Better Conversations:
Curating Stories of
Purpose, Possibilities, and Progress

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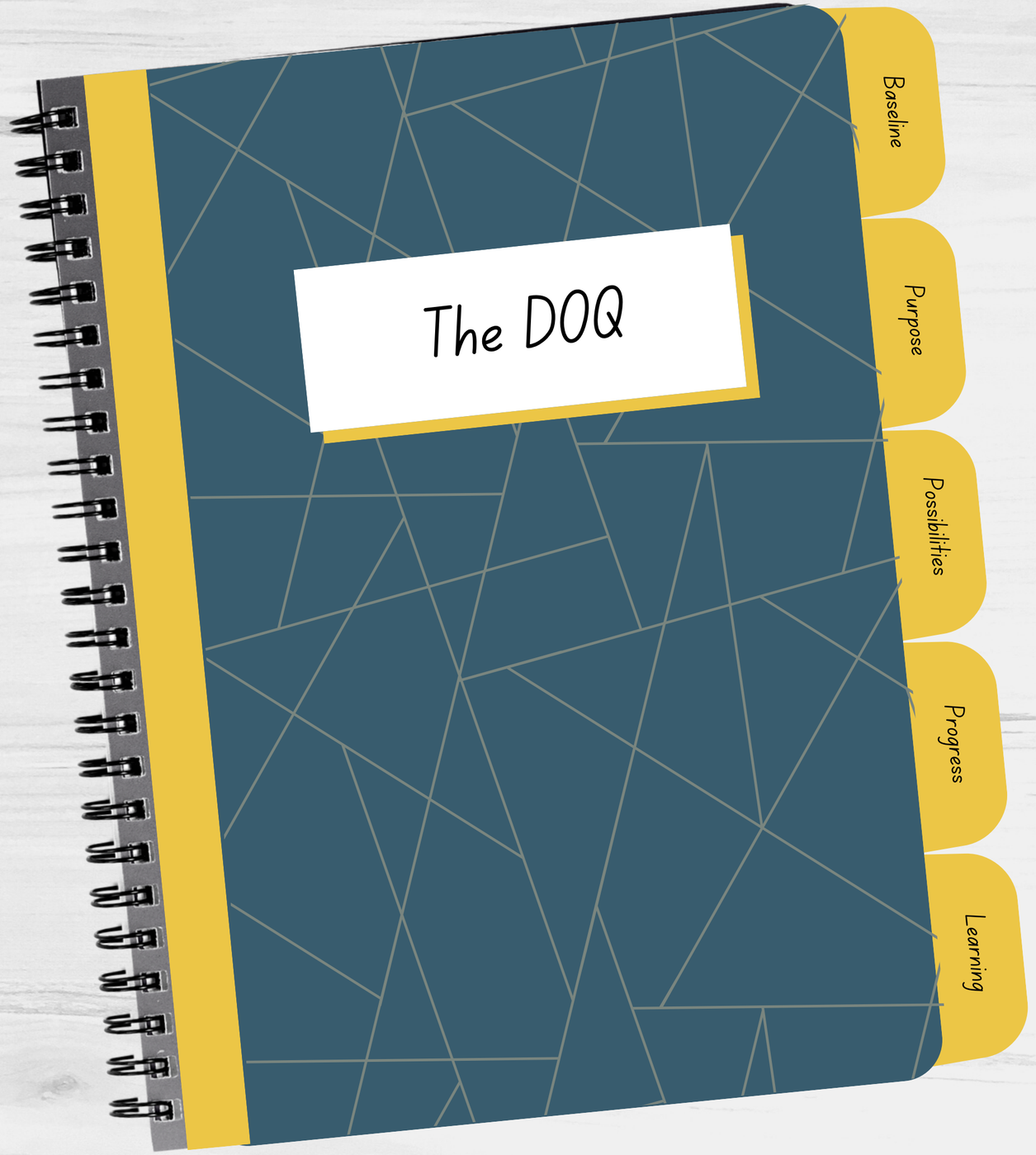


How would you begin?

They booked this appointment and you don't know much about them yet. This is your first meeting.

