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Welcome to Coaching!





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Steering Wheel of your Life

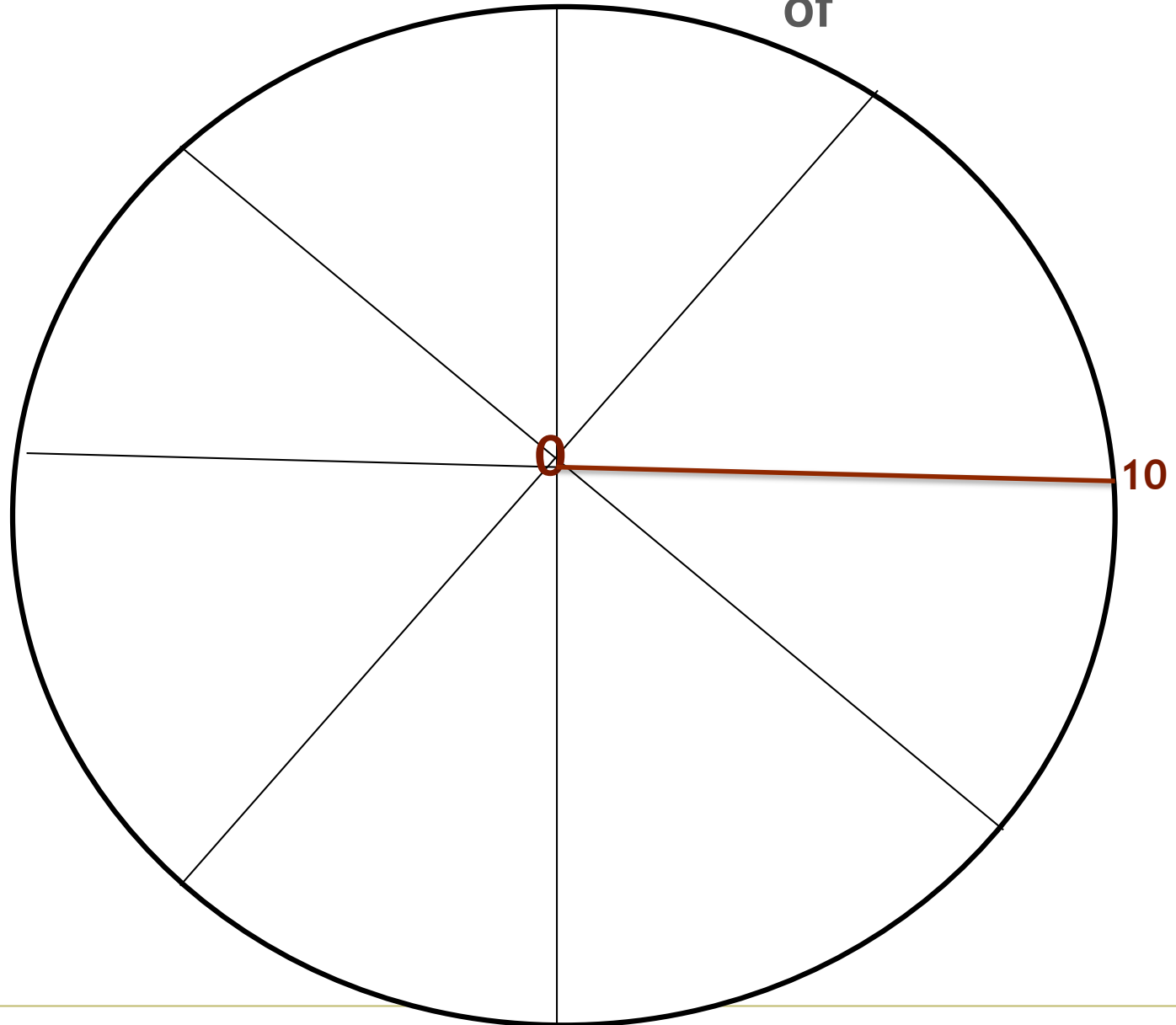




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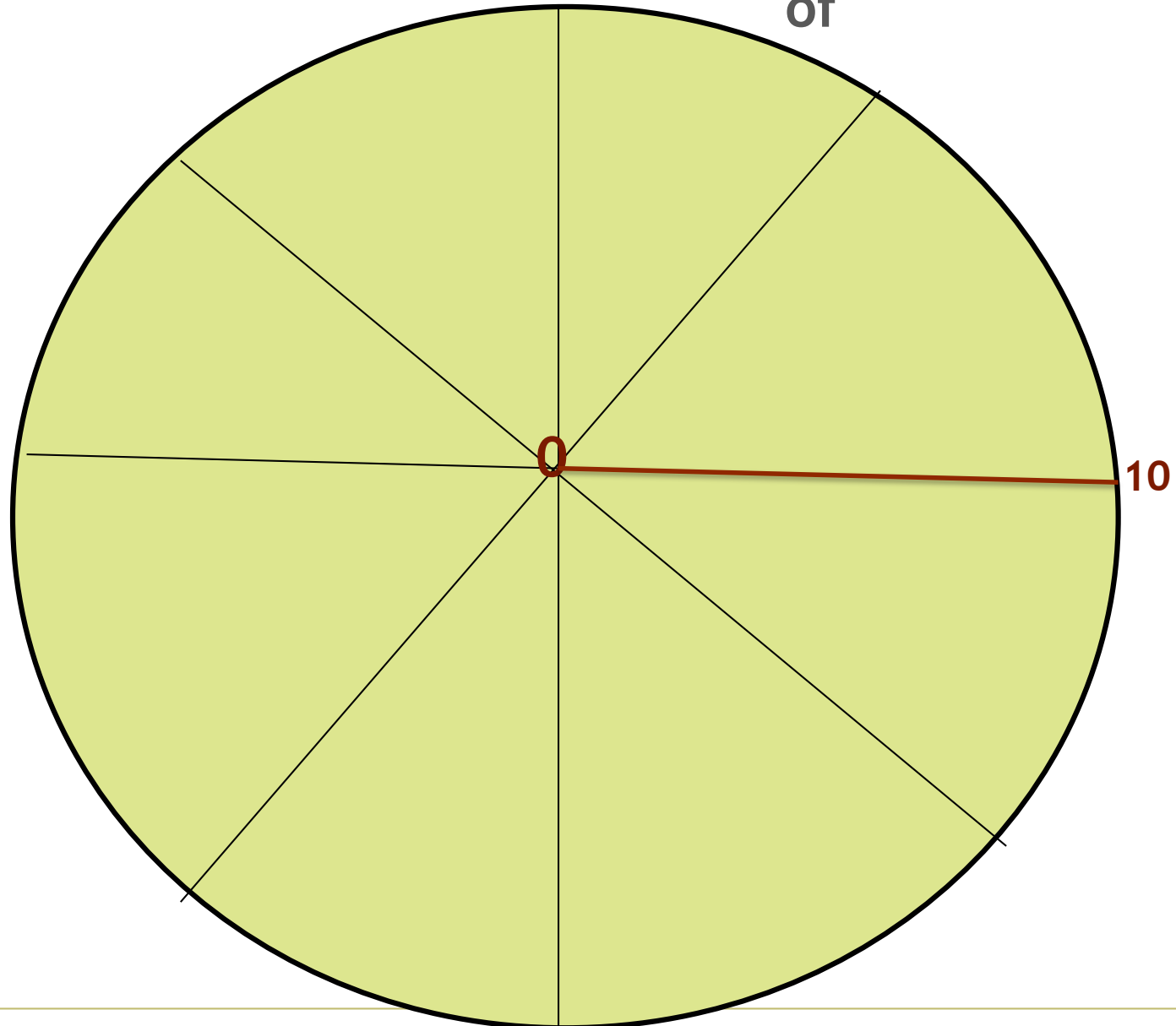
