

# Welcome to CM 23 – Module 2 “Retreat” You as Coach

**STILL**

**REFLECT & LISTEN**

**RESOURCE**

**RETURN**

## Open Frame



# Agenda Day 4 Return

Times	Activity
0900 – 1035	Check in - Resilience Profile Exercise Creativity in coaching - mythos demo
1035 - 1050	<b>Break – stone painting re purpose</b>
1100 – 1215	Mythos cards - observation 3 in pairs Icebergs What are you taking with you? Preparing to leave
1215 – 1330	<b>Lunch</b>



# How do you unpack resilience ?

## Resilience Mosaic



Realistic Positivity



Elasticity



Meaning/ Purpose



Support



Emotional  
Management



Self Belief



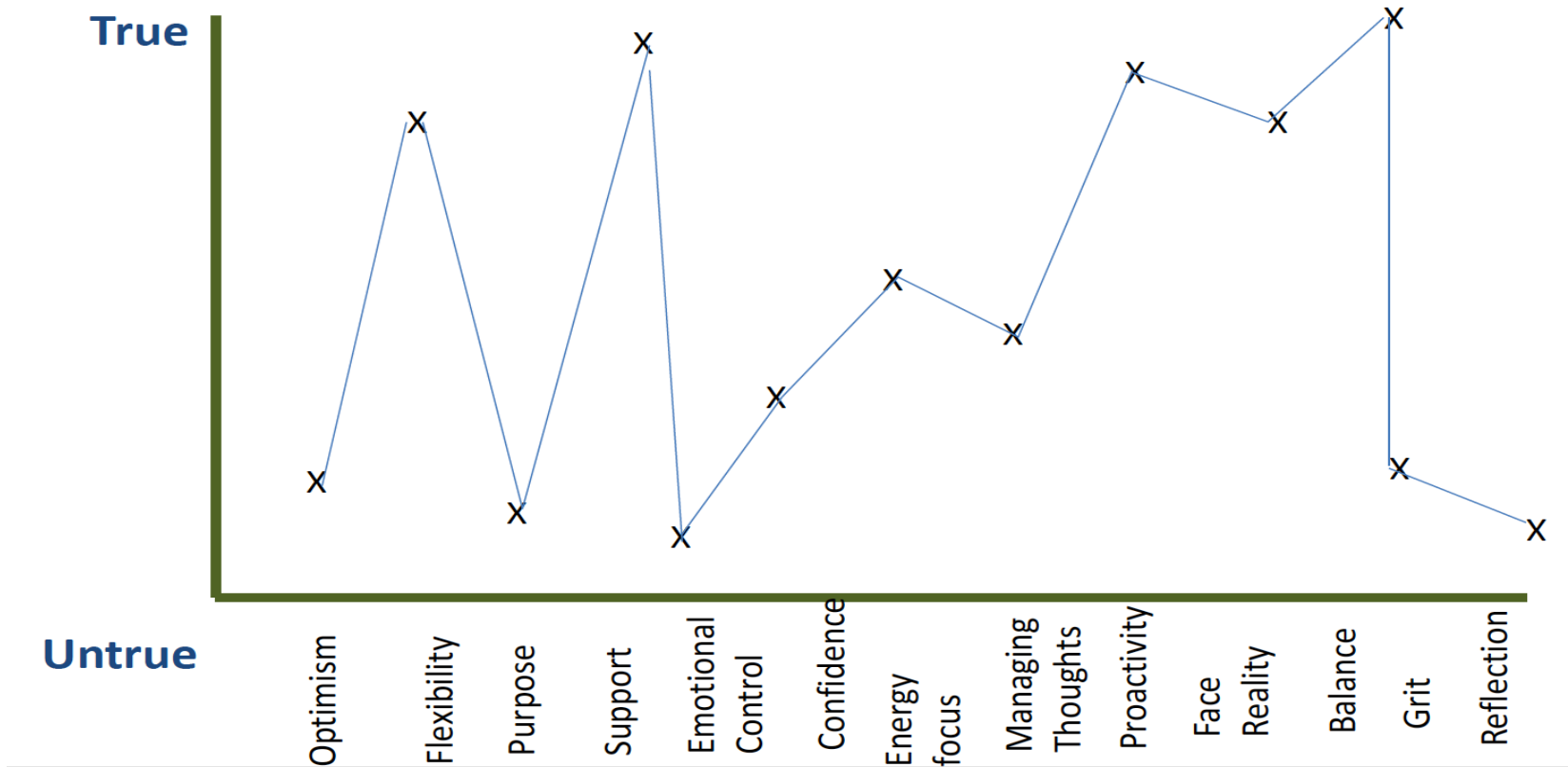
Proactivity



Solution building



# Your Resilience Profile



# Resilience Profile Questions

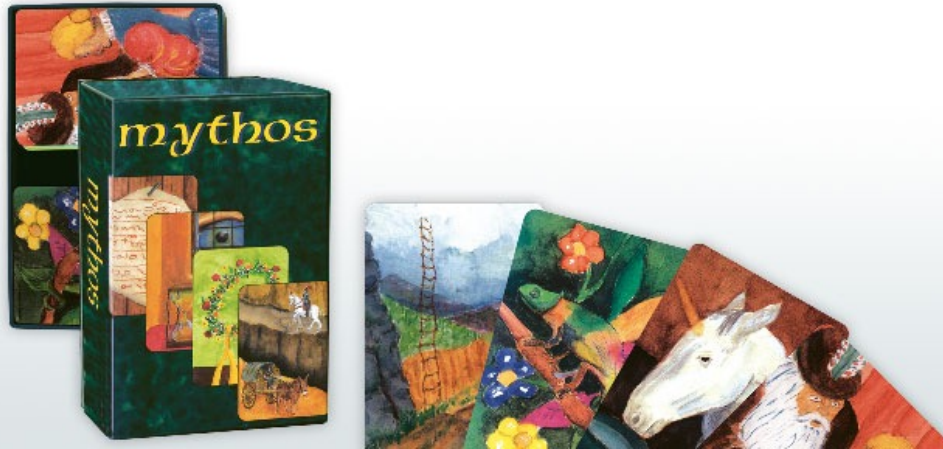
- (plot these onto the graph with a cross and then join together)

1. How true is it for you that you are optimistic about the work you do? (Optimism)
2. How true is it that you find it easy to change your approach when something isn't working or valued any more? (Flexibility)
3. How true is it that you know what you want from your work / career and why? (Purpose)
4. How true is it that when struggling you talk to people who can help you? (Support)
5. How true is it that you can regulate your emotions even when under pressure? (Emotional control)
6. How true is it that your confidence is strong regardless of any difficulties? (Confidence)
7. How true is it that you can focus your energies even when under pressure? (Energy focus)
8. How true is it that you manage your negative thoughts when under pressure? (Managing thoughts)
9. How true is it for you right now that you are decisive and not procrastinating? (Proactivity)
10. Think about yourself right now how well do you face reality even when it is uncomfortable to do so? (Facing reality)
11. How well do you keep a sense of balance in your life regardless of how demanding life is? (Balance)
12. How well do you stick at things once you have decided to do them? (Grit)
13. Are you taking time out to think even when you have no time? (Reflection)





