

Becoming an Evocative Coach Practice Guide
Chapter 8: Activity 4

Activity 8.4 Cultivating Strengths: Review your strengths and determine a strength you are not using as often but would like to cultivate. Talk with a coaching partner or close associate to brainstorm ways to have that quality show up more frequently during coaching. Then take this a step further and use experimental design to create a plan to actually cultivate a less-used strength.

List as many ideas as you can. Remember to use the rules of brainstorming. Then select one idea and create a design to cultivate a less used strength.

Do not stop
before you
have at least
ten ideas.

Experimental Design

Name:

Date:

Professional Focus:

☐

State Hypothesis:

Personal Focus:

☐

Describe Relevance to Personal Aspirations/Professional Standards:

Strategies or Activities (Specific
as to What, Where, and How)

Supporting Systems & Resources

Timeline

Describe Data Collection & Reporting Techniques:

Confidence Level (On a Scale of 0 to 10:

Revise the strategy, systems, resources, and/or timeline until confidence is 7 or higher.