



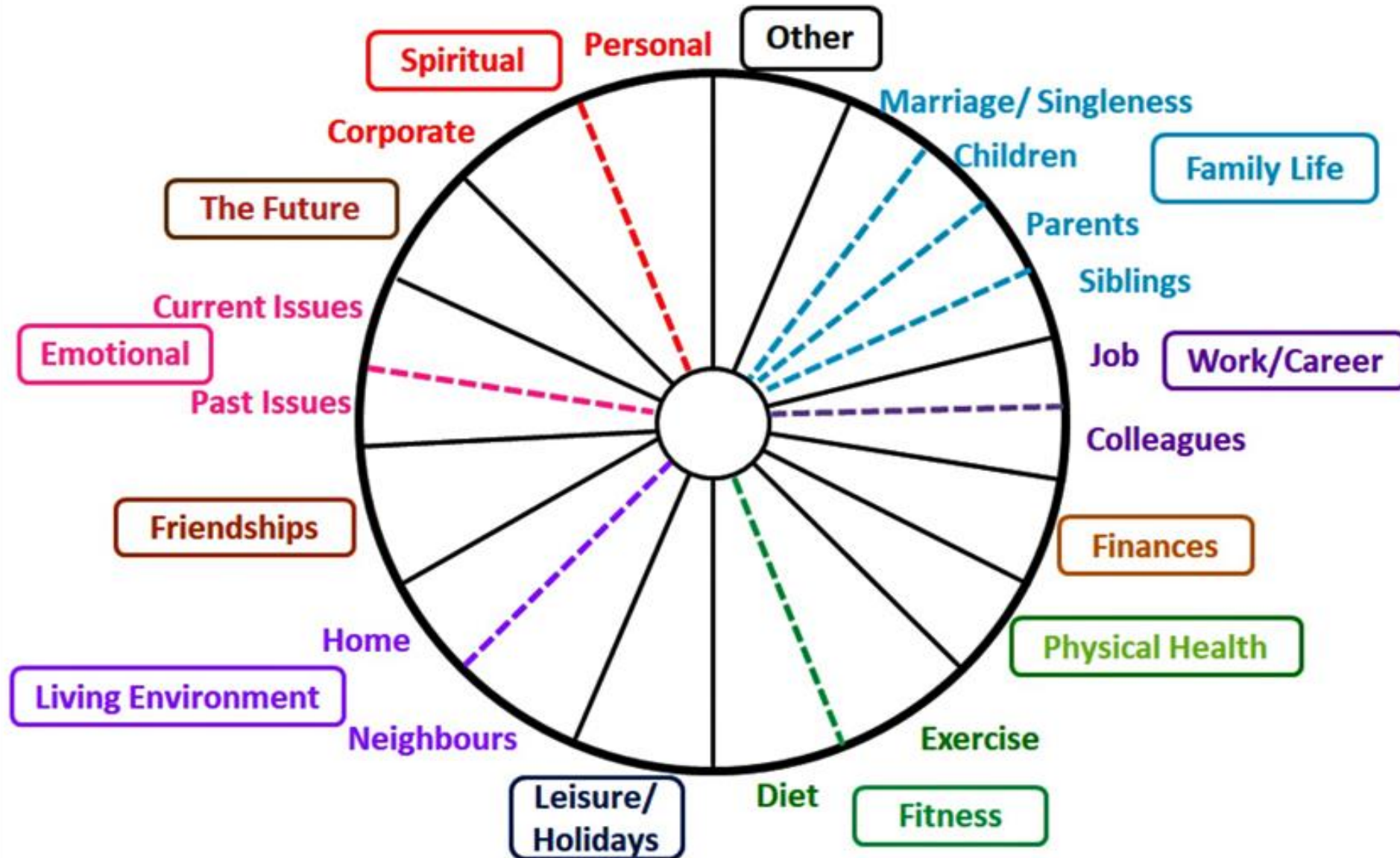
# Creative Coaching with Dr Chris



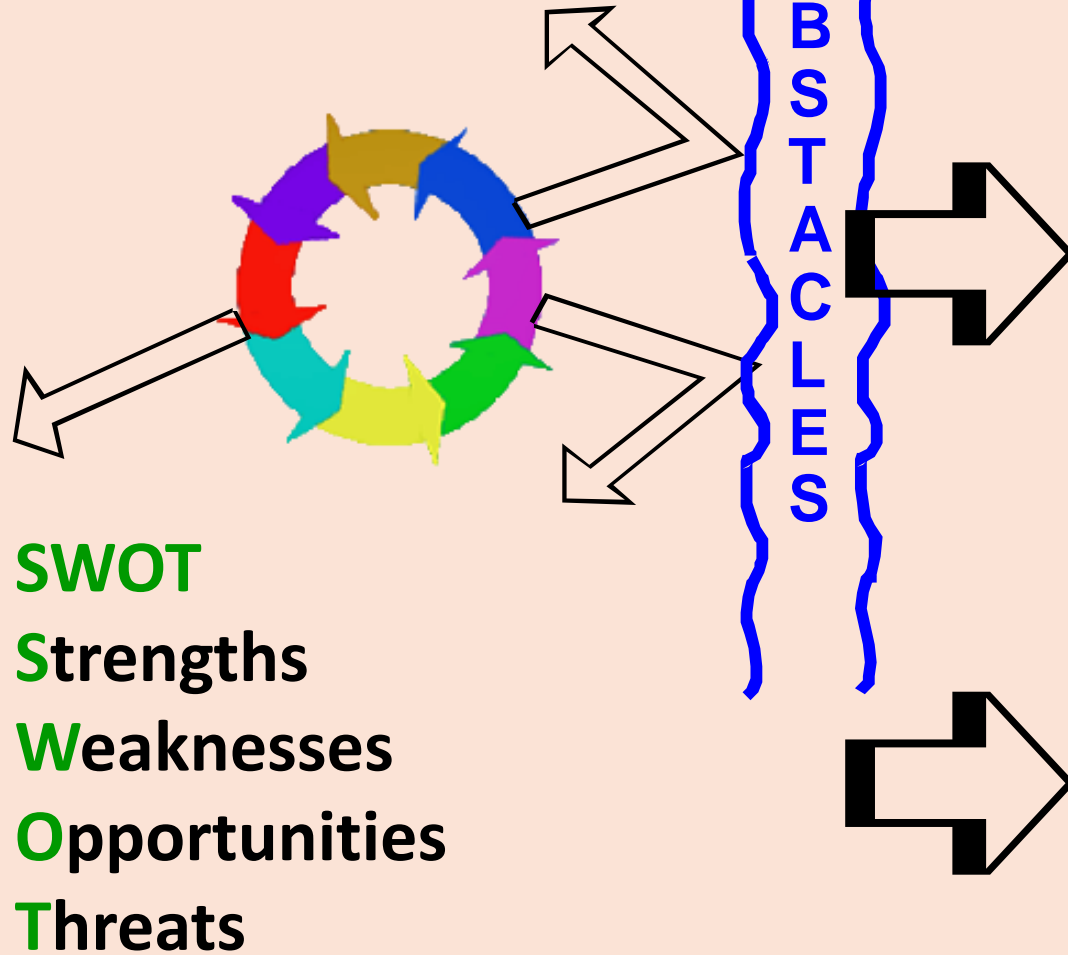
# Stress and the Wheel of Life



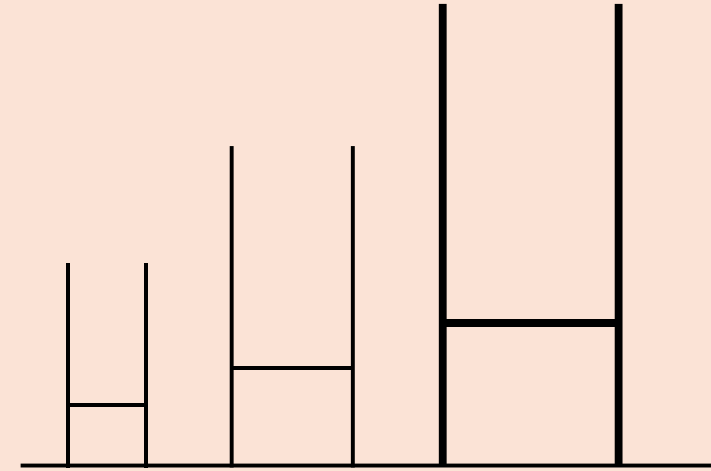
# WHEEL OF LIFE







# VISION



**SMART**  
Simple  
Measurable  
Agreed  
Realistic  
Time-related

## SWOT

**S** trengths

**W** eaknesses

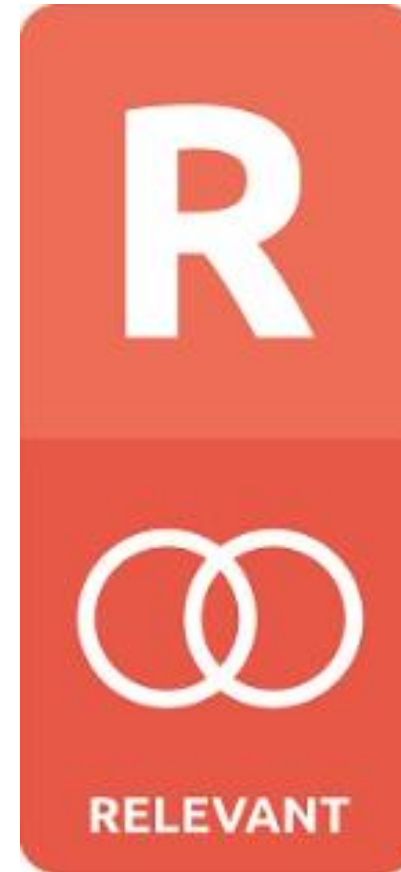
**O** pportunities

**T** hreats

(Cost-Benefit Analysis)



# Goals



# STRENGTHS

- Personal Capital
- Life Skills
- Work Skills
- Relational Skills
- Financial Ability
- IQ
- Locus of Control
- Life Challenges
- Resilience
- Getting things done
- *Self-Management*



# Mission Statement

- How do I want to be remembered?
- What do I want to have achieved?
- What inheritance do I want to leave for others?







**Take a  
moment  
to think  
about your  
Mission  
Statement**

# COACHING QUESTIONS

- Brief
- Clear
- Focused
- Relevant
- Constructive
- Cut to the chase



## KILLER COACHING QUESTIONS

- ? *Where are you now?*
- ? *Where do you want to get to?*
- ? *What's stopping you?*
- ? *If there were no barriers, what would you do?*
- ? *What advice would you give to a friend in this situation?*
- ? *Imagine talking to the wisest person you know/can think of. What would they tell you to do?*

