
Agile Coaching? Sure thing! What about Life Coaching in Agile Thinking?

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“You **don’t have to **be**
sick to become better!”**

(Michael Josephson)



**“The devil you
know is better
than the devil you
don't know!”**

**“But is there a
devil at all on the
new road?”**

Joseph O'Connor
& Andrea Lages

<http://www.flickr.com/photos/tambako/9352616577> (Tambako the Jaguar)

Support





**move
forward**



goals

“Setting a **negative goal** is like
going shopping with a list of **things**
that **you do not want** to buy.”

Joseph O'Connor
& Andrea Lages



You!

The **only person** you should try to **be better** than, is the **person you** were **yesterday.** (Unknown)



**It's
about
You!**

Filter



Beliefs



**“What the thinker thinks,
the prover proves!”**

(Robert Anton Wilson)

Attitude



Choice

“Life is
10% How
You **Make**
It and
90% How
you **Take**
It“

(Irving Berlin)

**Pull,
not push**



<http://www.flickr.com/photos/snakebiteheart-/6847637842> (SnakeBite Heart)

**‘But’ is the
great eraser.**



CAN'T FAIL CAFE

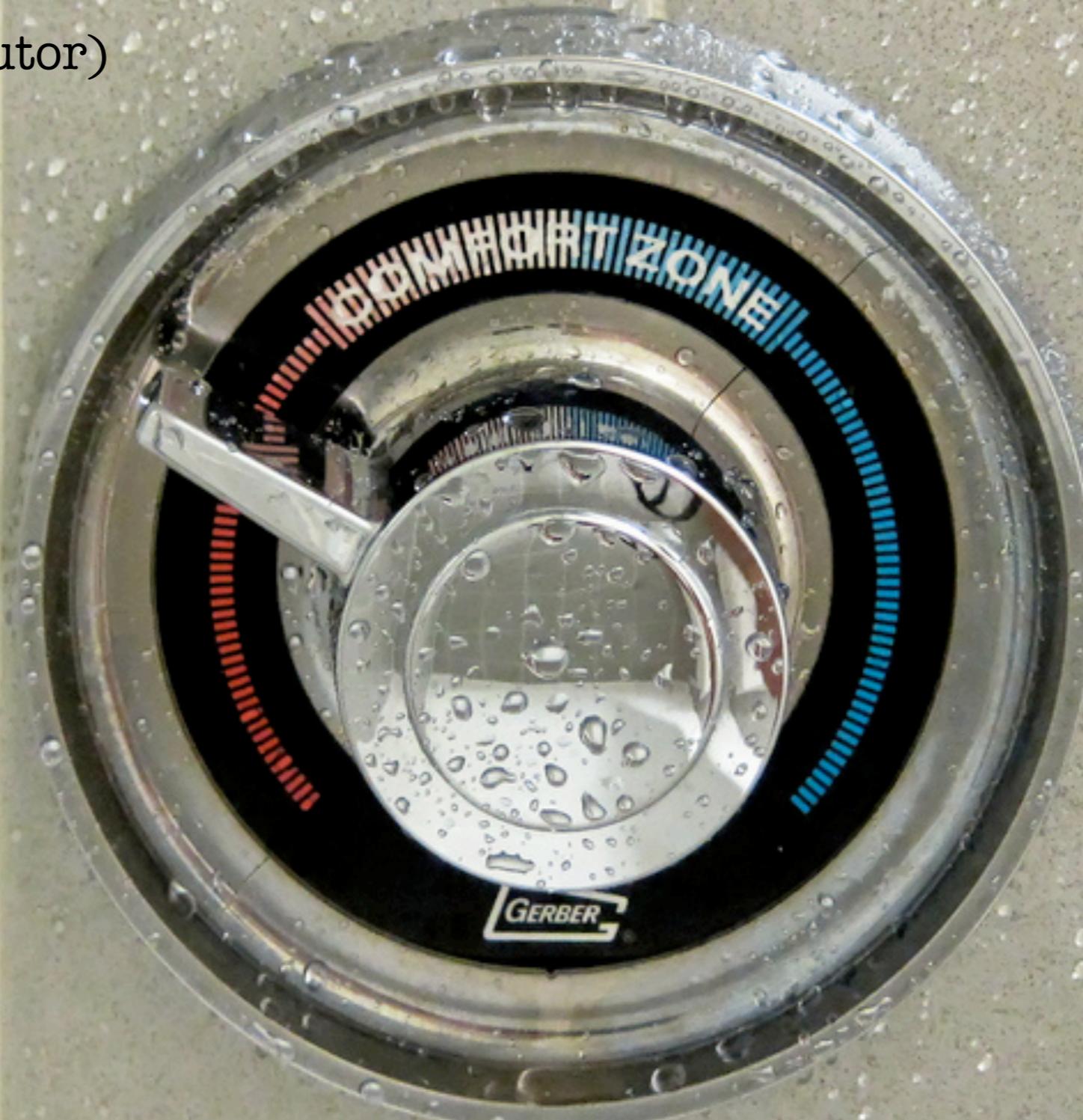


Empowering

~~Limiting~~

“Life begins at the end of your comfort zone.”

