

گزارش مشاهده جلسه هفتم کارگاه مبانی مربیگری

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محتوای گزارش

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

- A. I observed that after a heavy speech introducing new concepts like social engagement systems and neuroception, the speaker let it sink and let people run the session by talking about their experiences and feelings.
- B. I am always struggling with countless emotions and thoughts, it is so difficult to choose a few for this report. Moreover, self-preservation causes me to hold back from talking about my true thoughts and emotions.
- C. I started to dabble in the music course of Duolingo and watched my brain develop new neural networks for it. It is a fascinating experience.
- D. It reminded me of stuttering when Mr. Sadeghi said that the judging itself prevents the problem of judging to not solve. The moment we start accepting the problem begins to resolve.
- E. There is a background voice in my head that always says you are nothing, you are a nobody, you did nothing, you achieved nothing. Sometimes I ignore this inner voice, sometimes I listen to it. I try to live my life despite this voice but when other people harmonize with it becomes a tough challenge.

2- My take out from the session:

- A. Engaging with people involves four stages: observation, analysis or thinking, deciding or conclusion, and action. Most people pass these four stages in one, they go from action to reaction in one step without being aware of it.
- B. By practicing observing thoughts and actions of ourselves, the brain gradually develops special neural networks. Little by little the sequence of

observation-analysis-decision-action takes more time and pauses start to appear in between action and reaction.

- C. At this point we are no longer a reaction machine and no one is able to “push our button”. After a while, our decisions and reactions form consciously and we feel at peace.
- D. Sometimes it is the right lobe of the brain that does the processing and sometimes it is the left side. We cannot know which one is working at any point and why. The brain switches between right and left lobes automatically and unconsciously. But we know that the outcomes of the lobes are different. It was proven that the left lobe is more pragmatic and result driven, while the right lobe considers humans and human interactions more.
- E. Until one learns to observe themselves and people, they cannot comprehend that it is their context that in fact forms the world.
- F. My word is important to others if I believe so. If I decide to speak my mind, then it becomes important.
- G. We can affect people’s lives and people’s world if we try to.
- H. If we don’t express ourselves then we are withholding ourselves from the world and that might be a loss to the world.
- I. Instead of wondering what I want from this person, we could wonder what I can do for this person to be able to do what they came to life for.

3- Instructions:

- A. A mentor observes the mentee and sees how they see the world. By observing the world view of the mentee, a mentor can understand their personality, identity and beliefs.
- B. There is a unique value that every person adds to this world. A mentor first must ask themselves what is that unique value that this mentee has come to the world to create. Then ask the next question which is: what can I do to help this mentee create that unique value. This can be the basis of a mentor’s job as well as the basis for other human interactions.