Steering Wheel of





Steering Wheel of

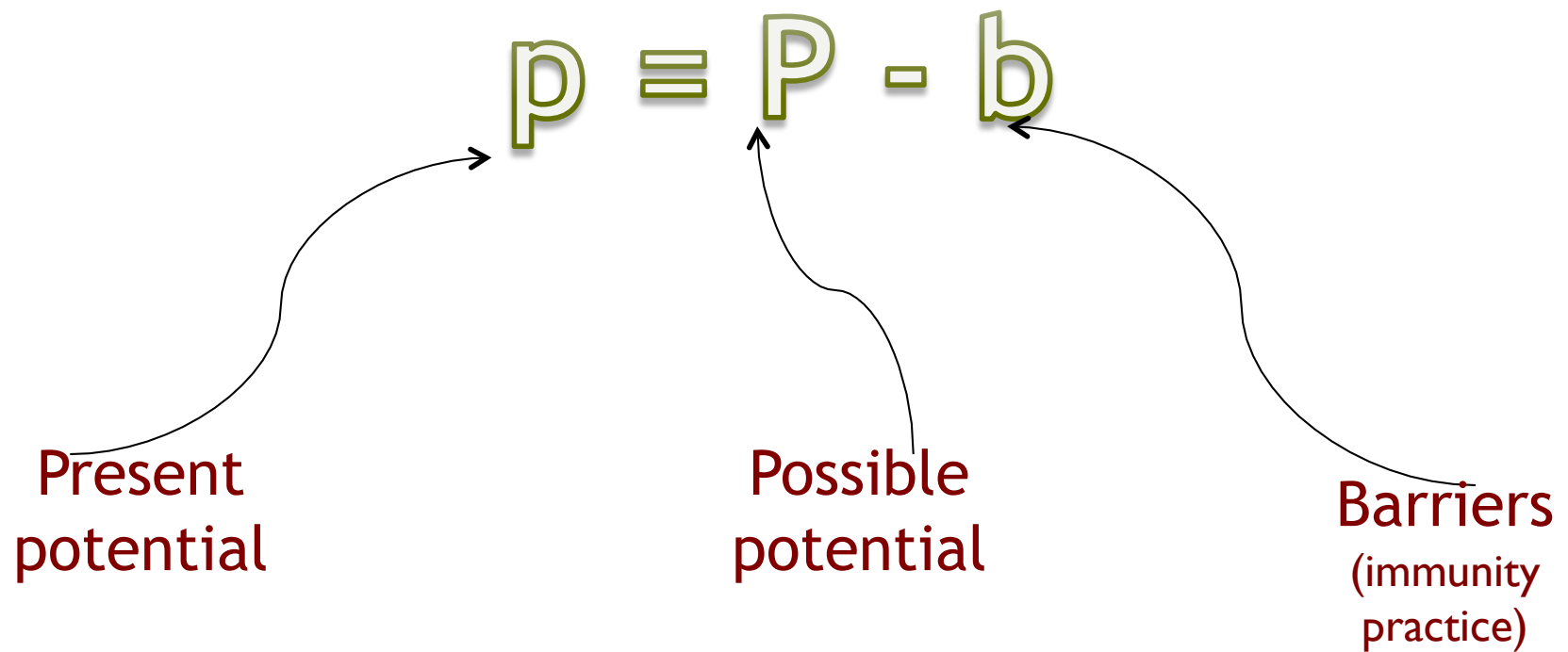
*Remember:
You can use
the steering
wheel tool to
look at the
different
facets of any
project or
situation. It is
a snapshot of
where you are
at and tells
you what
needs to change. The
question to
ask is: "How
satisfied am I
with . . .".*

