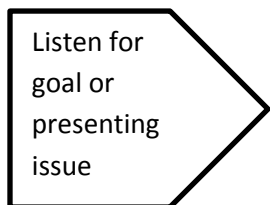


Touch Point Connection Coaching Conversation Model

Helpful?

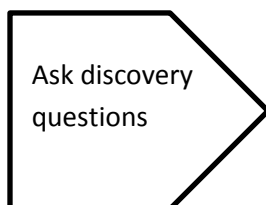


How can I be helpful?

You should be listening to your teen's "story". The presenting issue is not always the coachable issue.

Listen for feelings and emotions:
heavy/light
happy/sad
energy level
high/low

Clarity



What's the current situation?

What's the preferred situation?

What have you tried?

What worked?

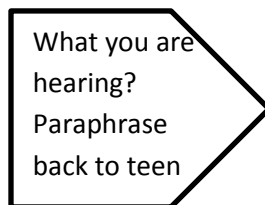
What didn't work?

Why important?

Just how important?

Risk if not done?

Summarize

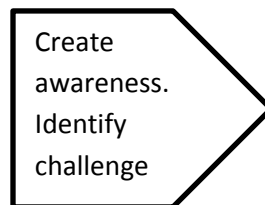


This is what I hear you saying.

I am observing, (body language, feeling)

Allow silence so teen can agree, clarify or change

Re-Frame

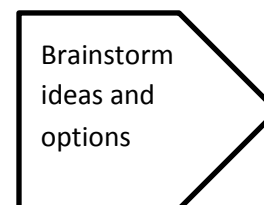


Powerful part of conversation where you can move the teen out of his/her story and into different awareness.

Appropriate time for "hunches"

Remember to keep your ideas in the context of questioning. "Have you thought that..."

Possibilities



Without choosing or limiting any ideas or options:

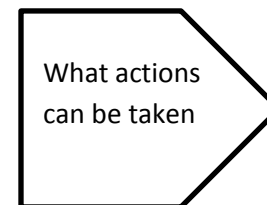
- Compile a list

- Write down new questions to consider

- Is there anything else you can think of?

What are you willing to try?

Commitments



Could you?

Would you?

By When?

This could be an observation, watching for triggers or discovering a pattern or trend

Could also be a "new practice" to try out.

What kind of support is needed and from whom?