

Ideas for Coaching

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Responding to photos:

* Start by letting your client bring or choose a photo. (You bring photos; ask them to bring a photo or photos; bring in photo books to choose from; use Shutterstock or other online sources), etc.…….
* Two questions: What drew you to this photo? What does this say about……. (your career, your life choices, your relationship with your boss…..). Word the second question to focus on the current coaching situation.
* Listen, observe, dig deeper.
* Allow reflective time. (Especially if client is stuck).
* Consider another photo — when all else has failed.

Taking photos:

* Let your client take whatever photos he or she chooses, indoors or outdoors.
* Smartphone and digital are best for immediate response and feedback.
* Ask client to choose one photo and pursue the same questions.
* Ask about the process. What happened? How they feeling about it? Where did they find the photos? etc.
* Allow reflective time.
* Look for themes or discrepancies among with photos.
* Ask: how will you apply this learning?

Between sessions:

* Take more photos.
* Choose one or more photos.
* Look for themes or discrepancies
* Questions: What is changing or emerging in the photos? What is changing or emerging in life? (Any breakthroughs)?