

EASY WAYS TO GET
MORE CREATIVE IN
YOUR COACHING

CAM
coach approach ministries

CAM Monthly Webinar

April 13, 2017



BEST PRACTICES

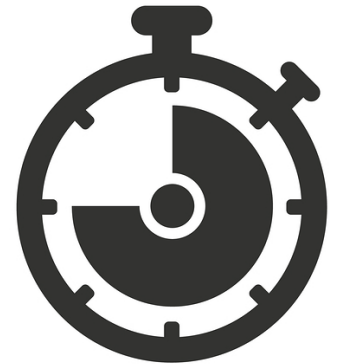
- Lots of attendees, so everyone is MUTED.
- Use the QUESTION feature to ask and share anytime
- SHARE your experiences and examples
- Keep things CONFIDENTIAL



WHAT'S THE
PURPOSE?

Agenda

- ✓ Why Creative?
- ✓ The Foundation of Creativity
- ✓ Five Easy Ways to Get More Creative



45 min



WHY?

Coaches believe each client is creative, resourceful and whole.

Creativity is essential because the client needs new stuff (thoughts, ideas, actions, beliefs, etc.) to get new outcomes.

It's our job to help the client plug into their own creativity.

Creativity gets stuck thinking unstuck.



When a client cannot get somewhere new in her thinking, it's like her brain is **locked** into thinking only what she's already thought of.

stuck thinking = **no flow of new ideas** = no progress



creative thinking = **flow of new ideas** = progress



CREATIVITY STARTS WITH SAFETY



CREATIVITY STARTS WITH SAFETY

The background of the slide is a photograph of a person climbing a rope structure on a zipline course. The person is wearing a blue jacket and white sneakers, and is positioned in the center of the frame. The structure consists of wooden beams and ropes, with a safety net visible in the background. The overall scene is outdoors and appears to be a recreational activity.

People are not able to risk when they feel unsafe.

Clients who are in a positive emotional state feel free to explore and expand.

Clients who are in a neutral or negative emotional state feel the need to be immediately pragmatic: they have a narrower range of options, are blinded to future possibilities and are focused on immediate needs.

CREATIVITY STARTS WITH SAFETY

NEGATIVE EMOTIONS

Anger

Sadness

Fear

Anxiety

Disgust

Regret

These emotions cause us to want to act immediately, in the most urgent way. These emotions prompts us by declaring, “Do something known, now.”

POSITIVE EMOTIONS

Joy

Love

Awe

Hope

Gratitude

Curiosity

These emotions allow us to broaden our horizons, notice new options, explore, and build resources that might prove helpful down the road.

CREATIVITY STARTS WITH SAFETY



You can help your clients inhabit a positive emotional state by...

- Doing what it takes for you to show up in a positive mood.
- Exploring the client's context with questions aimed at joy, awe, curiosity, gratitude, etc.
- Using humor to lighten the mood.

SAFETY



1. CONTRASTS & EXTREMES
2. DRIP IN CREATIVITY
3. HARNESS THE POWER OF STORY
4. LET'S PLAY A GAME
5. PERSPECTIVES COACHING



You have to have an idea of what you are going to do, but it should be a vague idea.

- Pablo Picasso




USE CONTRASTS & EXTREMES

Rigid thinking gets loosened up when the client considers opposites and explores extreme options.





USE CONTRASTS & EXTREMES

- 
- What's the absolute worst way to approach this?
 - You said you wanted this transition to go smoothly, what would a bone-jarringly bumpy transition look like?

DRIP IN CREATIVITY FROM THE START



Don't wait until you "need" some creativity.
Drip it in throughout the conversation in order
to get/keep the client's thinking limber.

DRIP IN CREATIVITY FROM THE START



Coach: How's your day going?

Client: Pretty good.

Coach: Good. What's been the best thing so far today?

DRIP IN CREATIVITY FROM THE START



Client: I want to explore the possibility of changing jobs.

Coach: Explore? Sounds like we might go on some kind of Indiana Jones adventure. What treasure do you hope to discover on this exploration?

HARNESS THE POWER OF STORY



When we approach things in a narrative way, we invite creativity, imagination and problem-solving.

HARNESS THE POWER OF STORY

- Imagine the call is spectacular – a real home run – you hang up the phone and _____?
- Let's role play this...
- Close your eyes and imagine you're making your way up the side of a mountain. The mountain represents this challenge you're facing...



LET'S PLAY A GAME

Exercises and coaching activities can be a fun way to tap into creativity.

Games have rules and objectives that create a space for fresh thinking.

LET'S PLAY A GAME

- Brainstorming ideas.
- Come up with 5 ideas, and they all have to start with the letter “P”
- Randomly pick a book from your shelf, turn to page 73 and see what ideas you get.

PERSPECTIVES COACHING

A white telescope is mounted on a stone pedestal, overlooking a cityscape under a blue sky with light clouds. The telescope is the central focus, pointing towards the right. The city below is a mix of old and new buildings, with a prominent dome visible in the distance. The sky is a clear, bright blue with some wispy white clouds.

Invite the client to explore several different perspectives on the issue at hand.

By exploring five or six different perspectives, the client can recognize that his perspective is a choice, which means he can choose a new perspective.

PERSPECTIVES COACHING



How do you see it?

How does he/she see it?

How would your grandmother see it?

What would Superman's perspective be on this?

How would Mother Teresa approach this?

FINAL THOUGHTS

How creative are you in your coaching?



FINAL THOUGHTS

What's one way you will add more creativity?



CAM 505

LANGUAGE OF COACHING

ONLINE CLASS

Tuesdays @ 11:30AM (EDT)

Starting May 2nd

DISCOUNT

Save \$50 using the
promo code “webinar”



Questions and Comments

CAM
coach approach ministries