

گزارش مشاهده جلسه اول کارگاه مربیگری

۲۵/۰۸/۱۴۰۳	تاریخ گزارش	Machine Learning	دوره فنی	Maliheh Mahdavi Sefat	نام گزارش دهنده
Introduction to Coaching workshop: session 3			آشنایی با مبانی مربیگری ۳		کارگاه / شماره

محتوای گزارش

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

- A. I still have no idea what to do with my Zanyars, the ones who do not try, do not work hard, do not pull their own weight, waste their life, make excuses, never change their behavior, always complain and nag.
- B. I possess a strong sense of wrong and right and it is hurting me and my relationships.
- C. So far, I could not be a passive observer when the subject is a close family and they commit something that I believe is wrong.
- D. For instance, being lazy and wasting time. It is really difficult for me to love the ones in my family that insist on wrongdoing. I have to control my anger towards such people in the situation that they knowingly repeat those actions and remain unchanged. I am always waiting for them to change or change their life-style.
- E. While I am watching these workshops and writing these reports, this seems rather absurd, but it is totally a different all-consuming feeling of anger and hatred in practice.
- F. I can observe, I know what they do, why they do it and I know a little of their context, but I cannot accept, and definitely cannot enjoy if I deem the stuff harmful and the person is important to me.

2- My take out from the session:

- A. This session was spent with Q/A, taking the participants' observations and asking questions for clarification. In doing so, Mr. Sadeghi demonstrated how we could ask relevant questions to go beyond the content and figure out people's context. While also explaining some common contexts as following:

- B. A common context: **I am not Okay as I am, I must change to be OK and acceptable. I am not satisfied with myself, I will be satisfied when I change.**
- C. A counter example: a toddler never thinks that not knowing how to walk is bad and not acceptable, he never thinks of changing and never does self-blame. He happily tries and tries until he can walk.
- D. Why do we have this context?
- E. A common context of typical successful people in education and work: **All other people are like me or they are stupid!**
- F. Such people cannot see different gifts and various intelligence in subjects other than their own, such as music, cooking, and sport.
- G. If we learn to admire people for their gifts and brilliance, then our context changes from the “whole world is stupid” to “people have some kind of different strength than me that I can discover and enjoy it” and our life experience will be different than now.
- H. A common context: **I can control everything including my feelings and actions.** Though we really can't. That is because feelings come from the subconscious and they are not under the brain's command altogether.
- I. This context allows us to expect others to be responsible for our emotions and actions, because when we are unable to control them then other people must have control of them.
- J. It is terrifying to be aware of people's inability of commanding their emotions and actions
- K. Another context: **There are people that I can communicate with and there are people that I can't.**
- L. In this context the world is divided in two halves: the people who are idiots and those who aren't, the people who understand me and the ones who don't, the people who are worthy of my time and those who aren't.
- M. If we believe so, we limit our relationships to those who we think are our kind, therefore we have limited opportunities and limited options.
- N. However, the communication discussion taught us that people's worlds are different, they are literally living in a different world. With learning communication skills, we can discover their world and bridge our worlds, we would be able to speak and communicate in a way that translates correctly in their world and relates the correct meaning.
- O. This is similar to people talking different languages, like I speak Farsi and a person speaks French. In this situation, I can obviously see the difference in

our language and I know one of us needs to learn the other one's language to be able to communicate and say the correct word to be meaningful.

- P. It is deceiving when our language appears to be the same, because we cannot easily understand that our contexts, our worlds are different. It is difficult to understand that we need to learn how to talk when we apparently talk in the same language. Although, the same words mean different things in people's minds due to different mindsets.

3- Instructions:

- A. The difference between dealing with content and context is that context tells us about the underlying reasons for actions and speech.
- B. We do not have one single context for all the situations, rather, we have many contexts for each relationship, each task, each position. A person might have thousands of contexts.
- C. Human communications are different when our context is that people have different worlds and we need to discover their context to reach a common language to communicate.
- D. One way to discover people's context is to ask relevant questions, as demonstrated in these sessions, such as: Why do you ask that? What makes you think so? What do you mean by that? Can you give examples? Can you explain what you want to say in other words?
- E. Is it possible to ask directly of all people? Of course not. But it is one good way. Sometimes we cannot do anything else but ask.

F. My questions:

- A. Could it be a metaphor and figure of speech to replace the words life, life-style, plan, routine, behavior, action, or such with the word **self** in saying ***I need to change?*** Perhaps we want to say I have changed my thinking model, I have changed my beliefs or I have changed my life-style, but instead we say I have changed, I have changed myself?