

Discovery

Your discovery session will last around 2 hours.

During this time we will begin exploring what you want from coaching, how it might be useful and what you would like to design into your coach and the coaching relationship - we'll talk more about this when we speak.

The Discovery session is a chance to take a broad look at you and get curious about various aspects of you, your life satisfaction and how various elements of your life impact this, what's important to you and may guide your decisions or have got forgotten along the way.

The discovery session is an opportunity to explore some foundational elements about you such as your values and any ideas that you have about your life purpose.

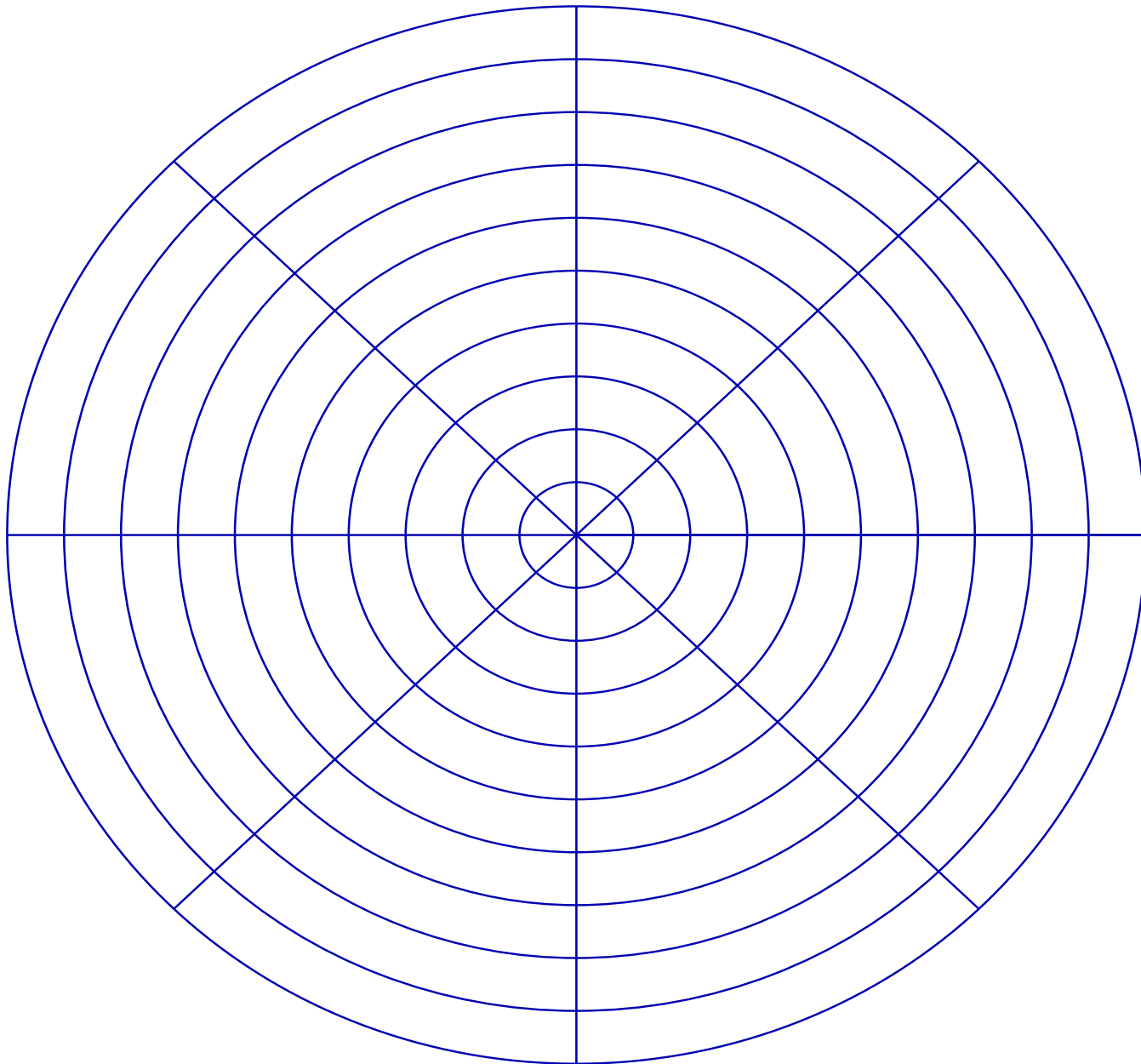
We will come back to these things at different points in coaching and you may refine or change these starting points, but they are useful starting points for our coaching. If you have time to look at some of these exploratory activities before our session then please send copies to me before the session.

Discovery activities:

1. Wheel of Life and Satisfaction
2. Values
3. Life purpose or mission

Wheel of Life

1. Write a list of the most important areas of your life. Examples could include, career/work, significant other, family members, friends, faith or spirituality, creativity, health, physical well-being, exercise, money /finances, education/training, use of discretionary time, home, physical environment/location where you live/work, intellectual life, fun, hobbies etc.
2. The purpose of the exercise is to think about your life in the round, so when you decide from your list the 8 most important arenas of your life, pick so there is a balance between work, play, relationships and you.
3. Label each segment of the circle with one of your key life areas.
4. Ask yourself the following question in relation to each of the key life areas you have selected. 'How satisfied with xxx am I right now?' Pick a point on a scale of 1 to 10. 1 being not at all satisfied and 10 being, it really couldn't be much better than this.
5. Mark your response on the spoke of the wheel for that segment. To reduce any confusion I suggest the spoke for the segment be the right hand spoke for each segment
6. Join the marks that you have made for the 8 questions you asked yourself and look at the shape you have made - what occurs to you about this shape ?



Values

Values can be defined as elements in your life which are really important to you. Values may have nothing to do with any ethical, moral, religious or faith based code that you might live by. Though these might be values you hold such as “your faith”, “social justice”, “doing right by others”, “being a vegetarian or vegan” etc.

Values may be beliefs, may be commitments or may be people, such as family, a partner, or a community or part of the community, such as the elderly or children. A value could be the way you see or do your job, or hobby.

Values could be more abstract such as “freedom”. This will mean something to you that could differ from what it means to someone else. It may be financial freedom or the freedom of choice that money offers, or it may be freedom because you work as a creative professional or freedom of belief or thought. Other concepts might be security, health, independence etc..

Step 1: Think about what’s important to you and make a list. Put down as many things as you can think of which are important. Don’t censor your list. It’s not important what anyone else might have on their list of values nor should you think you should have certain values or think about values that other people have. Things which are important to you are important to you.

Step 2: Looking at the list are there relationships between things you have written as your values, do they combine to form categories? What value includes others and would you call any such category?

Are some values more important than others? Do you want to rank any within your list?

If you were to limit yourself to 6-10 values what would they be?

Life purpose

Life purpose or maybe you think or talk about it as your mission or your reason for being here. Perhaps you have another way of describing this. Use whatever language is comfortable to you. Perhaps you have a sense of what your mission is, perhaps you don't. Please record any thoughts that you have, maybe phrases rather than a polished sentence. This is something we will come back to.

A way to think about your purpose is almost to imagine a river. The river flows, there is a current which moves water and things in the river along. If you thought about your life purpose as that current what comes to mind as a theme or purpose, as something that drives what you do ?