



Slide 45



Slide 44

 **LOGO** 

Ok so there is just one more question to go. When will take your first step of (user text from slide 34) ?

(Make sure this is a precise timing point such as "Monday at 9:00am. Answers such as "as soon as possible" will not help you much. The more specific you can get the date and time the more likely you are to actually do this)

I will take my first action on...

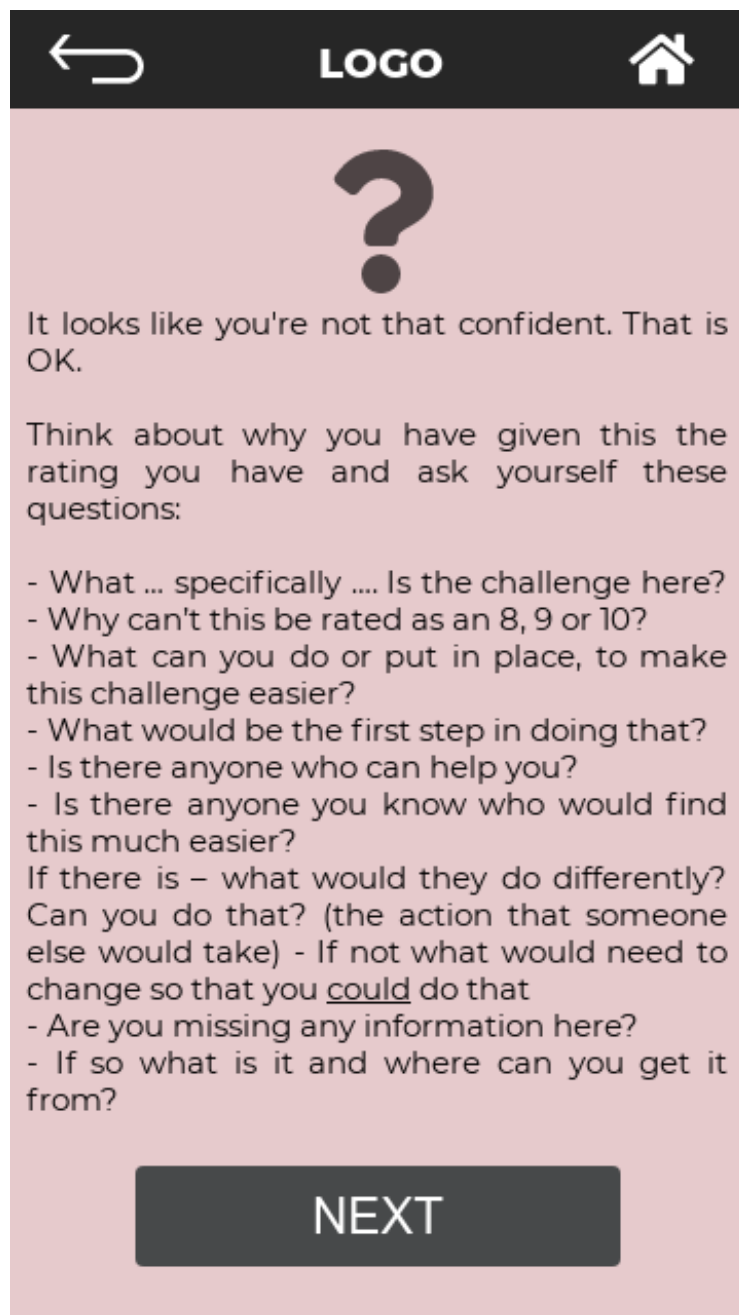
Time:

Day:

Month:

NEXT

Slide 43



← LOGO →

?

It looks like you're not that confident. That is OK.

Think about why you have given this the rating you have and ask yourself these questions:



- What ... specifically Is the challenge here?
- Why can't this be rated as an 8, 9 or 10?
- What can you do or put in place, to make this challenge easier?
- What would be the first step in doing that?
- Is there anyone who can help you?
- Is there anyone you know who would find this much easier?


If there is – what would they do differently? Can you do that? (the action that someone else would take) - If not what would need to change so that you could do that

- Are you missing any information here?
- If so what is it and where can you get it from?

