Module 8 Audio Transcript
Talk About Coaching Podcast Part 1

Jamee Tenzer 0:01
We are going to be talking today about evoking awareness, and we're actually going to cover three of those sub competencies, three, four, and so, and it's all about questioning evoking awareness. The first one is about asking questions about the client, such as their way of thinking, values, needs, wants, and beliefs, and then I'm going to kind of combine that with asking questions that help the client explore beyond current thinking, so inviting a client to explore beyond current thinking. What does that bring up for you? What kind of questions might you ask?

Sheri Boone 1:01
So, actually actually, as you were reading those, and I'm just want to mention, by the way, this is competency seven, evokes awareness, but you know, yeah, as you were talking, I was thinking about the first one, which is 7.3 ask questions about the client, such as their way of thinking, values, needs, wants, and beliefs, and it almost strikes me that this is when you're really getting to know a client and building that relationship and building the sort of the foundation for your work together, that this is first of all not that you can't ask all of these questions in any coaching session, but also, how important this is as you're getting to know a client. You know, how what do they.. you know, what is their typical way of thinking through a problem or an issue? What are their core values? What are some of their beliefs? What are they wanting out of coaching or out of this conversation? So I think that all of those things, you know, point to lead to their awareness, and, and also, you know, sets the foundation for your work together with coach and client, so that's what I'm thinking about for that one. And then your question about number 7.4 ask questions that help the client explore, explore beyond current thinking, you know? I think it's just maybe something, some of those bigger picture questions, right, that can kind of get the client out of their head, which is rather than being so much in solution mode in a way, but what are those bigger picture questions that can kind of free them up to explore beyond just the immediate. So I kind of went off there on both of those, Jamie, what are you thinking as you're, as you're, as we think about this.

Jamee Tenzer 3:05

Well, based on what you said, I think what I see is that four really builds on three, that the information that we get about the client, about as you said, you know, in the beginning days of getting to know the client, that actually that information is where we might go to find those bigger picture questions.

Sheri Boone 3:34
Yeah, yeah,

Jamee Tenzer 3:36
and you know, like the balcony view kind of questions, you know, in a perfect world, or you know, right, those kinds of questions, and then the other thing I was thinking was, let's see, no, I think that was the main thing that I was thinking, thinking about there, so, and I hadn't really thought about it that way. That's really interesting, that those are.. that's really.. and you can always go back to that, you can always go back to uncovering values, beliefs, needs, and wants, because as there more is more comfort and trust built with the client, more things may emerge too, so so that can definitely be kind of a work in progress there. Yeah,

Sheri Boone 4:31
I agree. Yeah, yeah.

Jamee Tenzer 4:34
All right, and then 710 we were feeling like kind of related here, because supports the client in reframing perspectives. So, what do you think of when you think about that?

Sheri Boone 4:50
Well, again, I think it's sometimes those bigger picture questions, but also it is - it's definitely, it's definitely asking questions, right? That's the whole point. Of evoking awareness, and maybe it's so, yeah, you're asking if you, if you're aware of a particular perspective, right, that the client is expressing, then what might you ask to stretch them a little bit, or to offer an idea that is not an idea, not offer an idea for them, but offer the possibility that there's something else, you know what else might you think about here, or as you said, in a perfect world, what that might this look like, or what would you like to see here, so those kinds of questions that really would invite them to look at it from from a little different vantage point and open up their thinking, so yeah, I think that's what I think about. How about you?

Jamee Tenzer 5:53

Yeah, I completely agree with all of that, and I also think that it's so important to, as I was looking at this word, supports, you know, that the client's not the coach is not deciding that there needs to be a perspective reframe, so yeah, you're inviting the possibility, but you, but we're just being curious, you know. Is there a different way to be thinking about this? There may not be, right. So it's sort of like you have to be able and willing to ask those completely from a neutral place without an assumption, and I think that can be a little, a little difficult sometimes to do that, because we're human, and we might think, hey, a better perspective might be really helpful here, so you know, gotta stay out of that, that mode,

Sheri Boone 6:55
exactly, and notice when we, when we're inclined to that, yeah,

Jamee Tenzer 7:00
yeah, exactly,

Speaker 1 7:01
good,

Jamee Tenzer 7:02
okay. Okay. Good. Great. All right. Well, see you next time.

Sheri Boone 7:06
More awareness, okay?

Jamee Tenzer 7:08
Exactly.

Sheri Boone 7:09
Thank you.

Transcribed by https://otter.ai