

Drawing it out – additional notes

Option 1

1. Invite your client using a large piece of paper and felt-tip pens to draw a picture that represents the current situation. Reassure the client that no artistic ability is required. Also, not to think too deeply about the situation and to go with whatever comes to them and putting their judgement mind to one side.
2. Invite your client to draw a second picture that represents the desired future goal.
3. Using coaching questions explore the two pictures. Some prompts to begin the exploration might be:
 - What do you notice about the current situation?
 - What do you notice about the desired situation?
 - What needs to happen to get from the present situation to the desired situation?

Option 2

Invite your client to draw a picture or an image of what success would look like for them in relation to their goal/outcome for coaching.

Option 3

This approach is called the 'miracle question' and comes from Solutions Focussed Coaching.

Invite your client to work with a short visualisation exercise on goal setting. Ask them to imagine that they have gone to bed and had a good night's sleep. In the morning when they wake up a miracle has happened and they're goal for coaching has been achieved perfectly!

Explore with the client:

- What are you seeing now this miracle has happened?
- What else? What else?
- What are you hearing now this miracle has happened?
- What else? What else?
- What are you feeling now this miracle has happened?
- What else? What else?
- Now invite your client to draw a picture of their future perfect.

Option 4

Draw a time when you have felt at your best – a specific event when you were fully energised, full of life, enthusiastic, creative etc.

From the drawing explore:

- The high point of the event (the best thing about it)
- The three top strengths you used
- The conditions that allowed this to happen (what did you do, think or believe in, what was the environment and anything about the other people that allowed this to happen?)