

گزارش مشاهده جلسه هشتم کارگاه مبانی مربیگری

۲۴/۱۲/۱۴۰۳	تاریخ گزارش	Machine Learning	دوره فنی	Maliheh Mahdavi Sefat	نام گزارش دهنده
Introduction to Coaching workshop: session 8			آشنایی با مبانی مربیگری ۸		کارگاه / شماره

محتوای گزارش

1- What Have you observed in yourself? What do you feel?

- A. After 16 sessions of communication and mentor training workshops I still think that I need to change and get better to be able to love myself. I still cannot make peace with myself and cannot comprehend the possibility of *"absolute acceptance of what you see in yourself exactly as it is, without feeling the need to change anything"*.
- B. I think to make my family more expressive in love and admiration, I can start and set the environment by expressing my love more often, by hugging the family members more frequently and such.
- C. I believe I should initiate expressing my love for my children not only when they bring me good grades but also in random situations without any special occasion to let them believe that they are worthy of love and admiration on their own. I made this my new year's resolution!

2- My take out from the session:

- A. This video is of another Q&A session so there is no core topic or theme in it.
- B. Intellect has nothing to do with the observation skill, and a lot of highly intellectual people are not able to observe themselves.
- C. The sense of security in social engagements comes from acceptance. Self-acceptance is called self-esteem and confidence.
- D. We humans have some deep needs that most of the time are not answered and satisfied, therefore in everything we do we seek to satisfy those needs. One of the most fundamental needs of humans is to love and to be loved, which includes acceptance and understanding. Most people do not experience that and they feel that they are not loved and cherished enough and they have not expressed love enough. Most people

feel a lack of love, respect, understanding, security and intimacy. As a result, they attempt to do things to be worthy of love and to make people love them. They try to stack achievements like a good degree and collect things like houses and cars to be admired and loved.

- E. Similarly, the members of SCI are actually in it for love and respect and admiration. They want to achieve those by achieving success in jobs and education. However, there is always an easier and faster way to gain love. For example, by asking your parents or partner to express their love more.
- F. We really need hugging, touching and deep contact, but even when we receive it we don't think that it is for our beings, we think that it is for what we have done and what we have achieved.

3- Instructions:

- A. In mentorship it is important that the mentor allows the mentee to discover themselves and to accept what they say and do, not to judge and try to change them. Because when humans are in an absolute acceptance environment, the neural networks of acceptance activate and after a while they start to accept themselves too.
- B. An intern who comes to the mentor probably needs love, respect and admiration from the mentor. They do lots of things to get this love, respect and admiration, they have come to CSI to get a good job to make people admire and respect them.
- C. On the other hand, one thing that disturbs the mentorship dynamic is the need of the mentor to be loved, admired and respected as well. The mentor naturally wants to be liked by the mentee, they want to hear the mentee admitting that *"you saved my life, you are the best thing that happened to me, you changed me for the better"*, and so on. That makes the mentorship shift from focusing on the mentee to focusing on satisfying the mentor's needs. All psychologists, counselors and mentors face this challenge.