



Experience a Points of You™ Workshop

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Doorways

Introduction:

This activity is based on the Theories of Positive Psychology as developed by Seligman as well as the concept of reframing as forwarded by NLP practices.

At the core is the Quote "When one door closes another opens but we are so busy looking at closed doors we don't notice the open ones" It utilizes a PowerPoint presentation with sample The Coaching Game images as well as The Coaching Game cards to stimulate creative thinking and reframing towards a positive point of view both individually and for the organization

Number of Participants:

This activity can be used in a small group of 20 or a large group of 100

Supplies

A laptop or iPad with VGA cable

An LCD projector and screen

An iPod /mp3 player and speakers to play music for the "Pause " step

A PowerPoint presentation adapted to your own use based on the template provided in the attached Doorways PDF (use scanned POY cards and google images to create your personalized presentation)

Posters throughout the room to share insights ideas..(suggest they follow the Doorways Theme)

Post its for sharing

The Coaching Game several decks of cards throughout the room According to the size of the group allocating 4 cards per person (in case they want to switch cards) alternatively every participant is given an envelope with 4 cards at the onset of the activity and they choose a card at the appropriate points according to the sequence in the PPT

The objectives of the process:

- Participants will have an opportunity to look at themselves and their organization and reflect on some personal issues and organizational issues using The Coaching Game cards as a catalyst for creative thinking and developing a positive point of view
- Participants will come up with "doorways "that need to close or open in order for the organization to move forward and share with each other by posting an action plan on the posters throughout the room

Time:

90 minutes



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Room/space set-up:

Depending on the size of the group and the style preference of the facilitator Participants can sit at group tables or U shaped/straight theatre style ..KEEP IN MIND THAT ALL SHOULD HAVE A VIEW OF THE SCREEN IN FRONT.

"Doorway" posters hanging throughout the room

Facilitator preparations:

Review the PDF ppt template and create a ppt with the group in mind so you are designing a tailor made presentation

Consider the following questions:

- What do I want to achieve from this activity?
- What are the exact aims that I am going to communicate to the participants?
- On which issues or objectives am I going to focus?
- Have I allotted sufficient time to accomplish the desire outcomes, &time for:
 - Participants to share meaningfully
 - Breaks
- Which stories/quotes/question from the Coaching Book will I use while facilitating the activity and why?

Activity Process - Step by Step:

1. Introduction...sample script

"At today's meeting we are going to do something that has the potential to completely change the way you look at things on an individual basis or with regard to our organization .You will be introduced to the concepts of positive psychology and reframing a situation to see it from a completely new viewpoint .

Rather than just a motivational speech you will have an opportunity to interact with each other in a dynamic group process that will be fun productive and inspirational.

We working together for 90 minutes and in addition the the powerpoint presentation we will be using an exciting group process tool called The Coaching Game .It is called a "game" and it is "fun" but make no mistake about it ,it produces serious results and with continued practice and application the results can give you and our organization a whole new outlook and a life altering strategy.

PROCESS NOTES:

The process follows the sequence of the ppt slides and is self explanatory

Just follow the instructions on the slides and play music ... distribute the cards or have participants move about and shareat the appropriate points



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The process frame work is the 4steps of The Coaching Game

- Pause - Expand-Focus - Action

The presentation is divided into several sections in the PowerPoint using the metaphor of "doorways of opportunity" - after a pause of silent reflection participants will get an introduction to reframing using the "load" Coaching Game card and consider reframing it with positive points of view thus beginning to think in an optimistic - half full glass point of view.

- Using The Coaching Game card participants will reflect on personal doorways of opportunity

- Using The Coaching Game cards participants will reflect individually and in pairs on 3 doorways of opportunity for the organization

- Choosing 1 doorway of opportunity participants will come up with 3 actions for ..now..next..and later and post them on the idea charts throughout the room.

Sharing results and forwarding the action:

If you have more time at the end and depending on the size of the group you can allow participants to walk around and view each others postings or orally present their insights to the group at large.

Alternatively the facilitator and /or the leader manager will collate all the ideas in writing for presentation as action plans in followup group meetings.