# Creativity in Coaching: Mythos, Saga, Persona Cards



Exercise we used is in your notes



What are you taking away and how do you want to return





Affected by others behaviours



**Observable Behaviours**

**FILTERS:** Our 'Map' which gives governs our Perceptions

Thoughts and associated Feelings

Beliefs about us, others, the world  
Values which drive us

Life Experiences

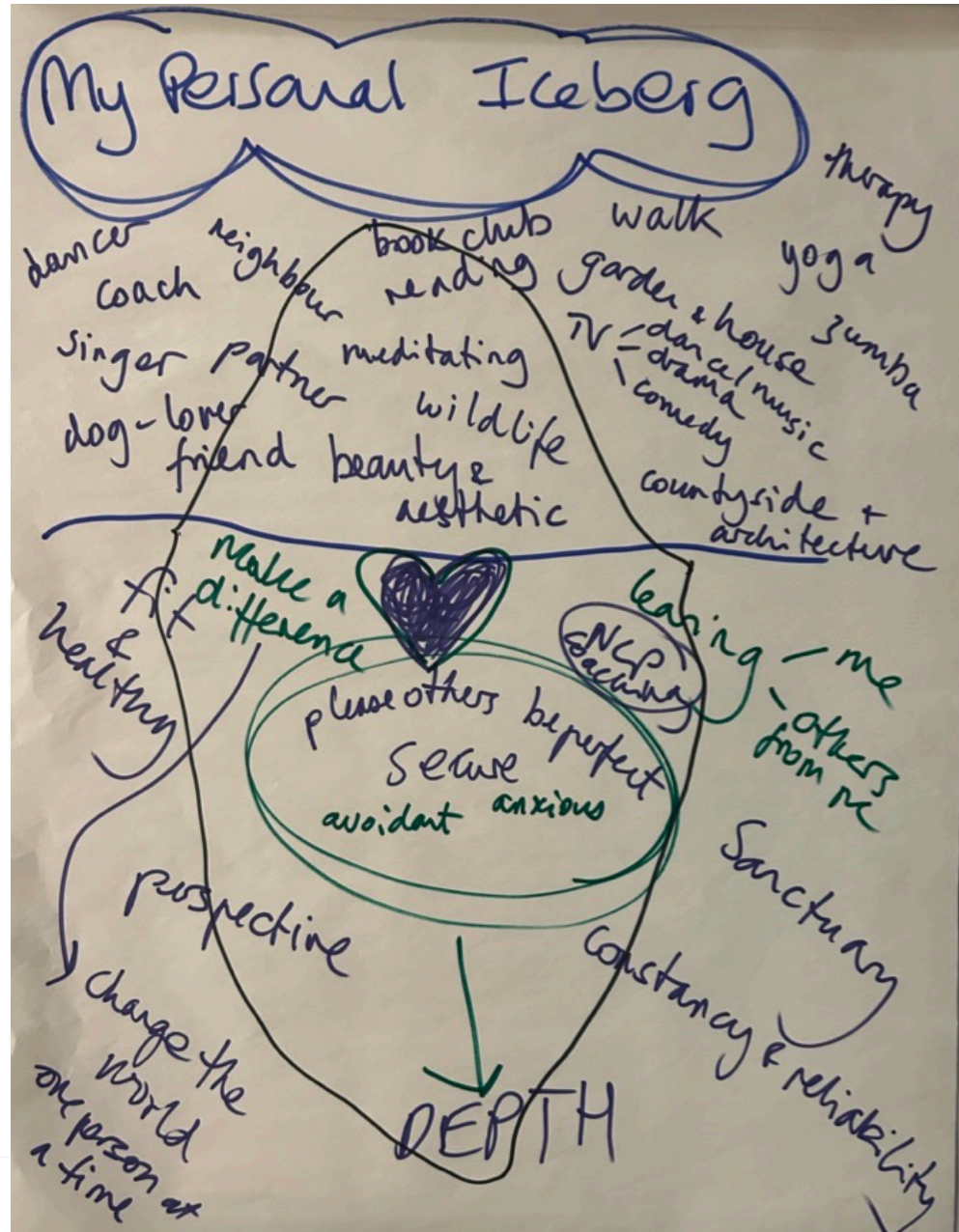
Nature and nurture



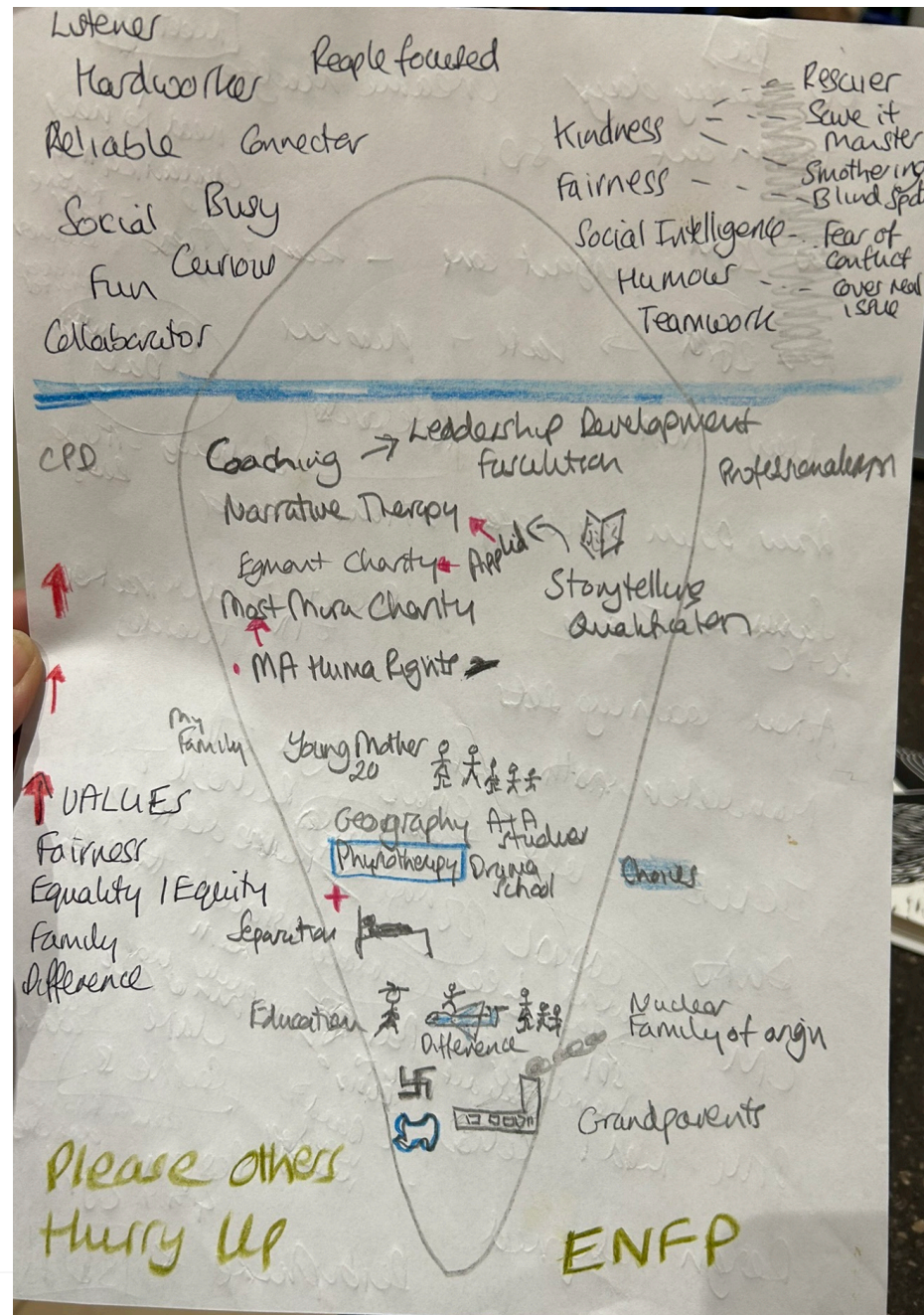


# Helen's Iceberg

Please bring yours to  
Module 3



# Sue's Iceberg







# Farewell

Centering Exercise  
- details on the Portal

