



COACH YOUR SELF UP®

French Philosopher Henri Bergson says it well,
“The eyes see only what the mind is prepared to comprehend.”

Development Conversation Guide

Self-Development is a critical piece of career success for individuals at all levels in an organization. **Coach Your Self Up** is a development program that teaches self-coaching skills. Participants learn an approach and techniques for driving lasting behavioral changes to support their ongoing professional growth.



Managers play an important role in supporting employees' career development efforts.

By understanding what their employees are working on and their career aspirations, managers can more readily be on the lookout for those new behaviors and provide positive reinforcement.

These conversations enhance the development culture by encouraging people to ask for and receive feedback that supports the changes they are working on.

Conversation Questions

General Questions

What is your desired outcome from this course?
What have you found to be most valuable so far?

Self-Coaching - Bend Your Future!

- Foster a growth mindset
- What are your Self-Limiting Behaviors?
- Small shifts lead to big changes

What do you imagine will be possible when you shift one of your Self-Limiting Behaviors?

Your Superpower for Life & SLBs

- Harness your power and possibilities
- Manage your attention and focus
- Begin shifting your Self-Limiting Behaviors

What insight has been most meaningful to you around managing your attention?

Presence and Freedom from Stories

- Cultivate authentic presence
- Name and tame the stories inside you
- Identify and transform your triggers

What story or deep story have you discovered that you are challenging?

Courage to Challenge Your Deep Stories

- Know your big T and small t truths
- Commit to being your own best coach
- Maintaining momentum

What actions are you going to take to continue your self-development?

Program Follow-Up Questions

What has been your biggest takeaway?
What did you find most valuable about the course?
How can I support you implementing what you've learned?