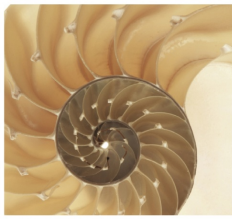




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Making the strategy work

- What do you currently bring to your life?
(p)
 - What would your full potential look like?
(P)
 - What's getting in your way? (b)
 - What do you want to change from now on to move towards P?
-



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Phase 1: Your current immunity practice

Stage 1: Commitment to change <i>(What am I fiercely committed to changing or improving in me?)</i>	Stage 2: Conflicting behaviours <i>(What am I doing/not doing instead? Behaviours that work against the goals)</i>	Stage 3: Hidden competing commitments <i>(What is the fear if I do other than this - so, what else am I committed to?)</i>	Stage 4: Big assumptions <i>(What assumptions that need to be tested am I making here?)</i>



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Phase 2: Your little ladder of progress

Commitment <i>(Your clearly defined change/ improvement goal from Phase 1)</i>	First steps forward <i>(What might be the first baby steps you could take?)</i>	Significant progress <i>(What would you classify as significant progress and what would it look like?)</i>	Success <i>(What would success look like for you?)</i>



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Phase 3: Assumption buster tests

Distilled Assumption <i>(A refined assumption from Phase 1 that lends itself to testing)</i>	Assumption buster <i>("I assume that if I 'x' will happen)</i>	Test <i>(Define a test with clear parameters to check out the assumption)</i>	Check-in questions <i>(Define the questions you will want asked as a check-in from time to time during the test)</i>



The Windows of Choice for Positive Change

Change yourself <i>(how you see the situation, how you deal with the situation, how you impact the situation)</i>	Change the situation <i>(bring yourself to impact on the situation so that it is different)</i>
Accept yourself <i>(who you are, your impact and its consequences)</i>	Accept the situation <i>(Accept what you can/can't do about the situation; reduce energy wastage)</i>