NEXT

Slide 42

**LOGO**

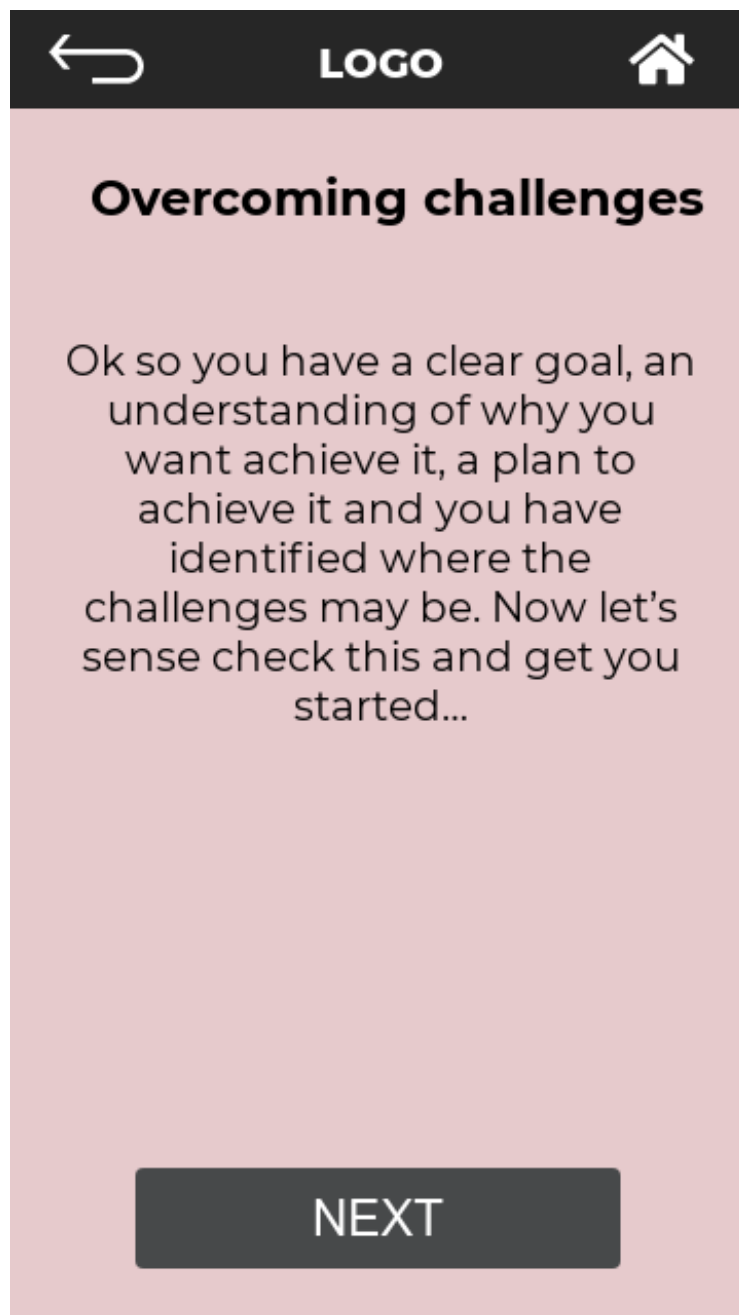


Thinking about your plan, rate how likely it is to happen
1 = not likely at all, 10 = 100% likely

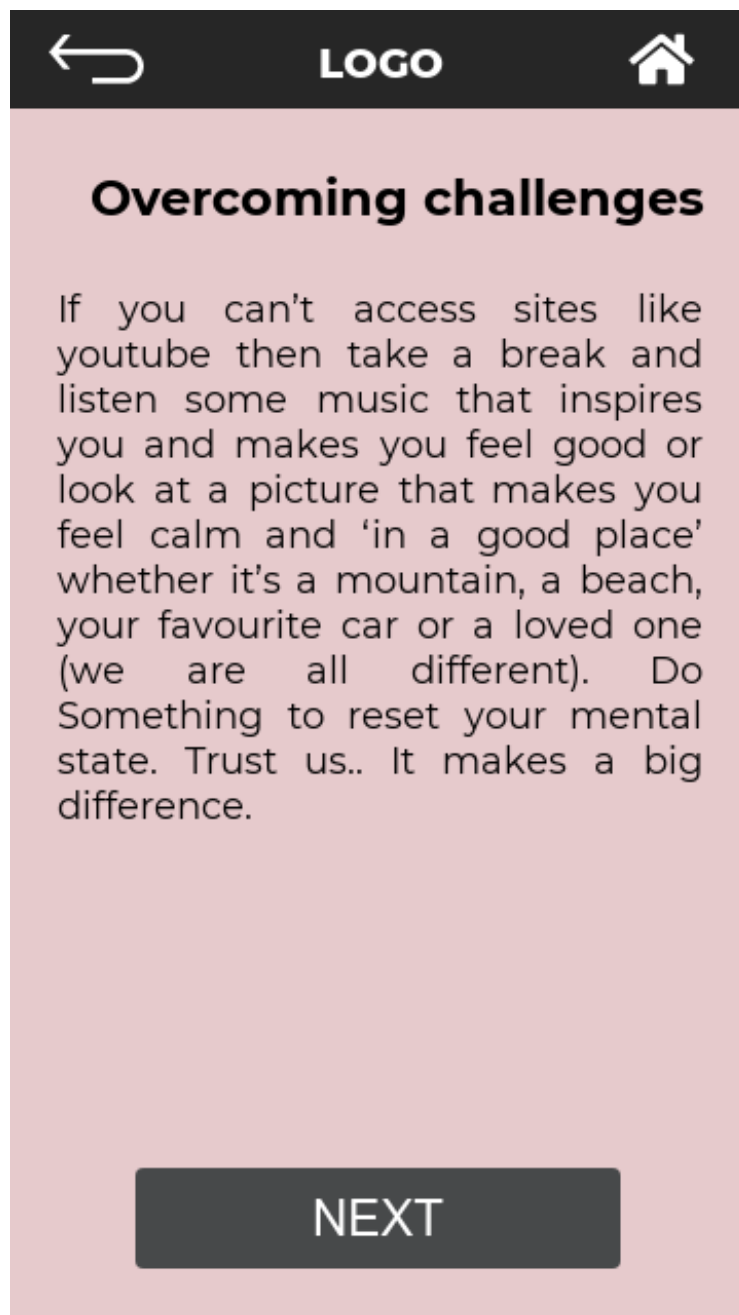
| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|

