

گزارش مشاهده جلسه پنجم کارگاه مربیگری

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محتوای گزارش

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

- A. I am used to observing my train of thoughts and in fact I had known this function of the brain for many years.
- B. This awareness has led to me questioning my thoughts and observing them too closely to the point that some of my responses are no longer immediate. Sometimes I give up saying the things that have come to my mind or even stay silent altogether.
- C. That is why I can never play the game of improvising the first word that comes to mind after hearing a word or seeing a picture. I doubt the first word is really the first, and I catch my brain seeing and thinking of too many things. I see my train of thoughts that after hearing A comes B then C and the rest.
- D. I wonder how people respond spontaneously, because I can never do that when I am asked to.
- E. I am in constant struggle with my mind, fighting the onslaught of thoughts and emotions. I believe if I ever be able to win over my mind then I might be able to distinguish myself from my mind.
- F. Mr. Sadeghi asks what has been made clear to you. Well, my answer would be nothing! I increasingly learn that I know nothing. I am in a never-ending fight with my ignorance and ineptitude.
- G. Each time I watch a workshop I feel very enlightened and energized at first and the world seems brighter. Gradually it gets duller and my understanding and potency declines gradually, until the next session.
- H. After years, I have come to terms that people really don't want to know and understand, they do not seriously care. Therefore, my communication with people that I know more intimately has become shorter and shorter, to the point that for the past few years I had not spoken to them but with small talk.

- I. Now the concept of acceptance to me is to accept that people are like they are, they do not want to change anything and I cannot do anything about it and it has nothing to do with me and I am not responsible for them and I have no influence whatsoever except the unwanted and unplanned affect of my interaction, of those I try to have less and less.
- J. This has a deteriorating side effect that the labels I associated with people around me have been calcified and I am not able to observe them with new eyes and see them clean of those labels.
- K. In the past weeks I saw two quotes in social media. One is related to how our senses are limited and our worlds are only a small part of the universe. The other is about the mind being confused with our beings and how we are under the siege of our mind.

2- My take out from the session:

- A. Association is a keyword in mathematics and computer science as well as in the brain mechanisms. The word has many definitions, all of them implying some sort of relationship.
- B. Human brain works by associating various concepts together by linking between them through the physical linkage of axons and dendrites of brain cells.
- C. It's been observed that learning is to form a cluster of interconnected neurons, and remembering happens when a particular neural network activates.
- D. Our brain learns, remembers, thinks, talks and basically does all its tasks with the association of a chain of concepts. The mechanism is sometimes referred to as the train of thought.
- E. A lot of this association and chaining the concepts happen in the subconscious, and we are not aware of it. When we hear a word, our brain links it to another word, then remembers a scene or a sense that we previously experienced, then another concept and so on and so forth.
- F. Eventually we respond with another word or action, although we are not aware of the process that occurred behind the scene, we may observe that a word or feeling may result in a specific response.
- G. These responses are different for different people because they have a different set of beliefs and mindset, completely different experiences and circumstances.

- H. The response may seem immediate but it is not, it has a chain of concepts behind it, though it all happens in a tiny fraction of a second.
- I. There is a theory that states what is called intelligence is actually the brain's ability to associate the concepts faster than others.

J. Instructions:

- A. When you talk to people as their mentor, they probably say what they are aware of. Their words are the making of their mind and they. But they cannot say what they are not aware of, which would be all the train of thoughts and all the feelings, beliefs, and memories that were invoked in between the words. Those are the context behind the speech and action.
- B. The job of a mentor is to pay attention to those unsaid things, and not to get stuck in the words and speech. A mentors' job is to discover the context and reflect it.

C. My questions:

- A. Where is responsibility in all this? Any murderer and criminal can exonerate themselves using the excuse that they could not control their feelings, thoughts, and actions and they are a victim of their circumstances of the past and their environment.