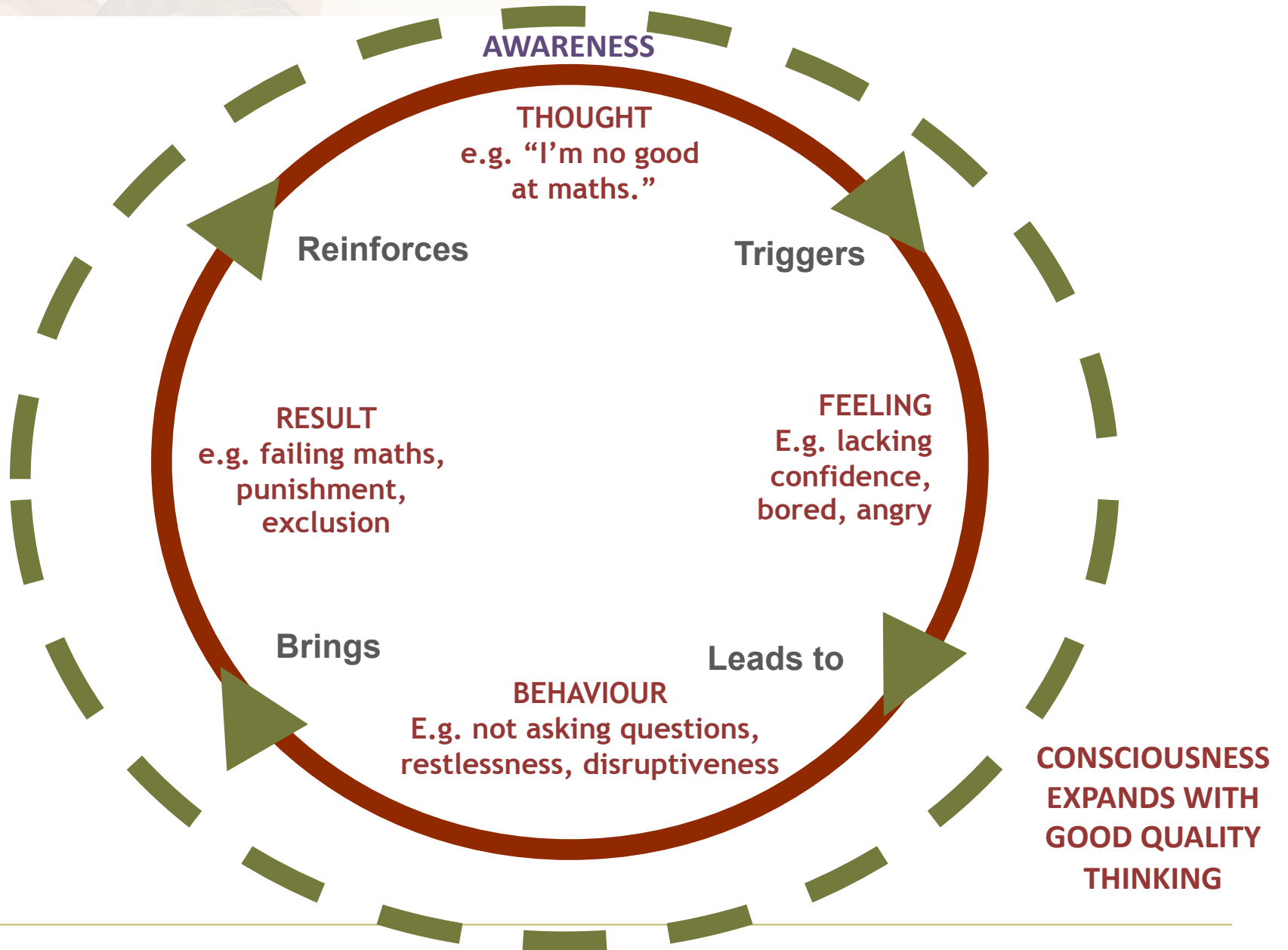
Using Both Sides of the Brain

Left Hemisphere	Right Hemisphere
STRUCTURE Focus Direction Positivity	FREEDOM Oneness Present Moment Purpose Meaning
RIGIDITY Anger Blame Denial	CHAOS Overwhelm Confusion Withdrawal



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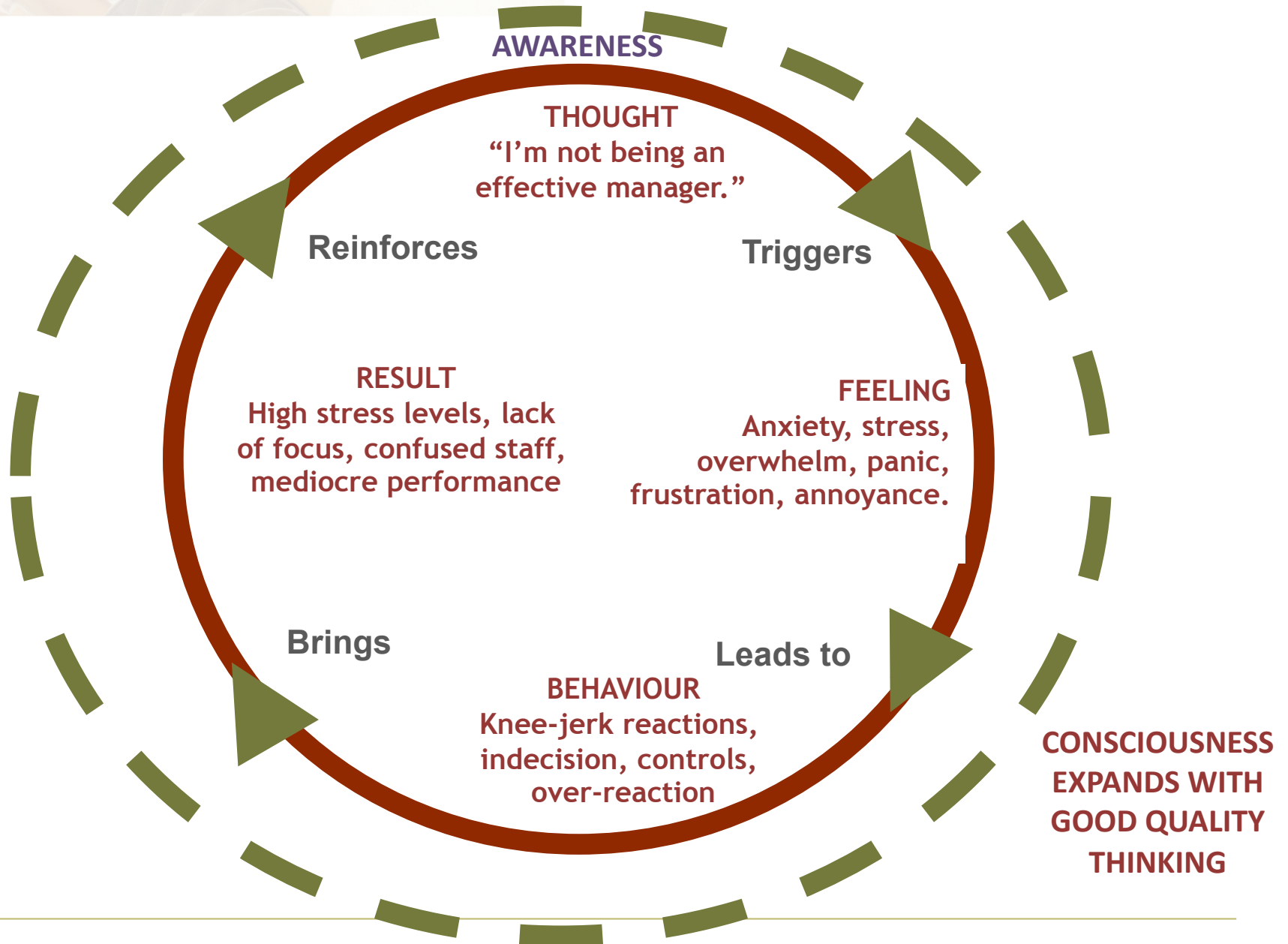
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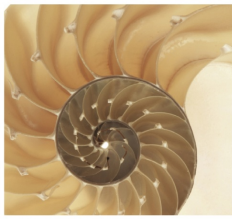