Closure:

We left room at the end of the ppt for a pause closure exercise

Put on the music ..have participants reflect on their takeaways

Show the inspirational quotes if you want ..and as always Enjoy and pay it forward

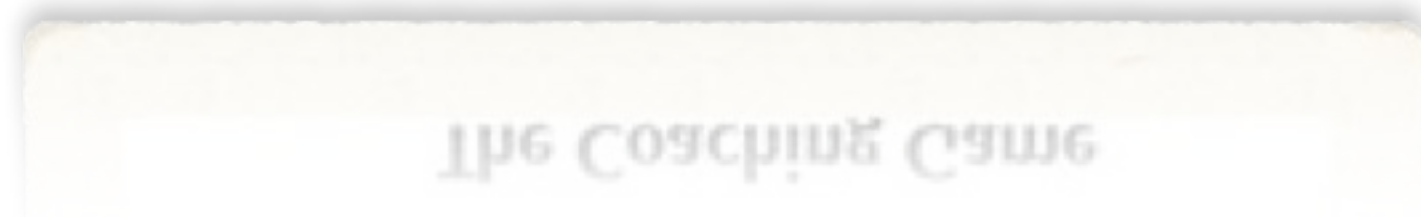
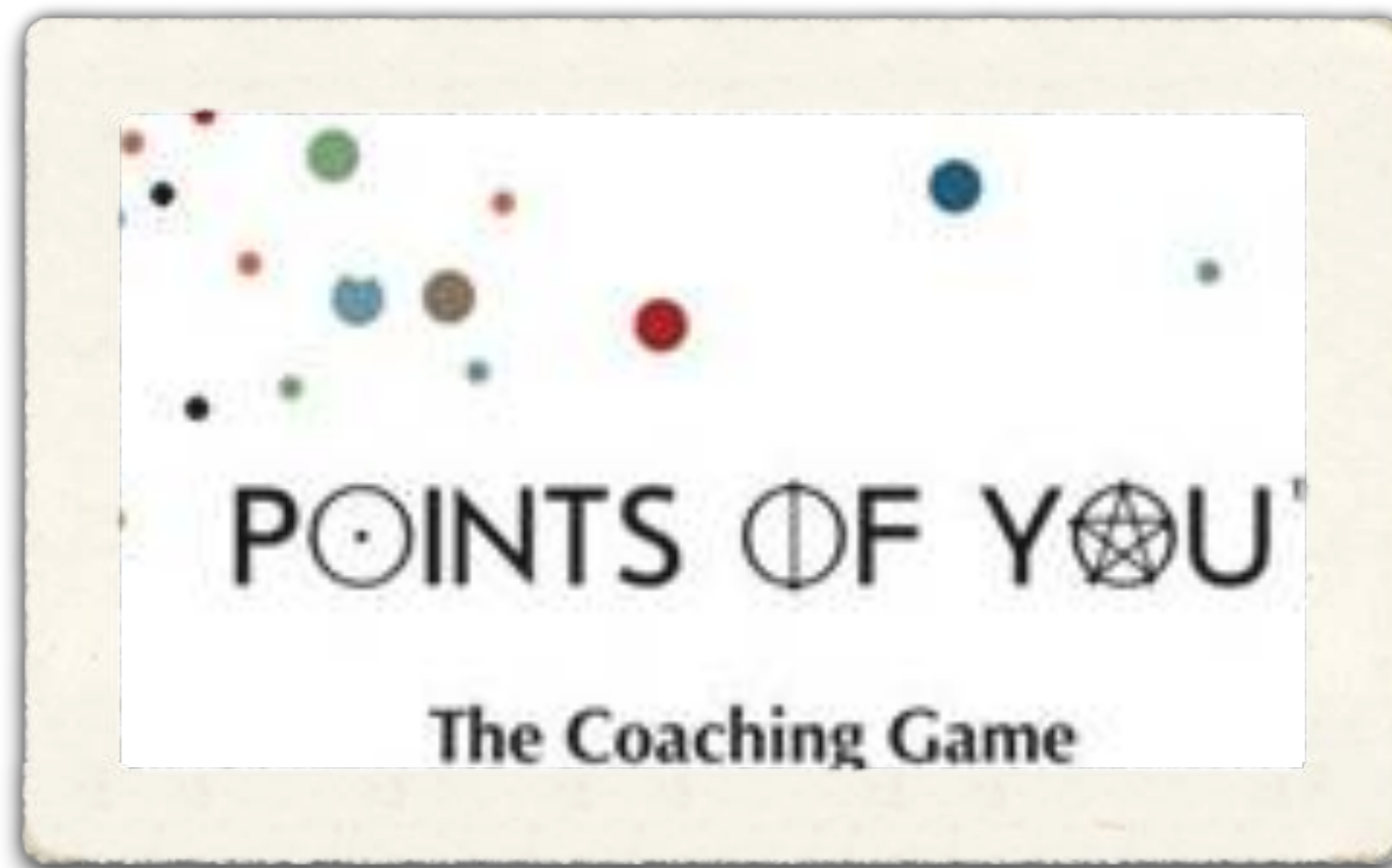
Marketing:

Depending on the group you are working with.....

