



Excerpted from *The Mindful Coach*
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Exercise 11.8: Observing Your Coaching Flow

Review each of the Voices briefly, so that the distinctions are clear in your mind. (These are described in Chapter Three).

Keep the central portion of the Septet Coaching Model in front of you. You may use Figure 11.1 or sketch your own. Coach as you usually do.

With the observer part of your mind, maintain a portion of your awareness on constantly orienting yourself relative to the model. Focus on the six operational Voices you are using, moving a game piece or a quarter to the location in the model that fits the Voice that you are currently speaking in. Don't let it be too complicated; do it lightly, with a portion of your awareness. (Be aware of your own attachment to doing this well, and let it go; it will only get in your way.)

After each session, take a couple of minutes and respond to these questions:

After doing this for a week or two, answer these summary questions:

- What did you notice about your use of the Voices? Where are you most comfortable? Least?
- Which Voices were you using when you experienced the most energy? What do you suspect explains this?
- What are your tendencies? What patterns do you tend to fall into?
- If you were going to continue but modify this exercise to focus more closely on something, what would be interesting to pay attention to?

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FIGURE 11.1. *The Operational Voices*