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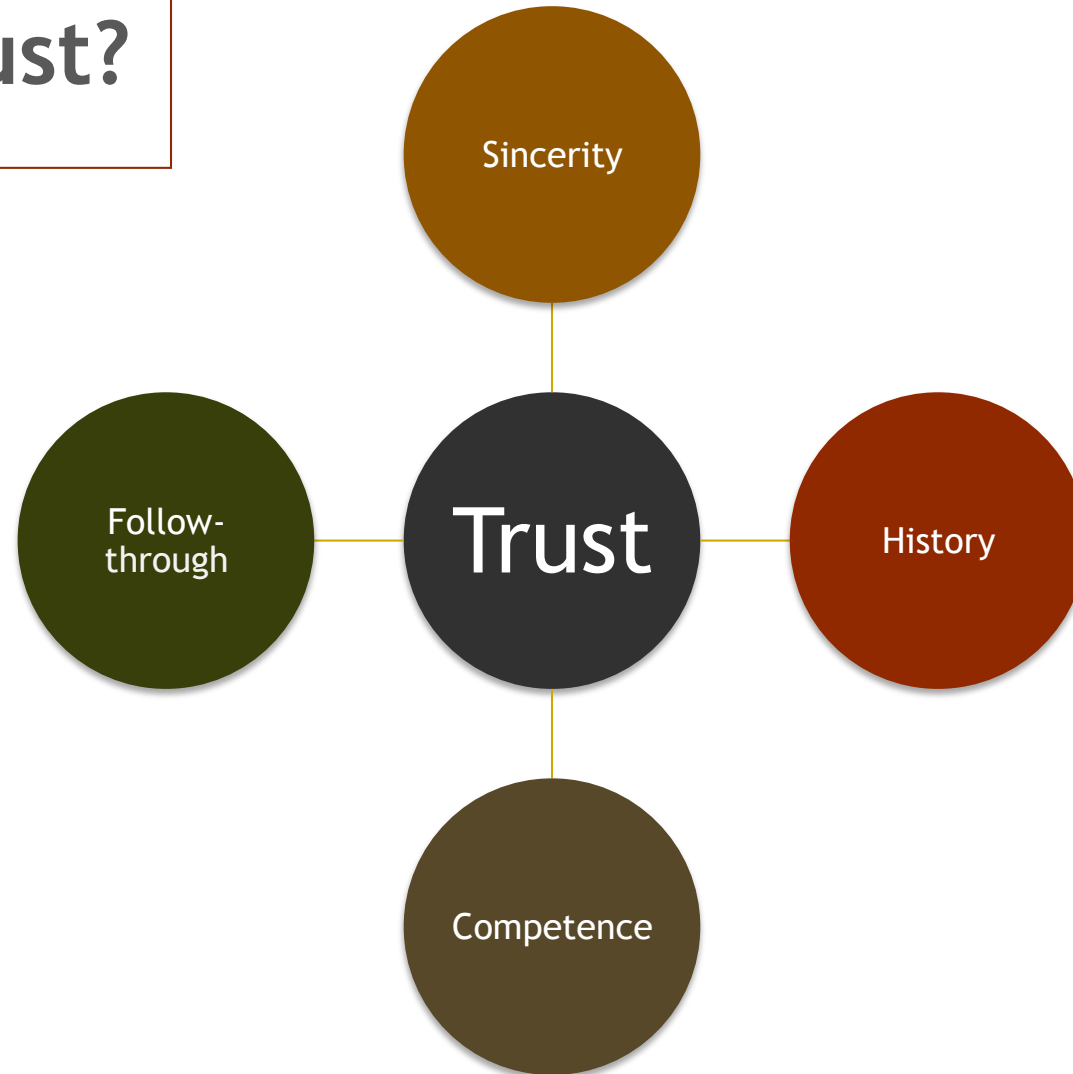


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What is Trust?

When one or more of these facets fails, trust is broken or not even created.





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Follow Through and Sincerity

- What does 'follow through' mean to you?
 - How do you feel when someone fails to follow through?
 - What is it you appreciate about sincerity?
 - What leads you to detect insincerity?
 - How do you feel when faced with insincerity?
-



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Competence and History

- How do you define competence?
 - How do those around you define it?
 - What are your expectations around competence?
 - What do you do when incompetence happens with yourself/with others?
 - How much of your history with someone do you bring to each encounter?
 - How often does the self-fulfilling prophecy happen?
 - How much do you pick up on what others are carrying about someone's history?
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Powerful Relationships Working with Mindsets