You may fit in time at the end for a soft sell at a special reduced price while quantities last.

Mention as well that The Coaching Game is not only great for further use by the organization but is a great tool for individual self reflection and for families and friends to communicate about their own issues of concern. Also mention there are tons of extra resources and process charts to explore on the website.







Doorways

Dealing with adversity through reframing



A time for quiet reflection

This time is a giftclose your eyes or glance down
Focus on your breath..listen to the music let go



Observe the Glass



Is it half empty or half full

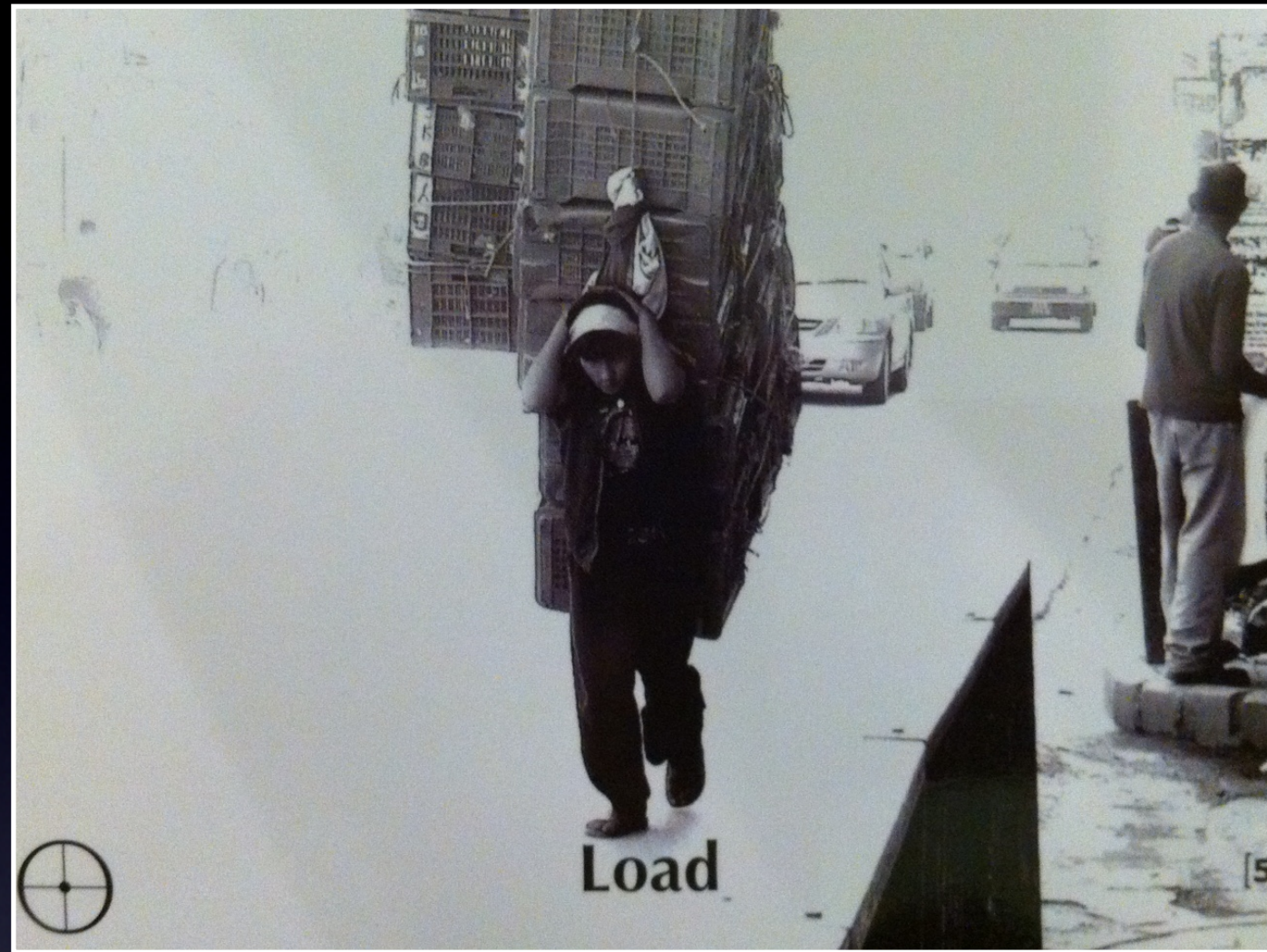


It depends on your POINT OF VIEW



Look at this picture

What title would you give it?



- How does the individual in the picture feel ?
- Does the individual seem overloaded ?
- Do you have negative associations with this picture?



- How could you see it in a different way?
- What positive associations can you make with this photo?
- Can you identify opportunity here?



Look at this picture

Think about what Helen Keller once said



For every doorway
That closes



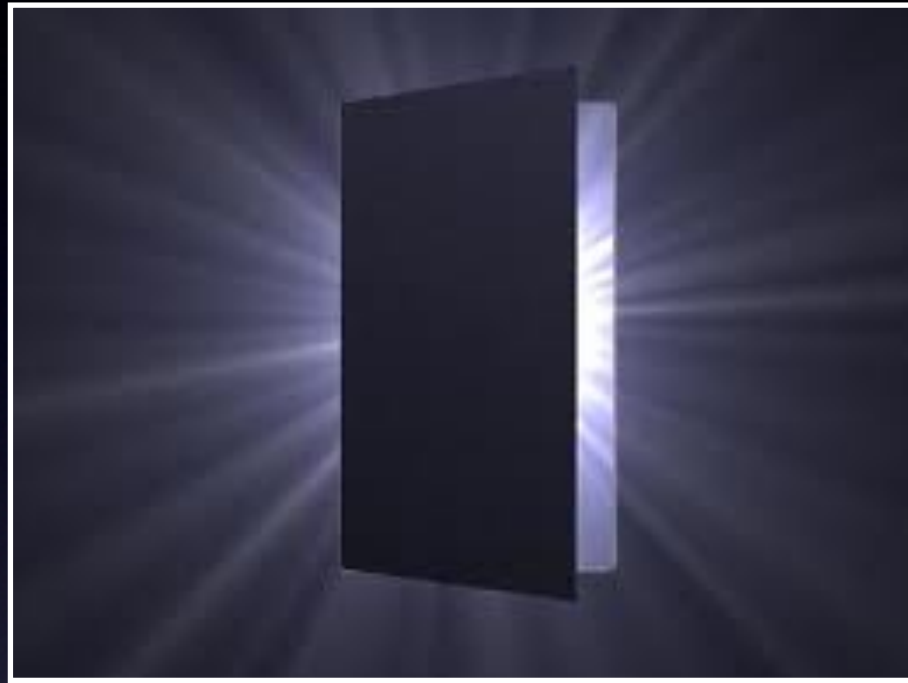
Another one opens

Too often we are so focused on the closed doors

We neglect to see....



The Open Doors Before Us





Half empty or half full?

Optimism can be learned

- It is a way of thinking
- The key is to frame or reframe your point of view towards a more positive perspective
- Challenges can become.....
OPPORTUNITY



Give some thought to the doors that have closed and opened for you



The most important door that ever closed on me was.....
Or.....A door that closed through bad luck, missed opportunity, loss, rejection

Pick up a POY card



WHAT OPENED
After the door that closed

NOW...Turn the card over and look at the picture
Next look at the word associated with the picture.

Using the picture and word as a prompt to your imagination
Think.....What other doors might have opened?

Now let's look at doors and windows of opportunity for our organization



Pick up a POY card



NOW...Turn the card over and look at the picture
Next look at the word associated with the picture

Using the picture and word as a prompt to your imagination

THINK ABOUT THE DOORS THAT HAVE CLOSED
OR OPENED FOR OUR ORGANIZATION

Identify 3 doors that our organization needs to open or close
To get to the next level



- Pair up and share your points with a partner
- Exchange cards and see if you can each add other points of view to your partners card
- Now together choose 1 door that you think must close for the organization to grow and change
- Together Choose 1 door that you think must open for the organization to grow and change

LIGHTS...cameras...ACTION



THINK ABOUT THE DOORS

NOW..in the next week what steps should we take to initiate movement to our goals?