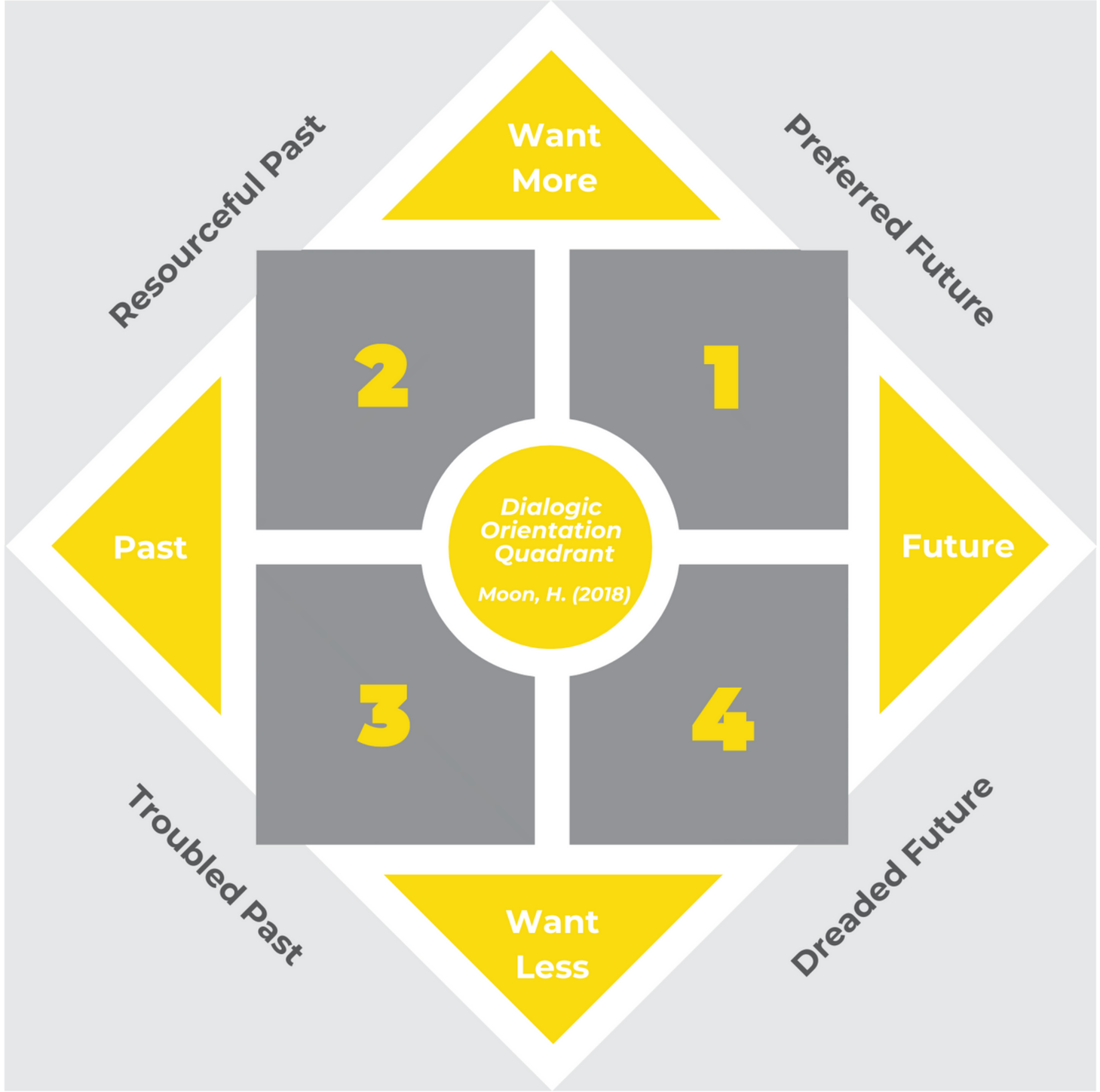
They are "nominated" or "mandated" to see you. And you know a bit of background/context. This is your first meeting.

They are coming back for a follow-up conversation after some time.