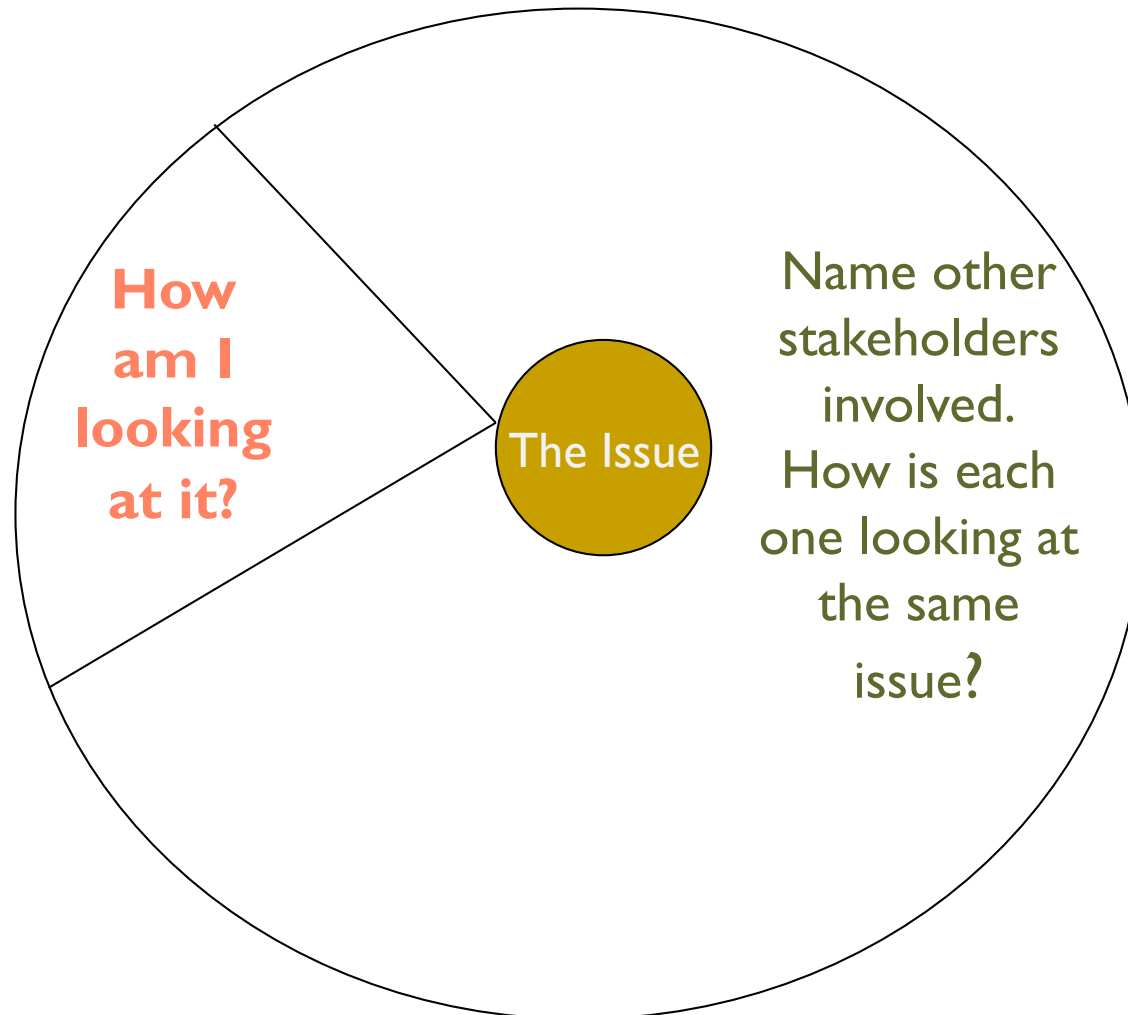
Find an issue

Determine your own mindset or
perspective on it

Consider the other stakeholders and
their way of seeing it

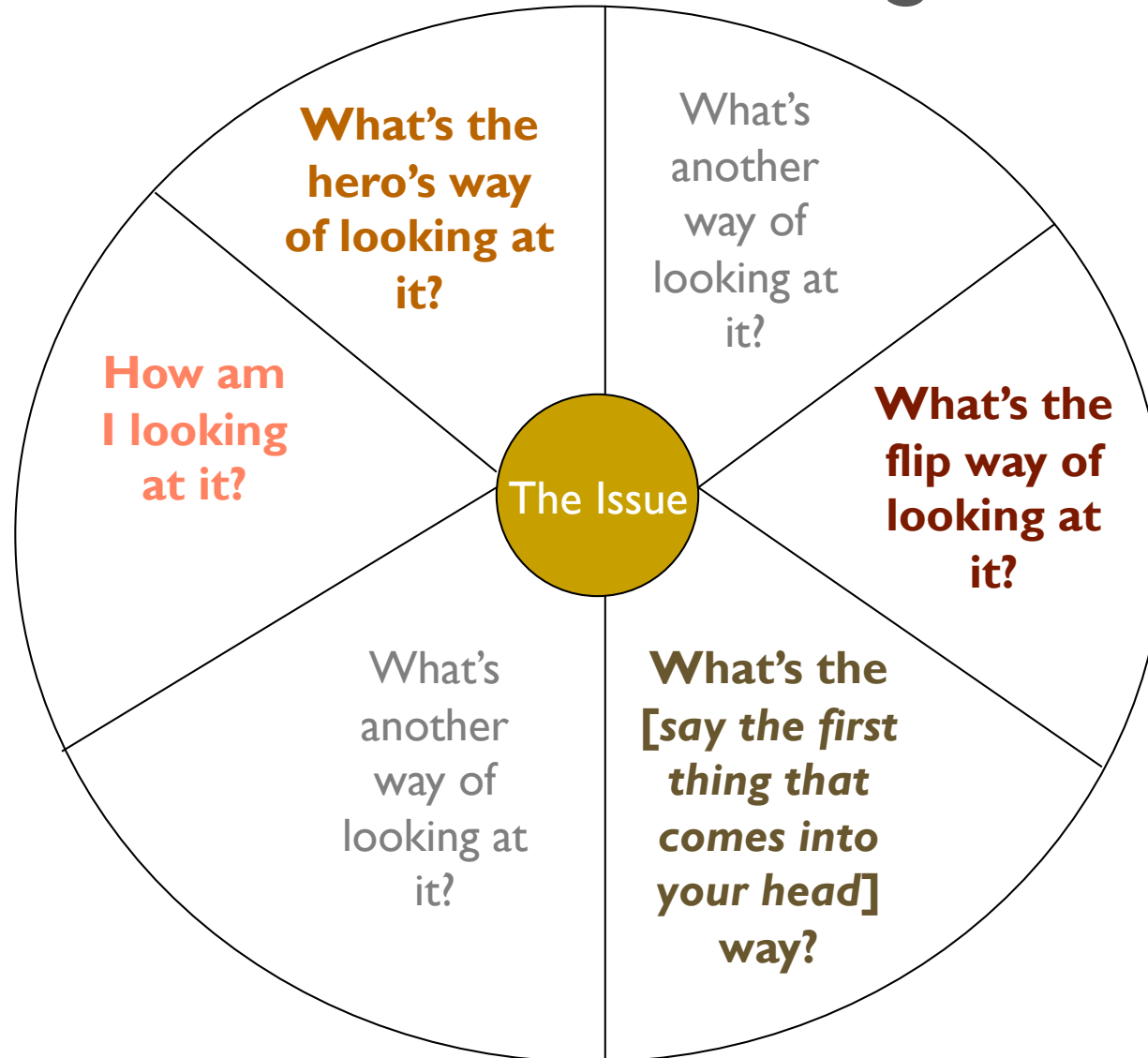


Working with Mindsets





Shifting Mindsets!





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Finding a New Language of Leadership

