

---

## 25 MIN COACHING LAB ACTIVITY (1 ROUND ONLY)

---

**5 minutes** self-introductions + **15 minutes** coaching practice + **5 minutes** debrief

**Objective** Practice applying frameworks, integrate and expand learning

**Coach** Follow the coachee's agenda; apply one or more frameworks as useful; experiment

**Coachee** Share a current meaningful topic related to change; stay open; pause/redirect as needed

**Observer(s)** Keep time, listen for movement, capture key learnings to discuss with your group

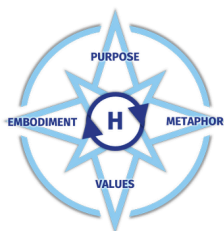
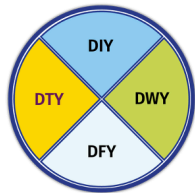
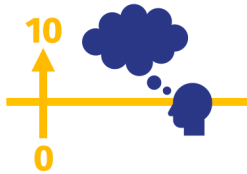
**Together** **debrief, decide on 1-2 learnings to share in the main room:**  
what you'll carry into your life/practice

---

## ILLUSTRATIVE COACHING QUESTIONS – NOT SCRIPT

---

pause & notice → sense the context → align to truth & harmony → take the next step



*What would you like to explore through coaching today?*

→ *How will you know that this discussion has been successful for you?*

- Where are you right now, mindset-wise?
- How do you want to show up right now?
- What is this situation asking you to become or remember?
- What mindset do you want to inspire in others?
- What can help you shift perspective?

- What's important about who is involved?
- What is yours to hold, and what can be shared or supported with others?
- Who or what may be your potential amplifier here?
- Who or what is most needed now?
- Where might you offer that support to others?

- If this situation were an image or **metaphor**, what would it be?
- In a way that feels right for you to check, what does your **body** notice about it? → What's meaningful about it for you?
- What **value** or **priority** feels most important or most at risk right now?
- What might a choice toward greater **harmony** look like here?  
→ How might that choice align with what really matters or your **purpose**?
- What realistic **shift** or meaningful **boundary** do you want to try to support a more **harmonious outcome**?

*What's a key insight you're taking away? → What's a next step will try?*

→ *How will you know it's working? → Who or what can support you?*