



GUIDED DRAWING AND BRAINWRITING FOR INDIVIDUAL AND GROUP COACHING...

AND OURSELVES!!


NewHorizon
STRATEGIES



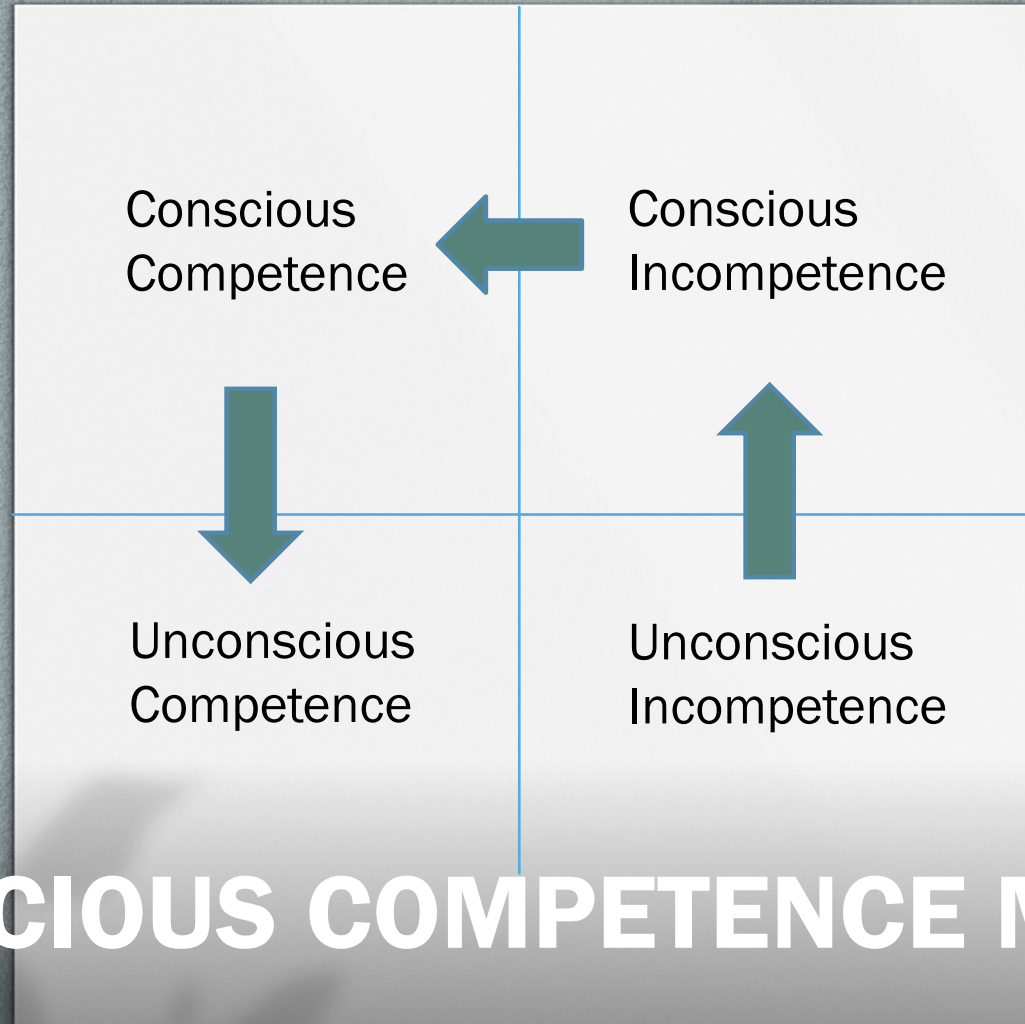
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S T R A T E G I E S

WHAT DO I WANT? BREAKOUT SESSION: 2 PEOPLE

1. My Name, Location, Current Title/Company (2 min total)
2. “What do I really want?” (1 min per person...other listens only and watches time)
3. Switch listener/sharer roles.
4. Back to the first person “What do I really, REALLY want?” (1 more min per person...other listens only and watches time)
5. Switch to the other person (what do I really REALLY want)

Total time = ~6 min



CONSCIOUS COMPETENCE MODEL

HOW WOULD I DRAW OUT WHAT I REALLY WANT?

- Use a blank sheet of paper and your colored pens, pencils, markers.
- Draw whatever it is you really want looks like (no words)
- ~5 min



WHAT DO I SEE? BREAKOUT SESSION, SAME 2 PEOPLE

1. ~1 min per person, what did you draw and what do you see?
2. ~3 min, feedback from the other person, what do you see in their drawing? Dialogue.
3. Switch to the other person

Total time = ~8 min

BRAIN WRITING

- What do I really want?
- Why do I really want this?
- What does success mean to me?
- Where do I already know I need to develop myself?
- What could happen if developed myself in this way?
- What does my life look like when what I really want happens?





REFLECTION NOT ONLY
ALLOWS US TO
ANSWER

“HOW AM I DOING?”
MORE ACCURATELY,

IT HELPS US
DETERMINE WHERE
WE NEED TO **FOCUS** TO
CONTINUE
EFFECTIVELY NAVIGATE
CHANGE.

My biggest takeaways are...



Thank you!!!



What's on your

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Questions? Share your experiences with us!

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