

CURVE


tell me more

PEER COACHING NOTEBOOK

THIS BOOK IS PRODUCED BY CURVE. IT INTRODUCES YOU TO SOME COACHING TECHNIQUES THAT WE HOPE YOU WILL FIND USEFUL AND RETURN TO OFTEN.

The more you can be yourself, the more successful you will become.

MICHAEL ATAVAR



Coaching is the art of helping others to be able to come up with ideas to achieve their goals.

reality

What's happening now?
Who's involved?
What's the effect on you and on others?
How does this make you feel?

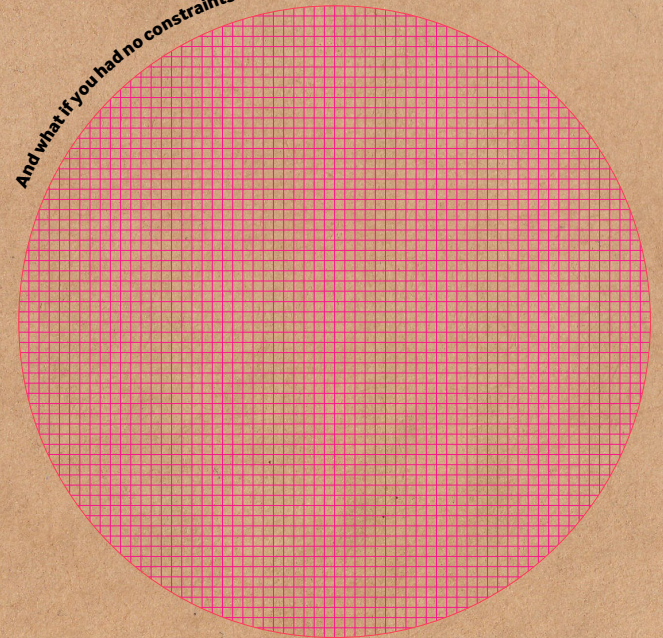
What else could you do?

And what else?

options

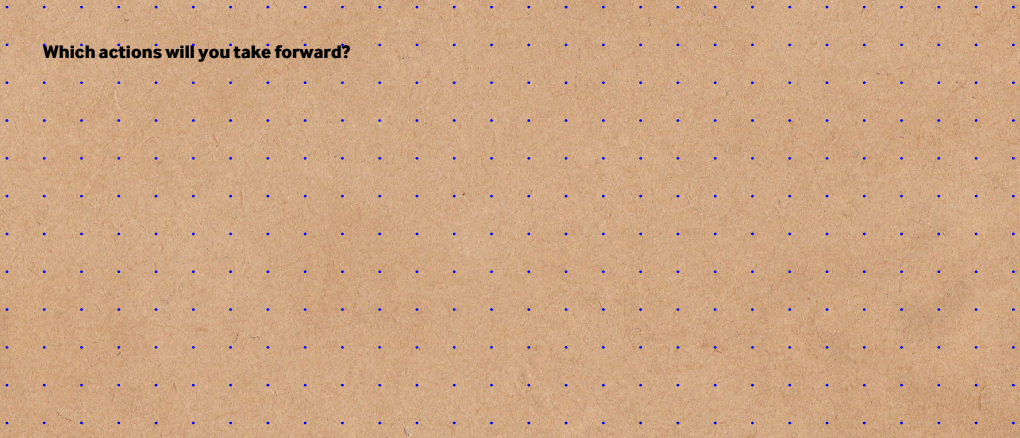
What about another thing?

And what if you had no constraints?



way forward

Which actions will you take forward?

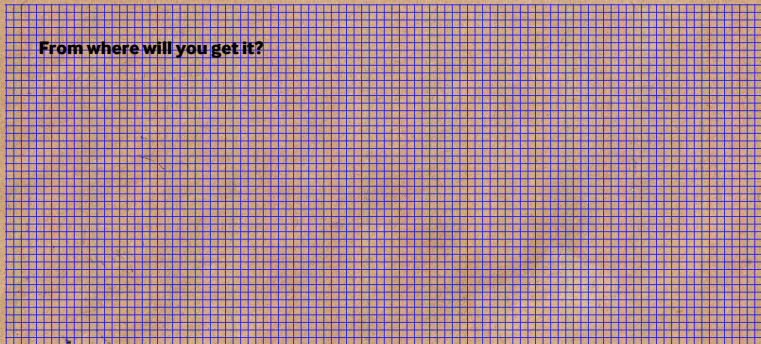


What might stop you?

What support do you need?



From where will you get it?



It's not selfish to look after yourself. Share the load with someone else.



