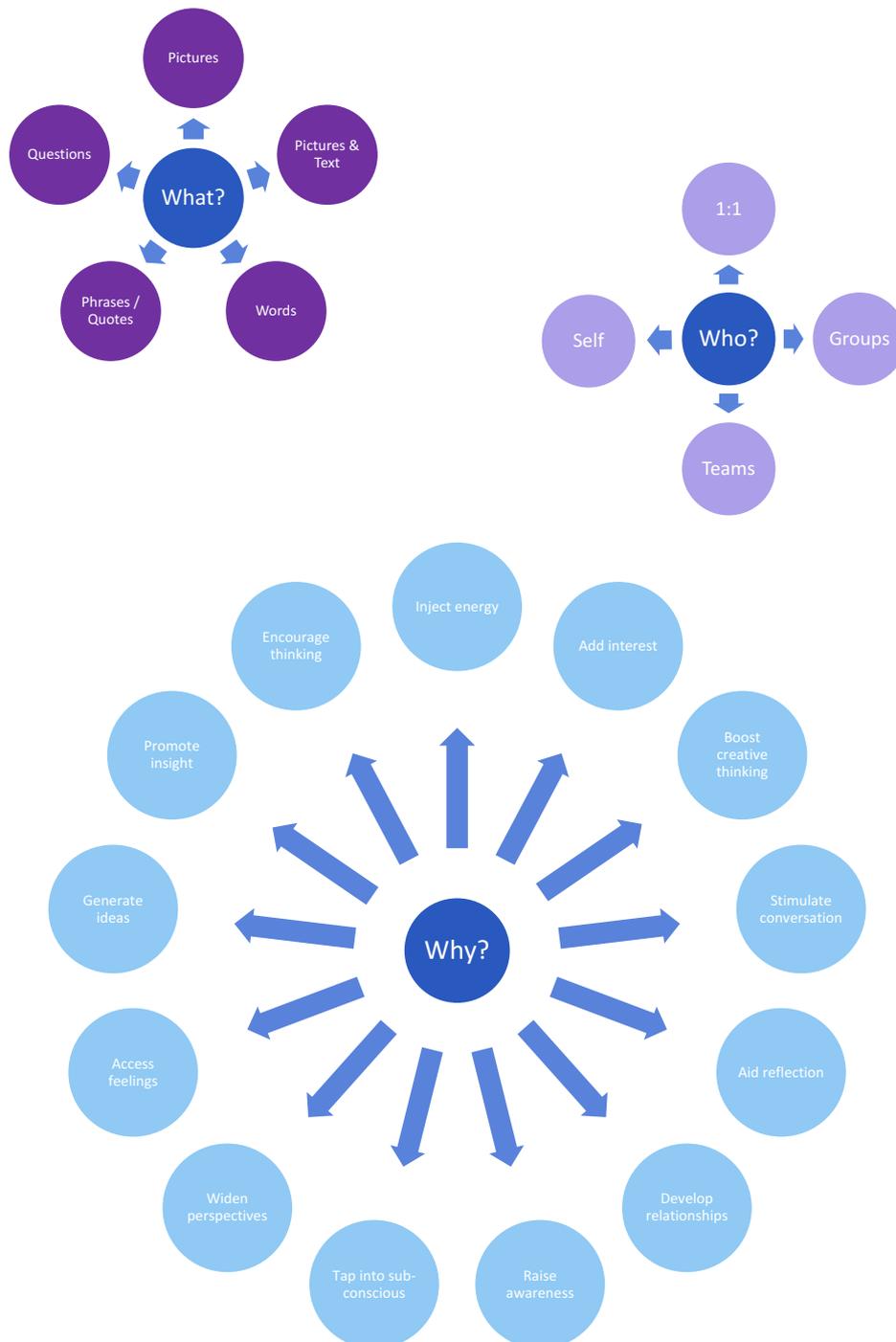


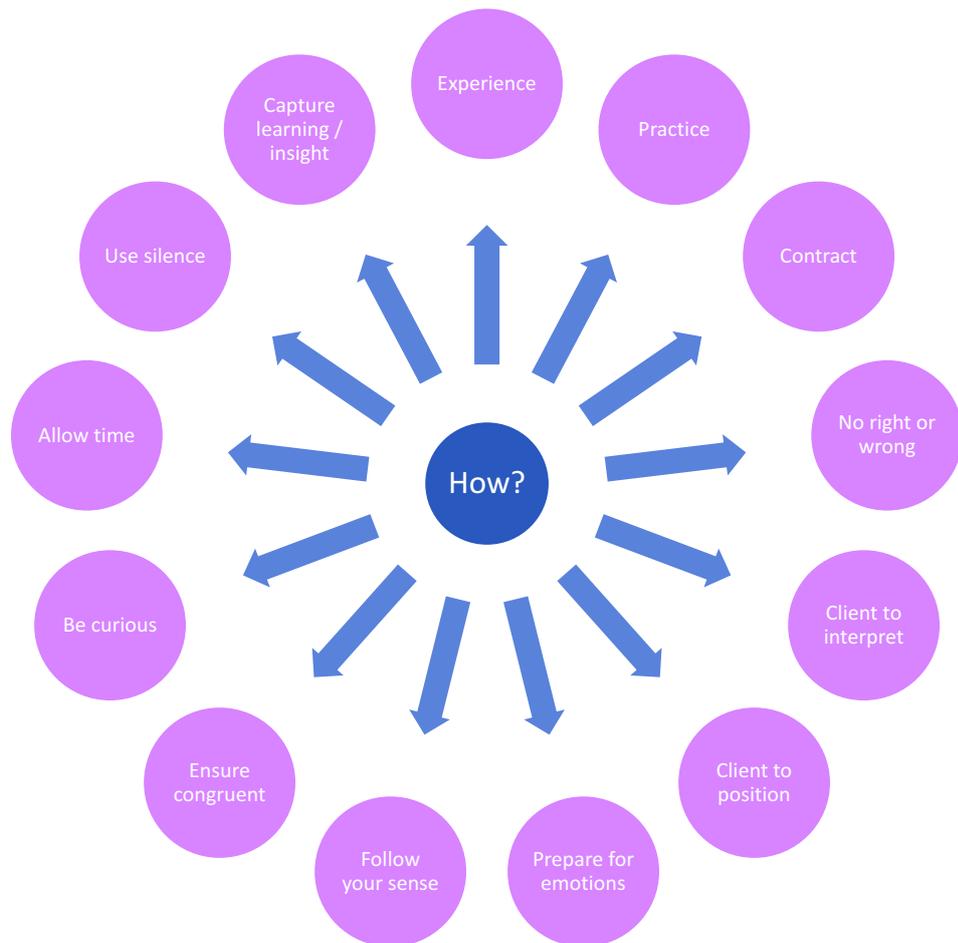
Theme

Using Coaching Cards

Overview



Bradford Co-coaching Forum



Bradford Co-coaching Forum

Activities

- Landing exercise using A SenseAble Friend cards
- Co-coaching in a group using **different cards**

Reflections on Learning

- Reflections using 3-2-1 exercise and Borton's Reflection Framework

Borton's Framework

What?	So What?	Now what?
This is the <i>description</i> and <i>self awareness</i> level and all questions start with the word what .	This is the level of <i>analysis</i> and evaluation when we look deeper at what was behind the experience.	This is the level of <i>synthesis</i> . Here we build on the previous levels these questions to enable us to consider alternative courses of action and choose what we are going to do next.
Driscoll (2007) Further developed this framework and added the trigger questions below:		
<b style="color: blue;">Trigger Questions: What is the purpose of returning to this situation? What happened? What did I do? What did other do? What was I trying to achieve? What were my reactions to it? What was good or bad about the experiences?	<b style="color: blue;">Trigger Questions: So what is the importance of this? So what did I feel at the time? So what do I feel now, after the event? So what were the effects of what I did / didn't do? So what positive aspects now emerge for me? So what observations does anyone helping me to reflect on this have? So what more do I need to know about this? So what have I learnt about this?	<b style="color: blue;">Trigger Questions: Now what could I do? Now what do I need to do? Now what might I do? Now what might be the consequences of this action? Now what are the implications for me, others and my profession? Now what am I learning about reflecting on my practice in this way?