NEXT ..what steps should we take in the next month?

LATER....What what steps should we take in the next 6 months?

POST YOUR THOUGHTS ON THE IDEA BOARDS THROUGHOUT THE ROOM



Credits& further reading

Based on the "What door opened" exercise
Seligman's research on Learned Optimism & Positive Psychology



A time for quiet reflection

This time is a giftTHINK AND JOT DOWN SOME NOTES
3 things YOU LEARNED & ARE YOU TAKING AWAY



SOME CLOSING THOUGHTS
Listen to the music..look at the slides
You are in an oasis of time.....JUST BE!

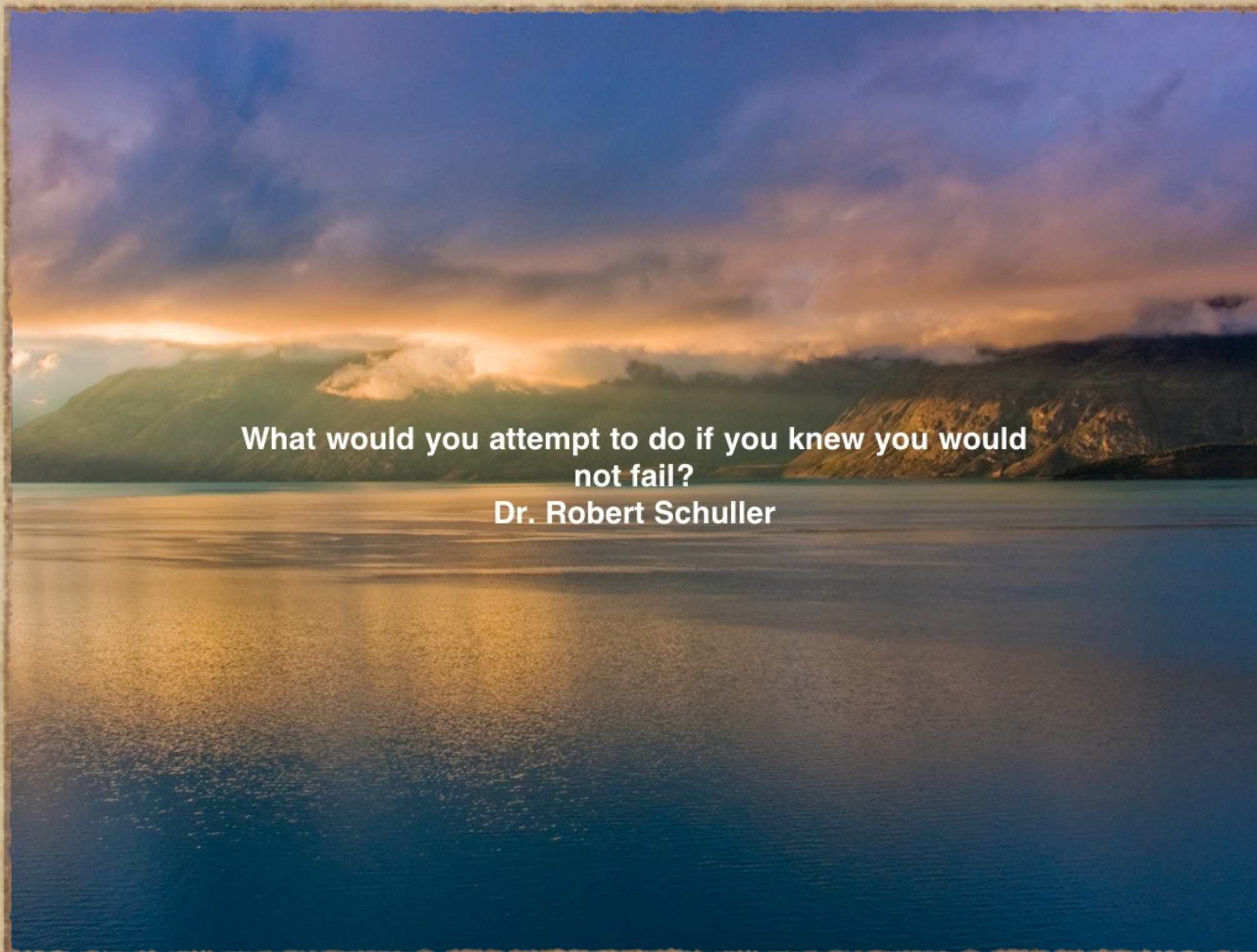


It's not what you look at that matters, it's what you
see.

