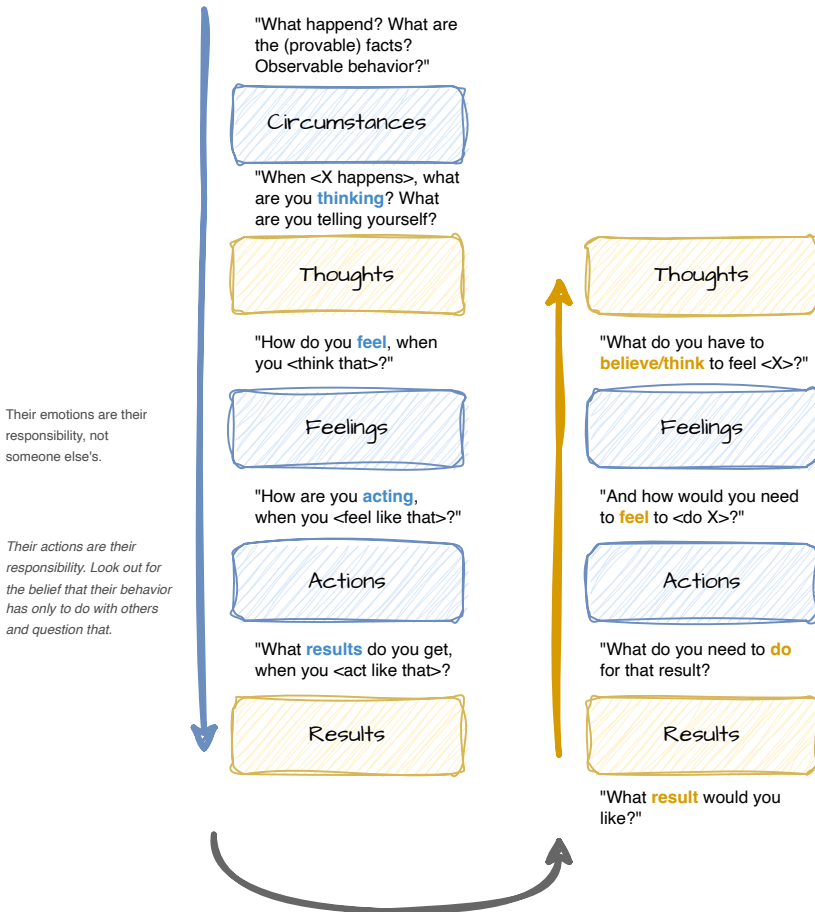


The Thought Model in Coaching Conversations

1. Analyze by going forward through the model.
Identify the underlying thinking.

2. Work backward through the model.
From desired results to the supporting thoughts.



- Help them notice their thoughts.
- Make them realize that what they think affect their results/performance.
- They can choose how to think.
- They can't control others. But they can control what they believe about themselves - or who they want to be in this situation.