Borton T (1970) **Reach, touch and teach**, London, Hutchinson

Driscoll J (2007) **Practicing clinical supervision: A reflective approach for healthcare professionals**, 2nd Ed, Edinburgh, Balliere Tindall Elsevier

Resources

Cards:

- A SenseAble Friend - www.asenseablefriend.com
- Clean in a Box – www.cleanlearning.co.uk/products/detail/clean-in-a-box-1
- Strength Cards – www.positiveinsights.co.uk/strengths_cards.htm
- Emotional Literacy Cards – www.heartlands.uk.com/elcards.htm
- Values Cards – www.coachingcards.co.uk/value-cards/
- Picture cards – many available on Amazon or make your own by collecting postcards
- Ignition cards - www.igniteandconnect.com
- Colour swatches – B&Q
- Many others – google 'coaching cards' or search on Amazon

Videos:

- Using Barefoot Coaching Cards - www.youtube.com/watch?v=karlWff5LFE
- Art of possible Cards - www.youtube.com/watch?v=ybRuvW5tbJk
- Using Values Cards - www.youtube.com/watch?v=V8MY08wTFn4
- Using Emotional Literacy Cards - www.youtube.com/watch?v=Y3nP96SibEk

Bradford Co-coaching Forum

Upcoming Events

Oct, Nov & Dec, AC Webinar Series, The Future of Coaching: Vision, Leadership & Responsibility,
Hetty Einzig

- **9th November**, 6-9pm, Bradford Co-coaching Forum, **Combining EFT and Clean Language Questions**
- **16th November**, 6-9pm, Leeds Regional Event, **10 things you didn't know about TA**, Rosemary Napper
- **7th December**, 6-9pm, Bradford Co-coaching forum, **Coaching Books & Business Stories**

All co-coaching events can be booked via Eventbrite

All other AC events can be booked via: www.associationforcoaching.com/events/event_list.asp