(Neale Donald Walsch, Autor)





There is a **solution** to every **problem**.

(NLP Presupposition)



**Anything can be
accomplished
when the task is
taken in **small**
enough chunks.**

(NLP Presupposition)



You **cannot** not
communicate

(NLP Presupposition)

The **Meaning** of Your **Communication** is the **response** you get

(NLP Presupposition)



A white marble statue of Benjamin Franklin, seated in a chair. He is wearing a powdered wig and a white robe over a blue waistcoat. His right hand rests on his knee, and his left hand holds a book or document. The background is dark.

Failure is only Feedback

“I didn't fail the test, I just found 100 ways to do it wrong.”

(Benjamin Franklin)

Every behaviour has a positive intention.

(NLP Presupposition)



Ability



“You have
not yet
reached
the limit of
what you
are capable
of.”

Joseph O'Connor
& Andrea Lages

Get your



out of the way!

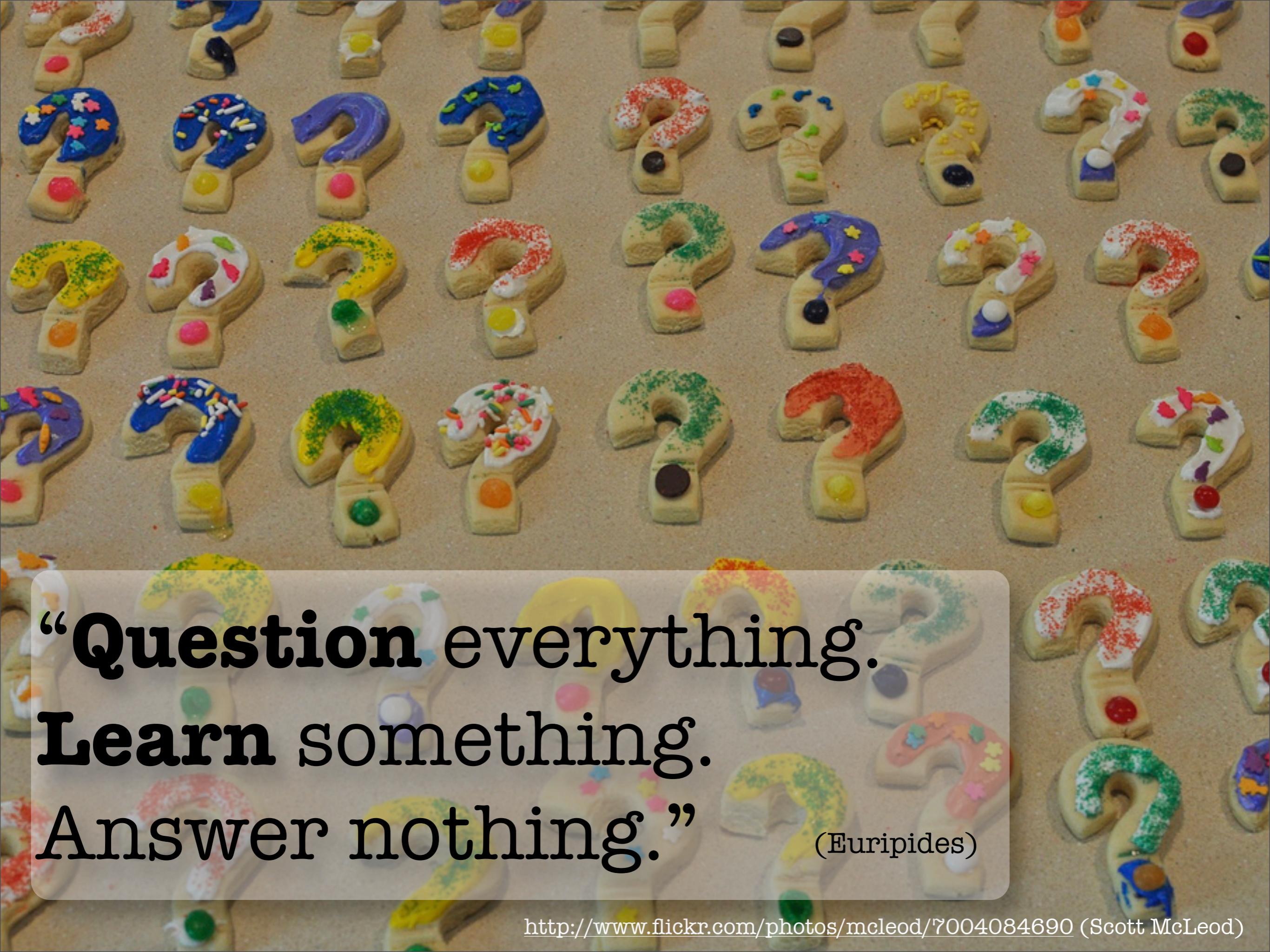
“Most people **do not listen with the intent
to understand; they **listen** with the
intent **to reply.**”**

(Stephen R. Covey, The 7 Habits of Highly Effective People)



courage for silence!





