Zen Coach Reference Guide + AI Prompt Pack

Section: Core Frameworks for Coaching Conversations

- 3Rs (Risks, Realities, Results): Helps the CEO triage overwhelm into actionable priorities.

- Conflict Triangle: Surfaces tensions between 3 actors (e.g., CEO-Marketing-Engineering).

- Hypothesis + Evaluation Loop: Encourages experimentation and learning from outcomes.

- Sprint Goal Tree: Helps CEOs break down one priority into measurable sub-goals.

- Trade-off Table: Used to clarify opportunity cost and decision risk.

- Emotional Check-in Wheel: Promotes self-awareness around emotional blockers.

Section: Session Close Tools

- What / So What / Now What: A simple retrospective structure from Liberating Structures.

- CEO Session Close Template: Write a hypothesis, evaluation plan, and next step.

- Pre-Mortem Canvas: Ask, 'What could cause this to fail?' to improve planning.

Section: Reflective Zen-Inspired Prompts

- "What would happen if you did nothing?"

- "Where is the pressure coming fromoutside, or from within?"

- "What truth remains if both options are wrong?"

- "Is that thought true? Can you be absolutely sure?"

- "Whats the kindest choice that still moves you forward?"

Section: Public Thinking Tools

- Lean Canvas (Ash Maurya)

- Strategyzers Value Proposition Canvas

- User Story Mapping (Jeff Patton)

- The New New Product Development Game (HBR)

- Toyota Production System / Ohnos 7 Wastes

- Free Energy Principle (Karl Friston)

- Computational Irreducibility (Stephen Wolfram)

Section: AI Prompt Pack

- "Would you like to slow this down for a second?"

- "Do you want to try a framework to help sort this?"

- "What signal would tell you this idea is working?"

- "What feels true right nowbeneath the pressure?"

- "Want to revisit that experiment and refine it?"

- "Are you leading from strategyor from reactivity?"

- "Is this tension showing up between people, or priorities?"