

A COACHING PROCESS based on one of John McWhirter's DBM models.
Adapted by Fran Burgess January 2005

Stage 1 Gathering Information

5 Has there been a shift? Do you now have new questions, or concerns as a result?

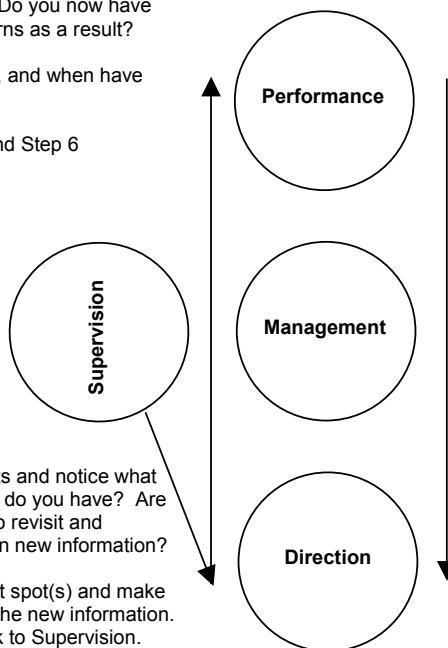
If yes, what do you need, and when have you had it previously?

Now to the next Stage and Step 6

4 Look at each of these spots and notice what emerges. What new ideas do you have? Are there any spots you want to revisit and possibly to modify or to gain new information?

If yes, return to the relevant spot(s) and make the adjustments or gather the new information. When complete come back to Supervision.

Check that all spots have the same submodality levels as the strongest spot. When satisfied, return back down to Performance, and notice the difference.



1 Identify the performance which is effective and can be developed further. Gain a fully associated representation of it

2 Step back.

- "How do you know to do this?"
- "How do you know what to do and when to do it?"
- "What is happening for you that enables this to happen?"

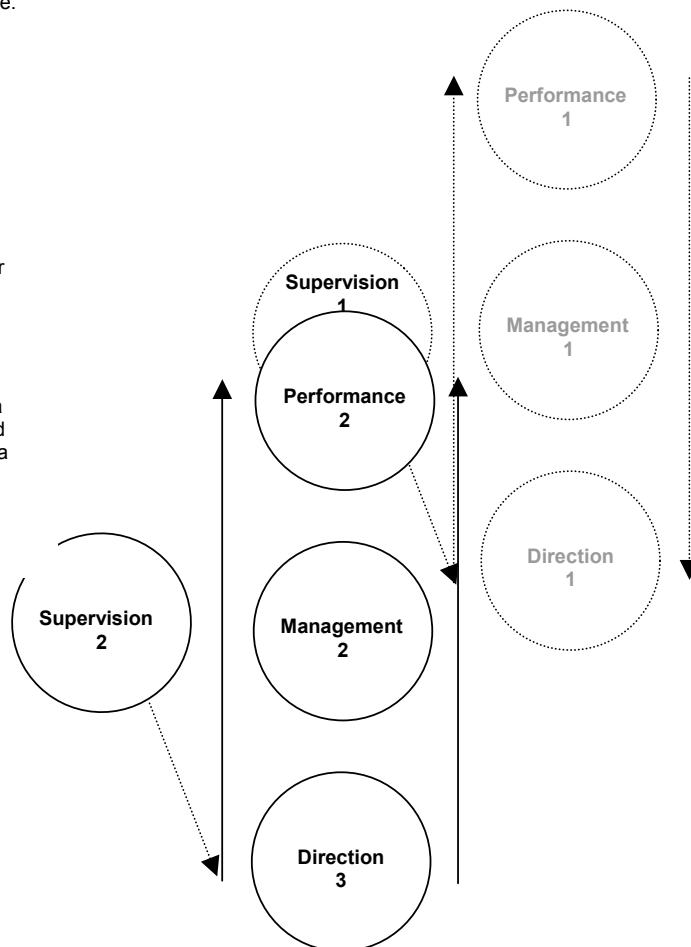
3 Step back.

- "Why are these things important?"
- "How does doing and knowing these things enhance who you are?"
- "What is all of this giving you?"

Stage 2 A Higher Level

6 Move to the spot which had been Supervision 1, and use this as your starting point for this next stage. Working with the effective performance identified in Step 5, repeat the process completely.

Continue to do so until you reach a balanced sense of congruence and wellbeing. You may have to have a third tier of exploration.



Stage 3 Co-Alignment

7 Set out your space now, according to the diagram.

8 Stand in between both 'lines' and moving up from Performance through to Supervision,

- "What is the relationship between each of the spots?"
- "What do they have in common?"
- "How are they different?"

9 What do you now want to bring with you as you combine the strengths of both and return to a combined Performance spot.