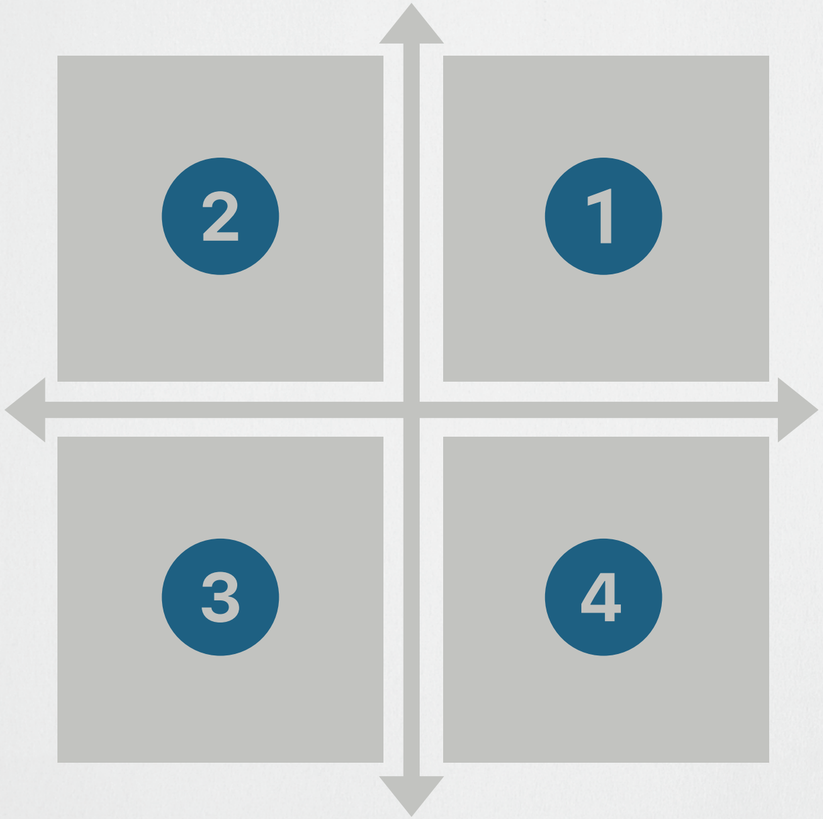
How would you respond?

CANADIAN CENTRE FOR BRIEF COACHING

The client says:
"It's been a whirlwind of change and I can't sustain this. I'm reaching that breaking point. I don't want to let anyone down but I just gotta fill my cup first. There are so many things that I need to do and want to do, but you gotta be realistic here."


Resourceful Past
Want More
Preferred Future
2
1
Past
Dialogic Orientation Quadrant
Moon, H. (2018)
Future
3
4
Troubled Past
Want Less
Dreaded Future

The Dialogic Orientation Quadrant (DOQ)



Moon, H. (2022). Coaching A to Z: The extraordinary use of ordinary words. Page Two. www.coachingatoz.com

Purpose

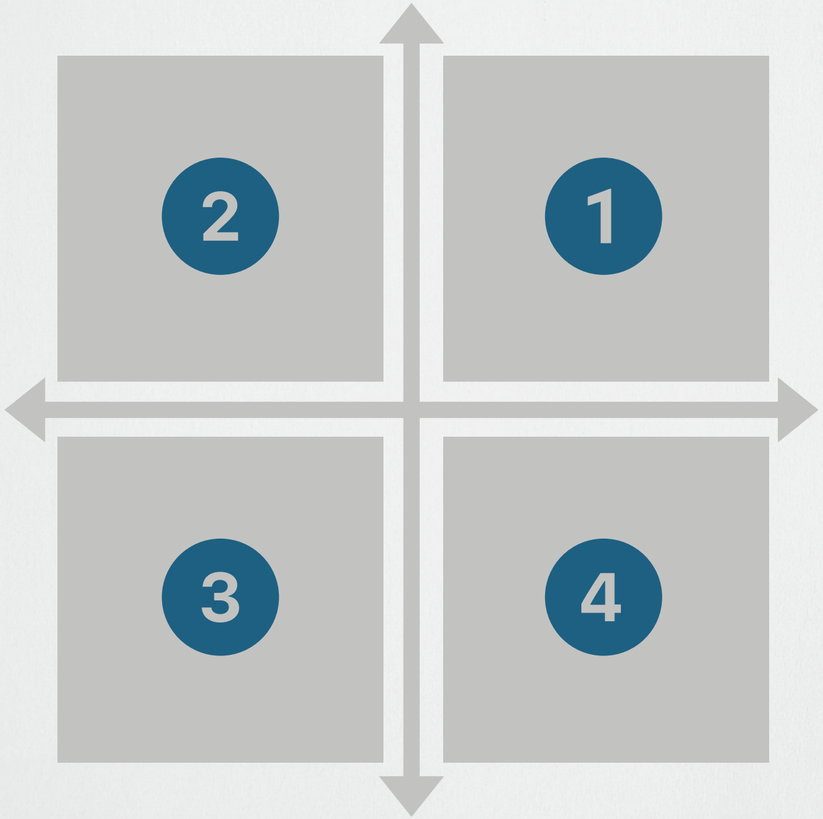
CANADIAN CENTRE FOR BRIEF COACHING

Your questions orient their attention to specific areas.

