

Positive Coaching 10 sessions

My approach is both practical and educational. I will help the client develop actionable plans. I will also educate for both strategy and awareness of how their specific learning disability might impact how they work. We will figure out workarounds.

Session 1 and 2

Explore and Define the Issue

In these session, I will get to know the client. I am listening for what they say, I am also listening for what is under what they say. I am open to a little wandering. After the first session I will offer an easy win for the client that we will talk about it's impact in session 2.

Together during sessions 1 and 2, we will co-create a plan for addressing the issues. By the end of session 2 there will be a very clear action for the client to take. This action plan may change - as the client learns more about why some things are stumbling blocks, the idea is to take the path of least resistance. That means some of the goals may be unachievable now, but some things can be achieved and may lead to the bigger goal or may lead to a different goal.

Some of what we will talk about is how the client thinks - what issues get in the way - maybe they know about their specific disabilities, maybe they are just becoming aware of them.

I may possibly take visual notes as they talk, so the client can see what they are saying, along with what I notice.

Exercise between session 1 and 2: What's hard? What's easy?

Session 3.

I ask for wins. Has anything good happened that we can celebrate. Then we look at whether the one step was completed. If so we can map out a larger plan. If not, we break up the one step into easier managed chunks.

We talk about the specific plan and I will be calling out the strategy of chunking.

After session 3 there will be a specific action to take.

Session 4

Check in. What has shifted? Is anything easier? Are they still stuck? We can look at what is in the way. I will use techniques to help the client see and feel the 'stuck' and then help them move from stuck to action. This will be abstract, and yet it helps get the person out of what is holding them back.

At this point, the client will be comfortable with the range of techniques I have available. They will have experienced the benefit of working visually, they will have experienced some presencing theater and somatic awareness.

Session 5

Check in. Have them review themselves from above. What advice are they ready to give the person down there? How does it feel to step away from the problems and see them at a distance?

Find some positive advice that the airplane view can give to the person down there. How would they talk to that person.

Session 6

How did the advice go? Was it heard? What can be heard and what doesn't get in? Looking at this is a great opportunity to talk about self talk and how to control it.

Session 7, 8, 9, 10

Undesigned. At this point, there will be clear issues identified and we will be working on techniques to accept them, work around them, celebrate them.