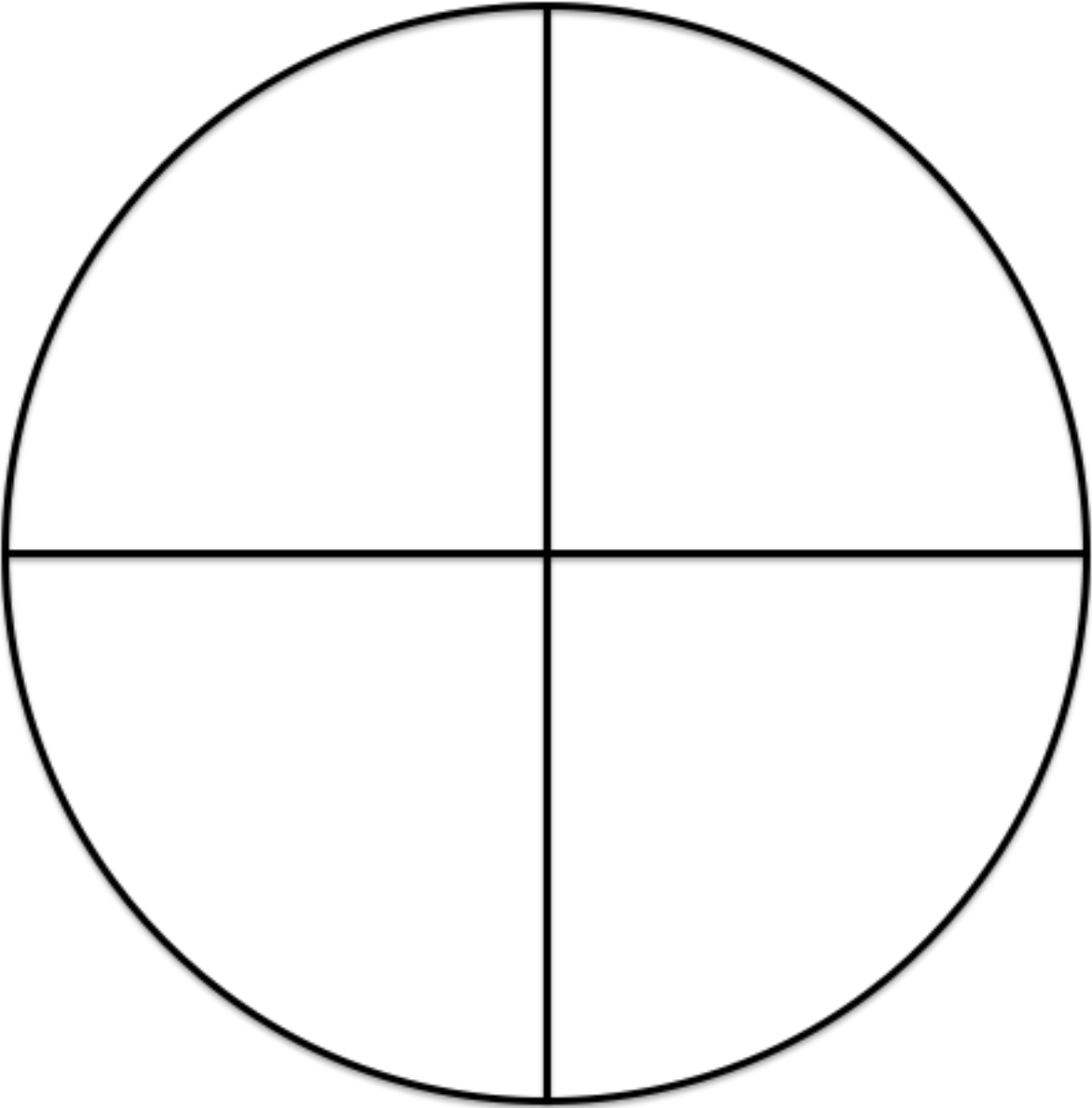


## 7. Consequences Wheel





**8. Wheel of Life**



## 9. DOUSE Checklist (Closing)

### **Double-check**

What progress have you made during the conversation towards the goal you set at the start?

### **Obstacles**

What might stop you taking your next step?

What allies can you invite to help progress?

Who can you invite to hold you to account?

### **Uncovered**

What have you uncovered?

What have you learnt about yourself?

What have you learnt about this situation that you can apply going forward?

### **Support**

What support do you need from here?

### **Ending**

Is this a good place to end?

## 10. Henley 8

### 1. Notice

What did you notice?

### 2. Response

How did you respond? (think about what you felt, thought, and did)

### 3. Implications for You

What does this say about you?

### 4. Implications for Coaching

What does this say about you as a coach?

### 5. Strengths

What benefits might this offer?

### 6. Risks

What risks might this bring?

### 7. Learning

What did you learn about yourself?

### 8. New Approach

What would you do differently next time?

## 11. Self-Supervision Questions

See chapter 29 on supervision

1. What went really well? (Reflect upon 2-3 areas of strength, using the ICF Core Coaching Competency model.) Which competencies really showed up in my coaching?
2. Which competencies were less evident, could have been evidenced more?
3. What else could I have done more or less of?
4. Were there any missed opportunities on my part?
5. Deepening my reflection – how do I notice this piece of work through the lens of 1 or 2 models that I am familiar with? (e.g. PAC, Drama Triangle, Life Positions, Hogan or other profile, Psychological distance, 7-eyed model, cycles of change, cycles of learning and others etc.)
6. What are any ethical considerations within the piece of work?
7. How was my doing/being balance and my coaching presence with my client – how was I being? Where was I personally in this piece of work?
8. What conscious bias do I notice or what unconscious bias might be outside of my awareness?
9. What might have been the parallel process and what did that mean for the work?
10. More generally in my coaching work – do I notice any patterns?
11. What are my own takeaways from my work? What am I learning about myself as a person, as a coach, about my work?
12. What difference does that learning make? What and how will I integrate this into my work?