**“Question everything.
Learn something.
Answer nothing.”**

(Euripides)

What...?

How...?

When...?



~~**Why...?**~~

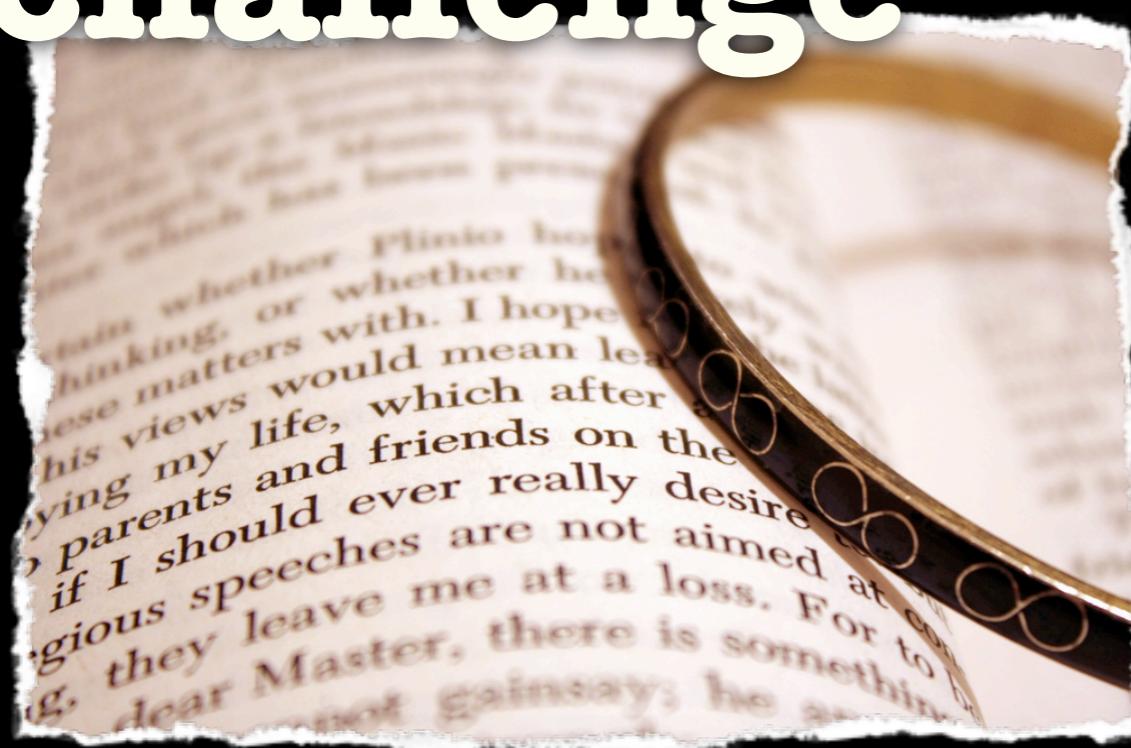
**Powerful
Questions**



Fresh Perspective

What If...?

challenge free



take



AGILE MANIFESTO

- INDIVIDUALS & INTERACTIONS
OVER PROCESSES & TOOLS
- WORKING SOFTWARE OVER
COMPREHENSIVE DOCUMENTATION
- COSTUMER COLABORATION OVER
CONTRACT NEGOTIATION
- RESPONDING TO CHANGE OVER
FOLLOWING A PLAN



THE

Meetings



Decision making



Performance Reviews





Conversation

<http://www.flickr.com/photos/gibbons/1400055656> (Esther Gibbons)



Difficult Situations

Different people, great variety





Learning

<http://www.flickr.com/photos/telachhe/3342173731> (Tela Chhe)

Success



Happy Team





**What are you
going to do as
a first step?**



Experiments

**“Triumph is just a little
umph added to try.”**

(Tim Owens)



Secrets disclosed

“PPT inspired from Agile India, Bangalore-2014 by Victoria Schiffer “

“Coaching with NLP: How to be a Master Coach” by Joseph O'Connor, & Andrea Lages
www.goodreads.com/book/show/258916.Coaching_with_NLP

TED Talk: “Your body language shapes who you are” by Amy Cuddy

www.ted.com/talks/amy_cuddy_your_body_language_shapes_who_you_are.html

Manifesto for Agile Software Development

www.agilemanifesto.org

What The Thinker Thinks, The Prover Proves - 140 sec session, Stoos Connect NL 2013

www.youtube.com/watch?v=K4GLy_zJjcI

“Your Attitude Determines Whether Or Not You’ll Succeed”

<http://www.businessinsider.com.au/attitude-determines-success-2013-1>

“Strengthsfinder 2.0” by Tom Rath

http://www.goodreads.com/book/show/56454.StrengthsFinder_2_0

Thank you :)



iArunraj