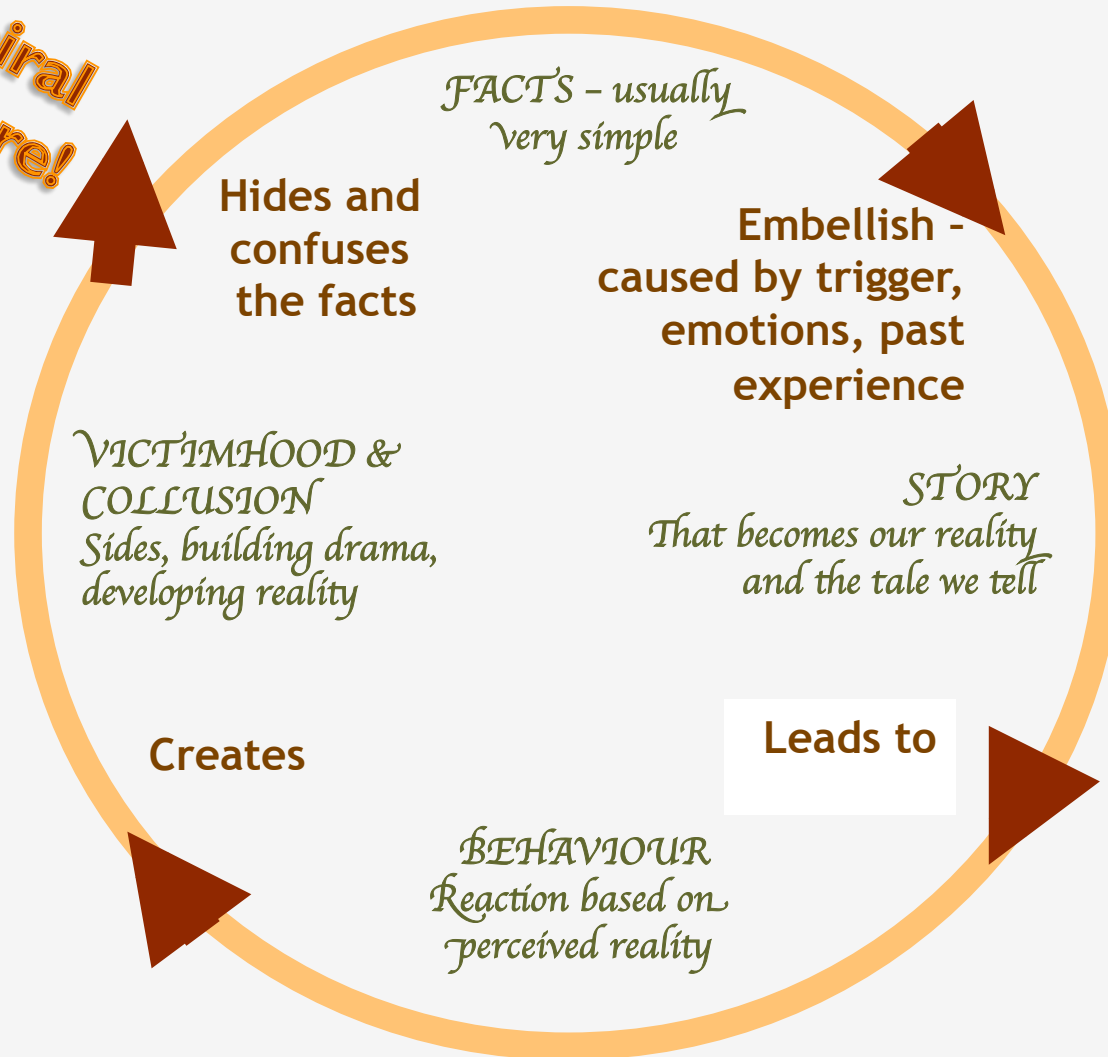
- Become consciously aware of words/terms used
 - Link it to the perspective held
 - Working from a new perspective, practise using a new language
 - This applies each and every working moment whether its internal dialogue or a conversation with someone
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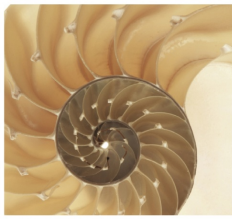


