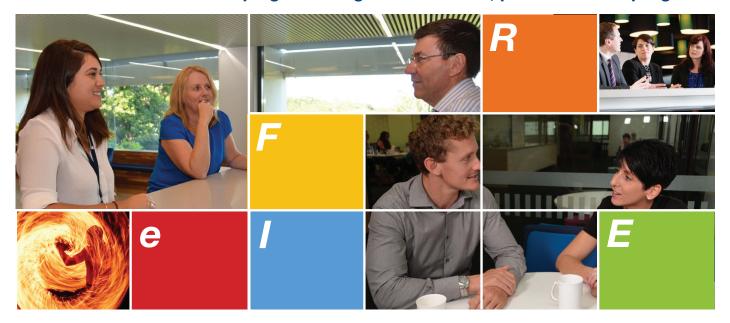


A non-linear model for shaping coaching conversations, processes and programs



Frame

- · What would you like to think about in this conversation?
- What is important about this right now?
- If you got exactly what you want, what would that look like?
- · If you achieved success, what would others notice?

Inquire

- · What's happening now that is related to this issue?
- What are your strengths / opportunities that help to achieve success?
- How are you currently approaching things what's working and what isn't?
- How are you currently approaching things what's happening?

Energy

- · What is exciting about this?
- Why is this important to you right now?
- What does a great day at work look like?
- If you achieved success and were having fun, what would that mean?

Experiment and Execute

- Who is going to do what?
- · What might be the obstacles in your way?
- · Which way forward is the most exciting?
- · What specific steps come next?
- How could you test out and experiment some options?

rame for intention, creative tension and boundaries - with curiosity **Experiment** nquire energy through systemic from values, purpose and =xecute and relationships exploration of for maximum impact multiple through intentional perspectives Reflect on exciting possibilities using strengths and resources

eFire: a coaching methodology.

Reflect

- · What are all of the possibilities you can think of?
- · What strengths of yours will help you?
- What are some radical or unexpected options that might help?
- If there were no constraints, what would you do?