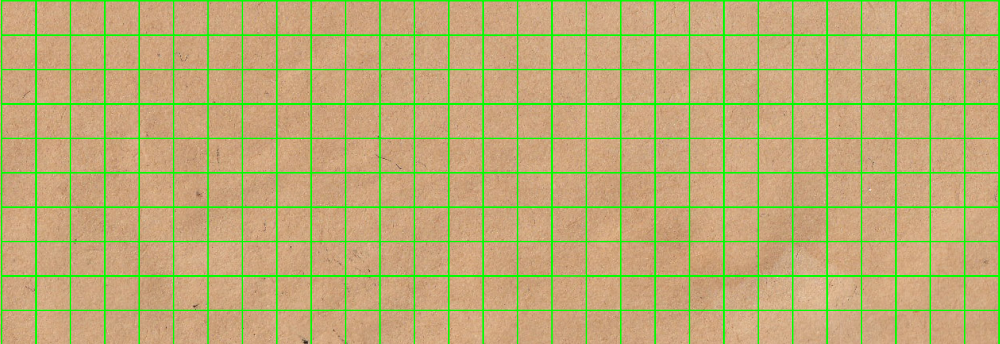
scales

NOTES:

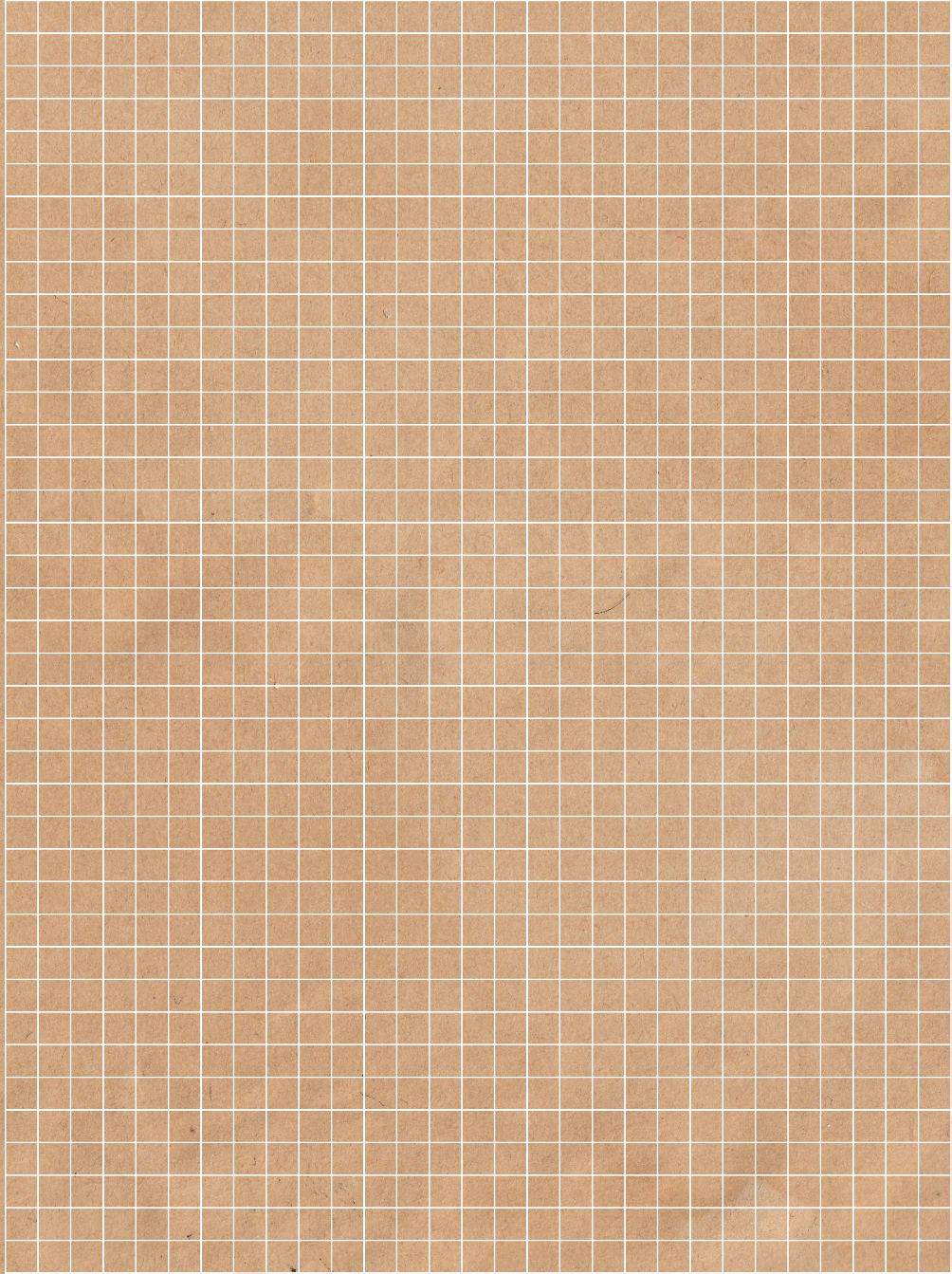
**On a scale of 1 to 10, how committed
are you to taking action?**



What can be done to make this number closer to 10?

A large dotted grid for notes, occupying the right half of the page. The grid consists of a regular pattern of small dots on a light brown background.

NOTES:



NOTES:

NOTES:

NOTES:



Making mental connections is our most critical learning tool – the essence of human intelligence: to forge links; to go beyond the given; to see patterns, relationships and context.

MARILYN FERGUSON



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we are enough



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