



DISCUSS YOUR FINDINGS WITH YOUR LEARNING BUDDY / PEERS

1. Present your findings (intention / emotionality / conversation mode / saying) to your learning buddy and explain
2. Ask your learning buddy for feedback:
 - What do they like about the way you want to approach your coachee?
 - What do they not like so much? Why?
 - What do they think will be the likely response of your coachee?
 - What are their suggestions for you to re-write the content in your four boxes?

<p>intention/goal</p> <ul style="list-style-type: none"> - What do I want the person to do/change after the coaching? - By when? 	<p>emotionality</p> <ul style="list-style-type: none"> - My patience on a scale from 0 to 100% is: 0 % ————— + ————— 100% - how happy, concerned, curious, upset, sorry, inspired am I? - - - How feelable is my emotionality when talking with him/her? - -
<p>conversation mode</p> <p>When I talk with her I (i.e. chat, telling what to do, inquire, share info / letting know, listen, ask for feedback/recommendations, silence):</p> <ul style="list-style-type: none"> - - - 	<p>What I say</p> <p>When I approach her/him for the coaching my first sentences will be:</p> <ul style="list-style-type: none"> - - -

What ideas do they have for you to adjust your own emotional condition?