

## Coaching Using Time to Think

*From Time to Think, by Nancy Kline*

### **Thinking Space**

What would you like to think about and what are your thoughts?

*Attention*

What more do you think, or feel, or want to say?

*Attention*

Keep asking question until partner has nothing more to add.

### **Goal Setting**

What more do you want to achieve from this session?

Could you put that into fewer words?

*Attention* and capture exact words.

### **Building an Incisive Question**

What are you assuming that is stopping you (insert further goal) ?

What else are you assuming that is stopping you (insert goal) ?

Of those assumptions, or any that springs to mind, what do you think is the one most stopping you from (insert goal) ?

Make a note of the key limiting assumption using partners language.

Do you think it is true that (insert limiting assumption) ?

What are your reasons for thinking so?

## **Establish a new freeing assumption**

### **If the assumption is untrue**

So, if it is not true that (insert untrue assumption) what are your words for what is true and liberating?

### **Incisive Question**

If you knew that (insert liberating true alternative assumption), how would you (insert further goal)

If you knew that (insert liberating true alternative assumption), how else would you (insert further goal)

### **Capture the Incisive Question**

Would you write down the Incisive Question? Do you want to write anything else?

### **Share Appreciation**

What do we appreciate about each other?

Share with your partner