

Becoming an Evocative Coach Practice Guide
Chapter 5: Activity 1

Activity 5.1 Appreciative Inquiry: Reflect on each of these four questions from the Appreciative Inquiry "standard protocol" and then write your responses in the space provided.

Best Experience: Tell about your best teaching, coaching, or leadership experience --a time when you felt most alive and engaged. What made it so rewarding?

Activity 5.1 Appreciative Inquiry (Continued)

Core Values: What do you value most deeply? Share about yourself, your relationships and your professional work. Who are you when you are at your very best?

Activity 5.1 Appreciative Inquiry (Continued)

Supporting Conditions:

What are the key ingredients, both internal and external, that enable you to be at your best and to truly enjoy what you do?

Activity 5.1 Appreciative Inquiry (Continued)

Three Wishes: Tell about your hopes and dreams for your coaching practice. If you could make any three wishes for your coaching practice come true, what would they be?