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The spiral starts here!

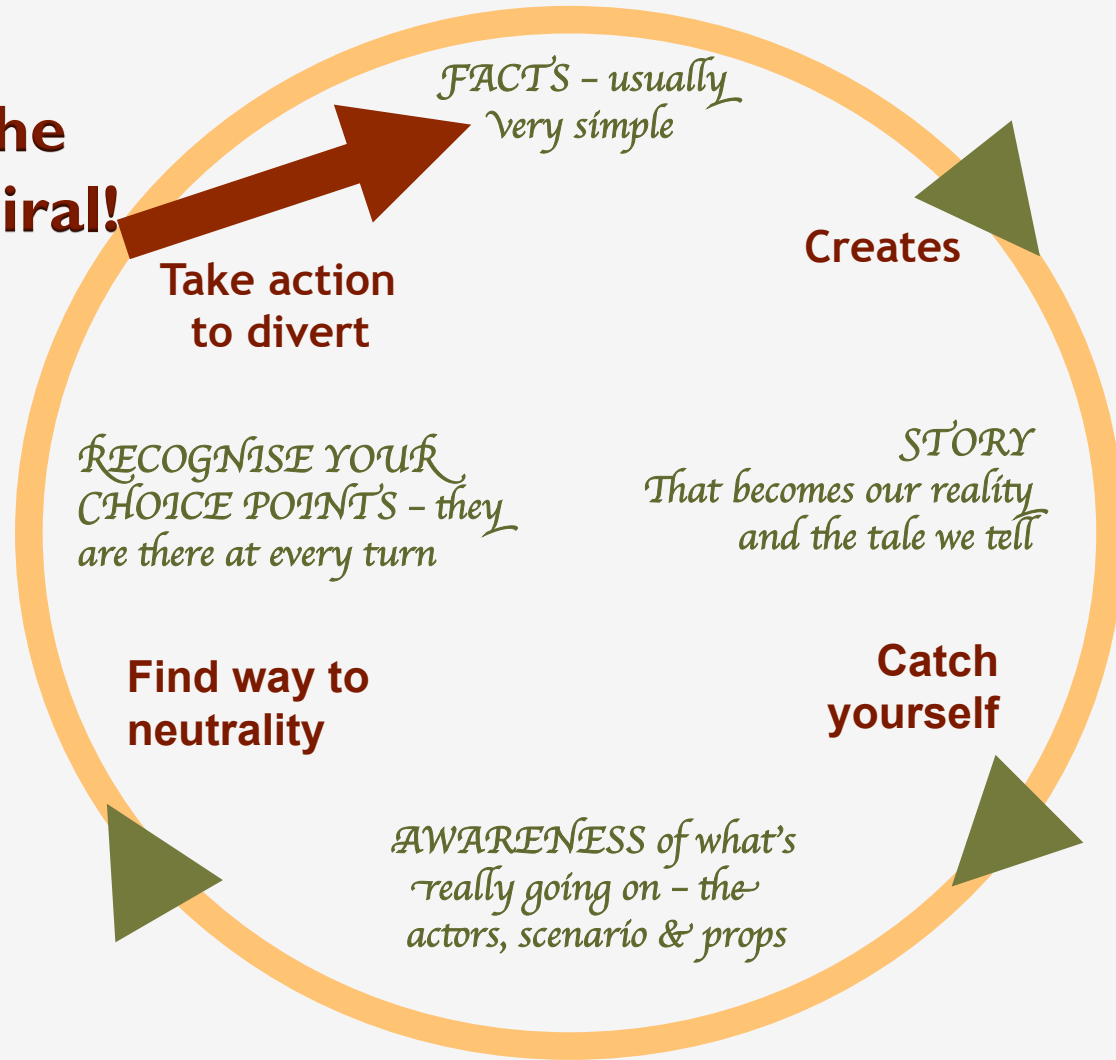




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**Avoid the
drama spiral!**





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What is Neutrality?

- A body that's breathing deeply and easily
 - A body without undue tension or force
 - A clear mind
 - Clean, unencumbered, freedom (independence)
 - Emotional maturity
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Tools to Neutrality

- Posture – intelligence of the body
 - Portal 4 – emotions
 - Portal 7 – stillpoint
 - Portal 9 – to cope with intransigence
 - Guided Meditation – all 9 portals
 - Thought cycle analysis
 - Journal – just write about it
 - Get curious about perspectives
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