- You must have a good reason to book this appointment. How would you know that this was useful for you as you go back to your day-to-day...?
- What might be some positive effects that you or others might start to notice?
- So, suppose this turns out to be useful for you, what might you be doing or thinking or feeling... that you may not be doing right now?

And so on and so forth in the direction of _____?

The Dialogic Orientation Quadrant (DOQ)



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Possibilities

CANADIAN CENTRE FOR BRIEF COACHING

The client says:

"It's been a whirlwind of change ( ) and
I can't sustain this ( ).
I'm reaching that breaking point ( ).
I don't want to let anyone down ( ) but
I just gotta fill my cup ( ) first ( ) .
There are so many things ( ) that
I need to do ( )
and want to do ( ), but
you gotta be realistic here ( )."

Looking Back...

What are some changes that you have experienced in the past in the areas of physical, emotional, relational, financial, vocational, intellectual, societal, environmental, spiritual...?

Looking Forward...

CANADIAN CENTRE FOR BRIEF COACHING

What are some changes that you anticipate in the future in the areas of physical, emotional, relational, financial, vocational, intellectual, societal, environmental, spiritual...?

Looking Back...

Based on what you wrote earlier, what experiences, interactions, thoughts, feelings, moments, opinions etc. would be your preference?

Based on what you wrote earlier, what experiences, interactions, thoughts, feelings, moments, opinions etc. would NOT be preferred?

Looking Forward...

CANADIAN CENTRE FOR BRIEF COACHING

Based on what you wrote earlier, what future experiences, interactions, thoughts, feelings, moments would be your preference?

Based on what you wrote earlier, what future experiences, interactions, thoughts, feelings, moments would NOT be preferred?

Preference

Looking Back...

Resourceful Past

Troubled Past

Looking Forward...

CANADIAN CENTRE FOR BRIEF COACHING

Preferred Future

Dreaded Future

DOQ Map

Looking Back...

Resourceful Past

- What was **useful** about your experiences?
- What are some **recent** examples of your preferred futures **already** happening?
- What did you learn to **care** about through all these experiences?

Troubled Past

- What would you want **instead** of these experiences?
- What was **useful** about your experiences?
- How did you **cope** with these experiences? Who **else** or what **else** helped you through it?

Looking Forward...

CANADIAN CENTRE FOR BRIEF COACHING

Preferred Future

- **Suppose** you are there, what would be **different**?
- What does this say about your **values**?
- What **might** be the **first** signs that you are getting closer?

Dreaded Future

- What are you trying to protect that you **value**?
- What is **becoming** clearer for you as a result of these considerations?
- What would be **good** enough for you in this experience/situation?

Inquiry

Check-in and Learning

How did I already get here?

Where would be good enough for me for the next while?

What does "good enough" look like, sound like, and feel like?

CANADIAN CENTRE FOR BRIEF COACHING

1 ——— 10

1 ——— 10

1 ——— 10

1 ——— 10

1 ——— 10

1 ——— 10

1 ——— 10

1 ——— 10

Learning

What are your best hopes?

Suppose you are somehow moving closer to your purpose, possibilities, and progress, what would you like to see happen by the time you read this note to self?

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Today is [date] and this is a note from your past self. By the time I read this I suppose it's been [duration]. By then, I hope to see some positive differences in [area 1], [area 2]. [area 3]. I wonder if I might still struggle with [area 4] and how I might be coping with it differently or even better than now. I also wonder what became available since I have written this note. Since I've written this note, I have met/connected with [names of people] and I also learned [insert your learning]. I also started [insert], am continuing [insert], and finally stopped [insert]...

Note to Self

- [ ] Get the book: Coaching A to Z from my local bookstore (https://www.coachingatoz.com/)
- [ ] Check out the community of practice (https://briefcoaching.mn.co/feed) for reading Coaching A to Z together and coaching practice sessions
- [ ] Check out upcoming learning opportunities (https://www.briefcoaching.ca/coach-training)
- [ ] Find a coaching demo tape and play with the DOQ
- [ ] Try the DOQ self-coaching journal
- [ ] Email your insights and inquiries to learn@briefcoaching.ca

Today is [date] and this is a note from your past self. By the time I read this I suppose it's been [duration]. By then, I hope to see some positive differences in [area 1], [area 2]. [area 3]. I wonder if I might still struggle with [area 4] and how I might be coping with it differently or even better than now. I also wonder what became available since I have written this note. Since I've written this note, I have met/connected with [names of people] and I also learned [insert your learning]. I also started [insert], am continuing [insert], and finally stopped [insert]...