



PRESENCE-BASED®
COACHING

Excerpted from *The Mindful Coach*
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Exercises 6.1-6.3: Investigator

Exercise 6.1

Self-Coaching as Investigator: Three Lines of Questioning

Imagine that your inner Investigator is working with you on your learning process around this book. You will increase your understanding of the Investigator Voice by taking your time and responding mindfully to these Investigator questions in a journal or written notes:

1. *Situation: external elements:* What is emerging so far as useful and valuable in this work? What, if anything, has been disappointing for you in your learning?
2. *Situation: contribution:* What are you doing that makes this learning valuable? And what might you be doing that shortcuts the value that you could obtain (skipping the exercises or reading too quickly, for example)?
3. *Situation: assumptions and interpretations:* What judgments and interpretations about the material are you making that drive the behaviors you listed in response to the previous question?
4. *Outcome:* Given how you now see this material and your current understanding of it, what are the two most important possible outcomes for you from this book and exercises?
5. *Action:* What will you do, starting now, to build your commitment and move you toward these outcomes?



Exercise 6.2

Investigator Areas for Attention

Take some time to respond to the following questions:

- Based on the description of the Investigator, what Aspects do you engage with skillfully and mindfully?
 - What Investigator Aspects might you tend to overuse? When? How do you know this?
 - What Aspects are you less comfortable and proficient with? When? How do you know this?
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Exercise 6.3

Investigator Self-Observation

- Choose an Aspect of the Investigator that represents a development opportunity for you: a skill or behavior that you wish to bring more into your coaching, or one that you perhaps have attachments to and therefore overuse. Describe this skill or behavior as specifically as possible.
- Construct a self-observation for yourself using the explanation and structure from Chapter Two. Do this self-observation consistently and rigorously over several weeks. Notice how your mindfulness has changed in relation to this Aspect.