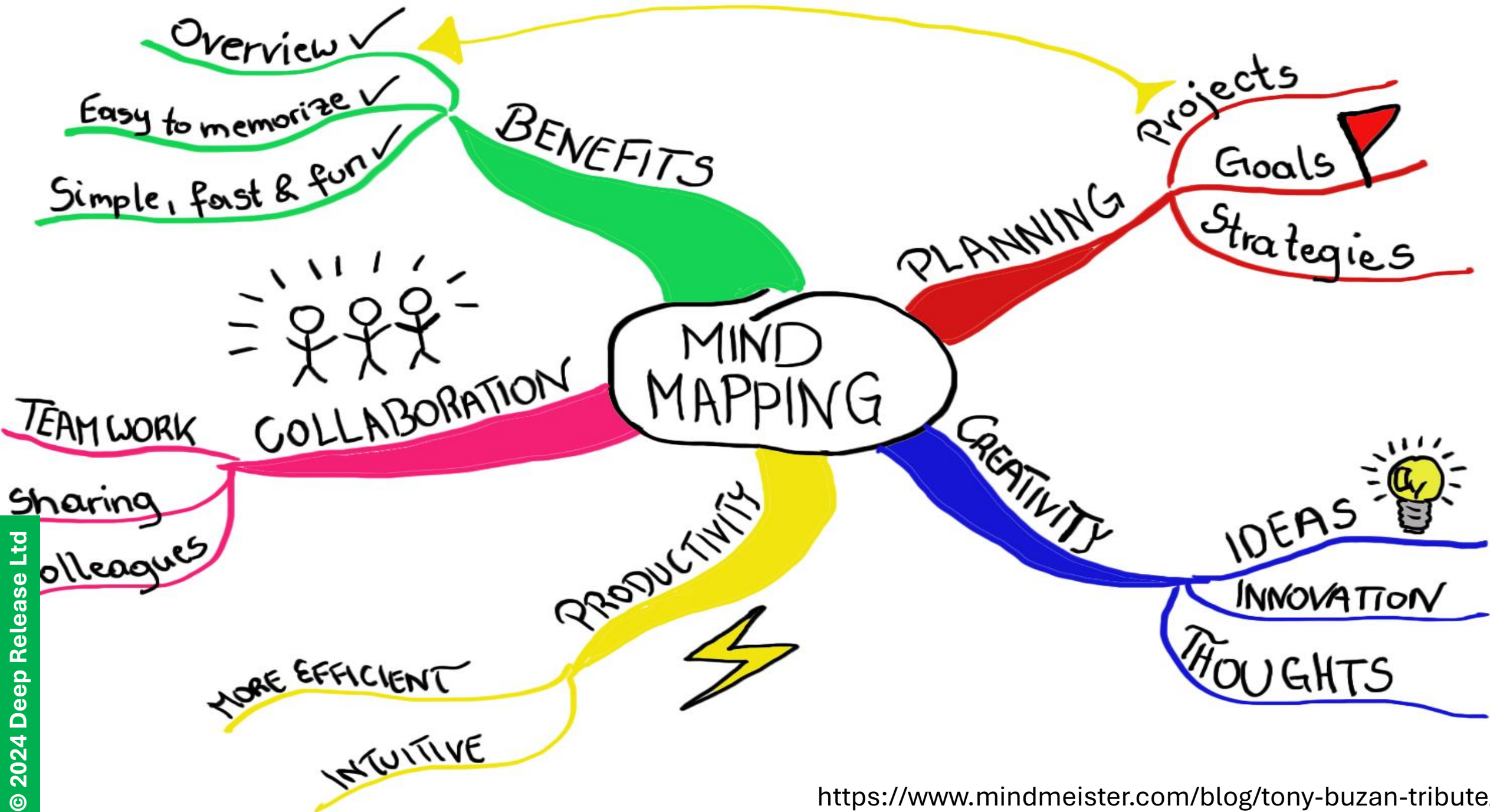


# KILLER COACHING QUESTIONS

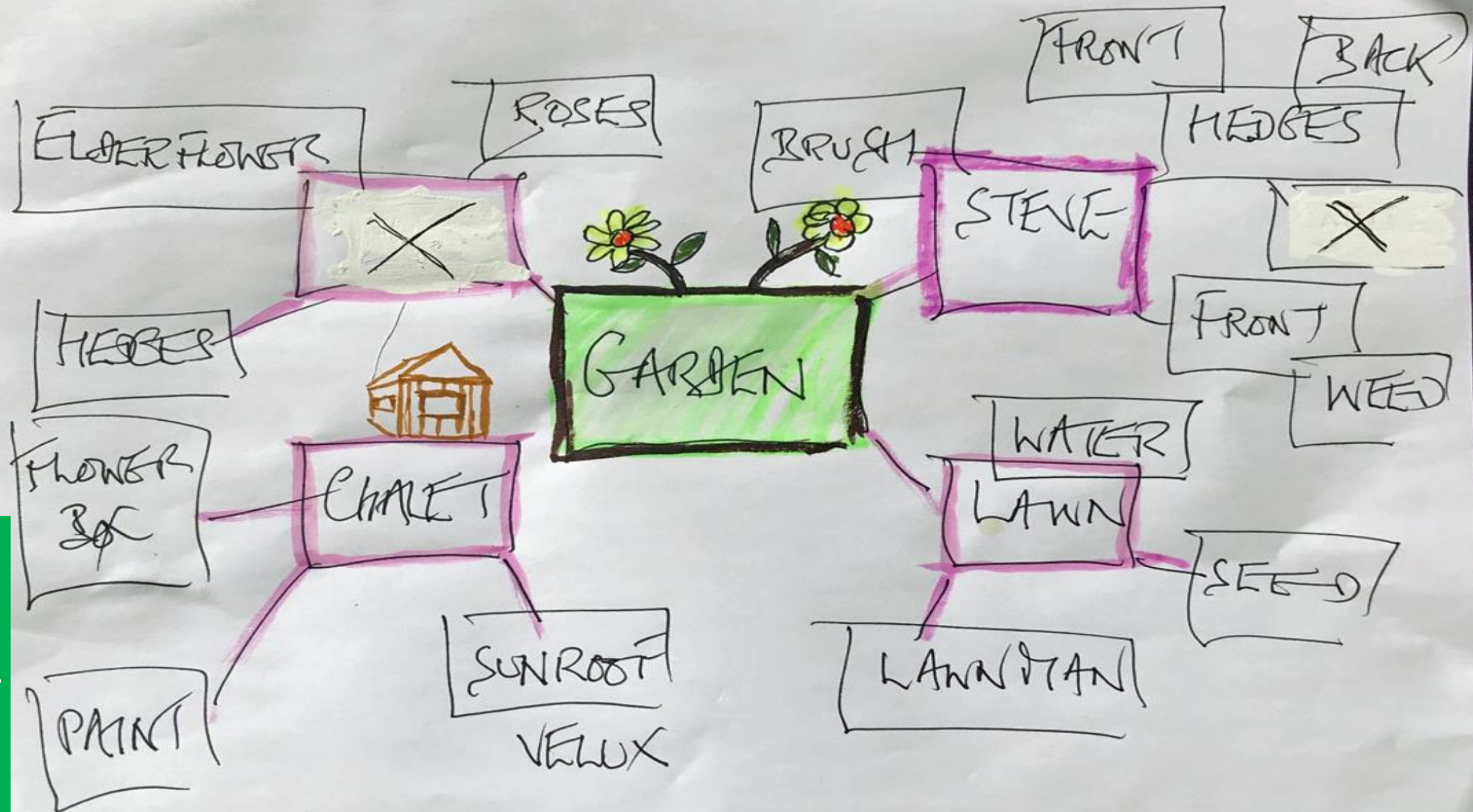
- ? *If you knew the answer, what would it be? - enables the person to look beyond the blockage. (“Miracle Question”)*
- ? *What would you gain or lose by doing/saying that?*
- ? *What would the consequences of that be for you / for others?*
- ? *What is the hardest / most challenging part of this for you?*
- ? *What if you did nothing?*
- ? *How motivated / hungry are you to achieve your goal?*
- ? *What will it be like in 1... 3... 5 years time?*



**Have a  
Thought  
Shower!**













# OLD HABITS DIE HARD!





# RESISTANCE TO CHANGE



# INCENTIVES



# RESILIENCE







# Training Opportunities



<https://www.associationforcoaching.com>



<https://www.coachfederation.org.uk/>