Henry David Thoreau

I will see it when I believe it.
Wayne Dyer

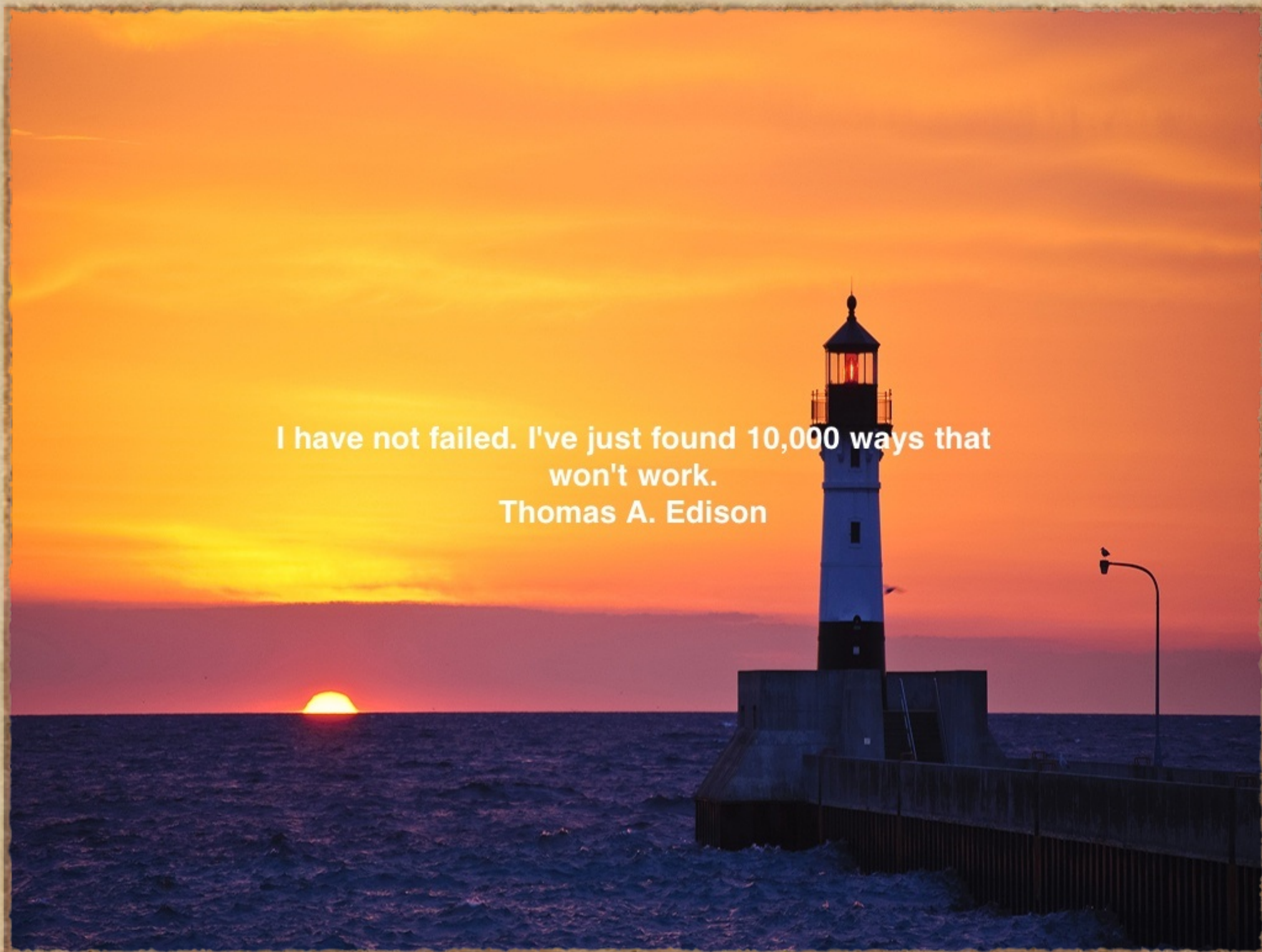


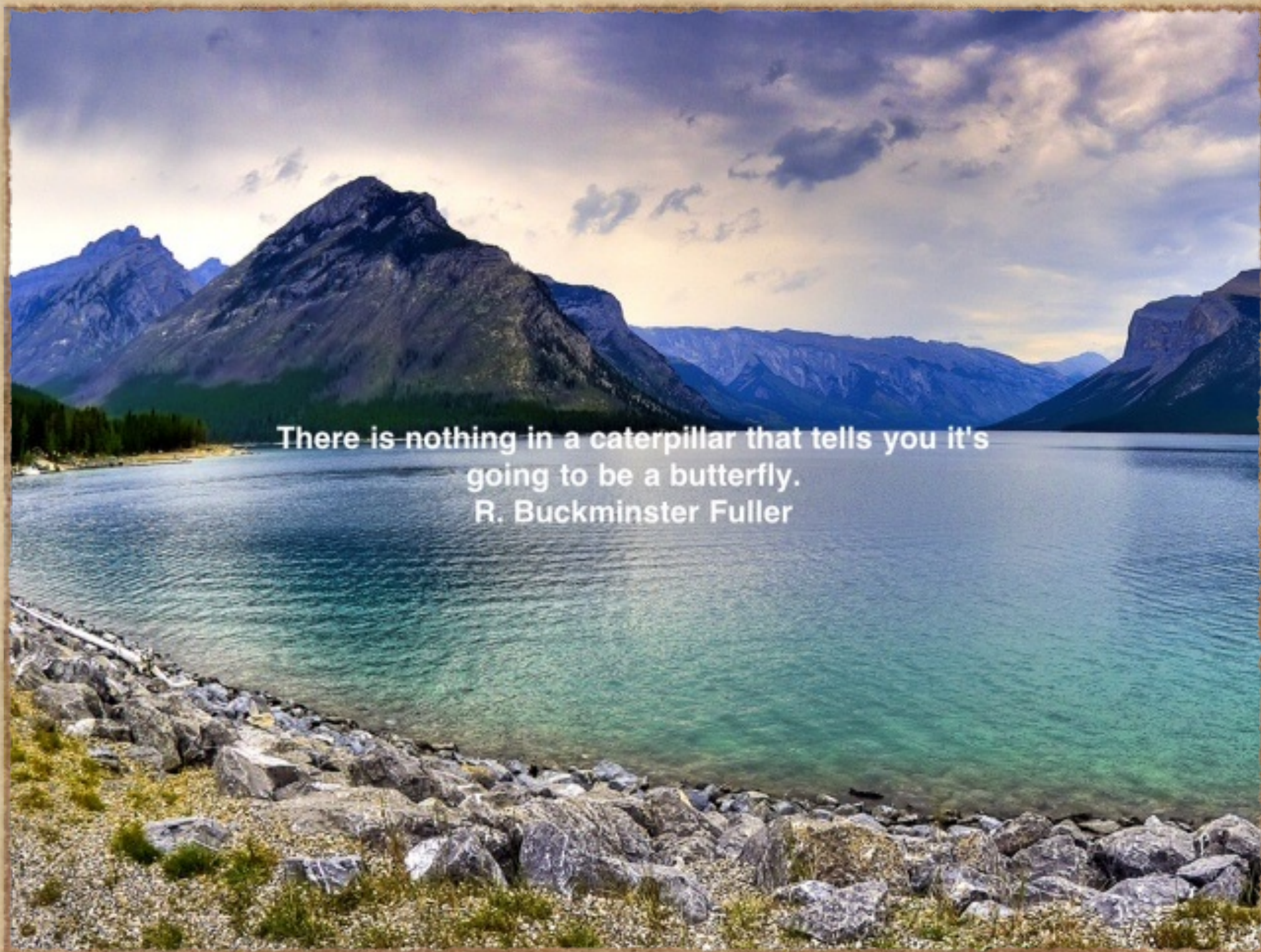


What would you attempt to do if you knew you would
not fail?

Dr. Robert Schuller

I have not failed. I've just found 10,000 ways that
won't work.
Thomas A. Edison





There is nothing in a caterpillar that tells you it's
going to be a butterfly.
R. Buckminster Fuller

The end???

NO...IT'S ONLY THE BEGINNING!