NEXT


Slide 50



Slide 49



Slide 48



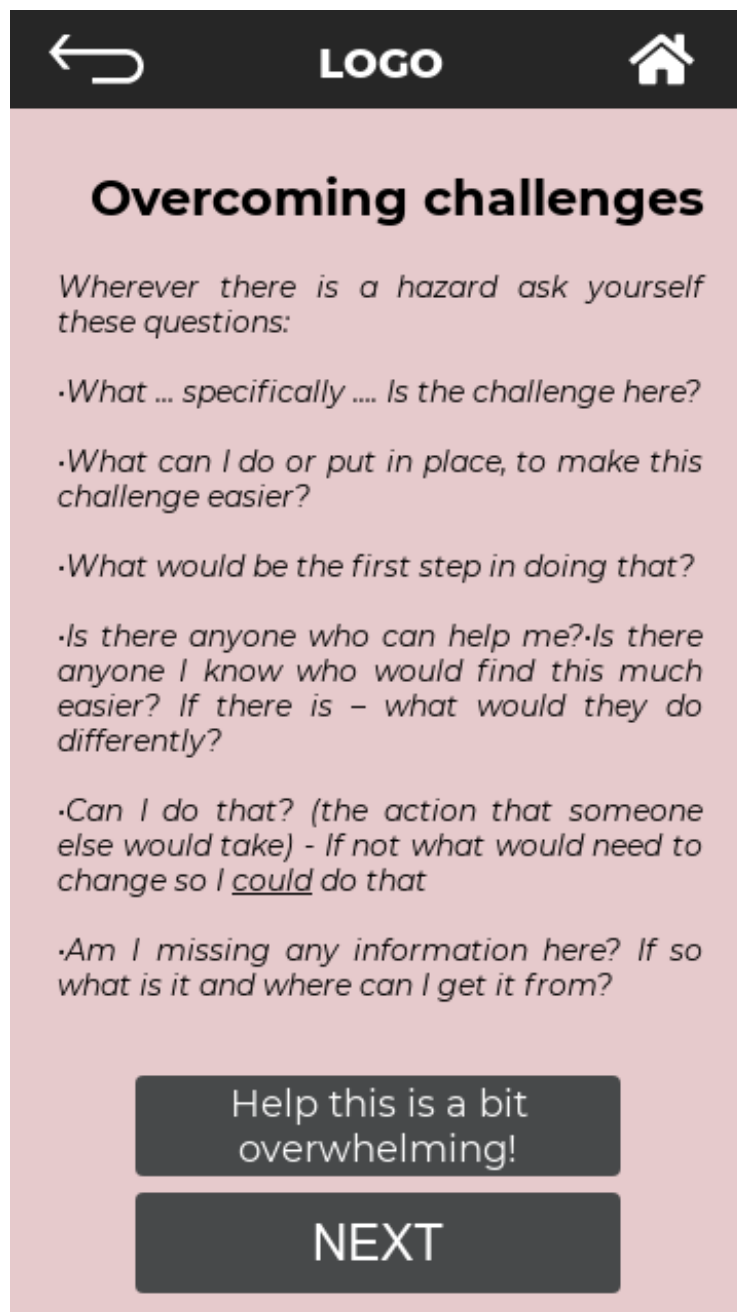
Overcoming challenges

Facing all the challenges at once can be a bit daunting, so try just working one at a time. Then have break and come back to it. Alternatively we recommend going to youtube (if your country internet allows this) and typing in the search criteria **"People are awesome"**. There is an entire channel of videos that feature people doing truly amazing things. Watch one of the videos. Look at just what can be achieved by us mortal human beings and then come back this exercise. If you are stuck for which video to watch then try this link which will take you one the many beautiful and inspiring videos of human achievement.



NEXT

Slide 41



A mobile app interface with a dark header bar containing a back arrow, the word "LOGO", and a home icon. The main content area has a light pink background. It features a title "Overcoming challenges", a paragraph of text, a list of seven questions, and two buttons at the bottom.

Overcoming challenges

Wherever there is a hazard ask yourself these questions:

- What ... specifically Is the challenge here?
- What can I do or put in place, to make this challenge easier?
- What would be the first step in doing that?
- Is there anyone who can help me? Is there anyone I know who would find this much easier? If there is – what would they do differently?
- Can I do that? (the action that someone else would take) - If not what would need to change so I could do that
- Am I missing any information here? If so what is it and where can I get it from?

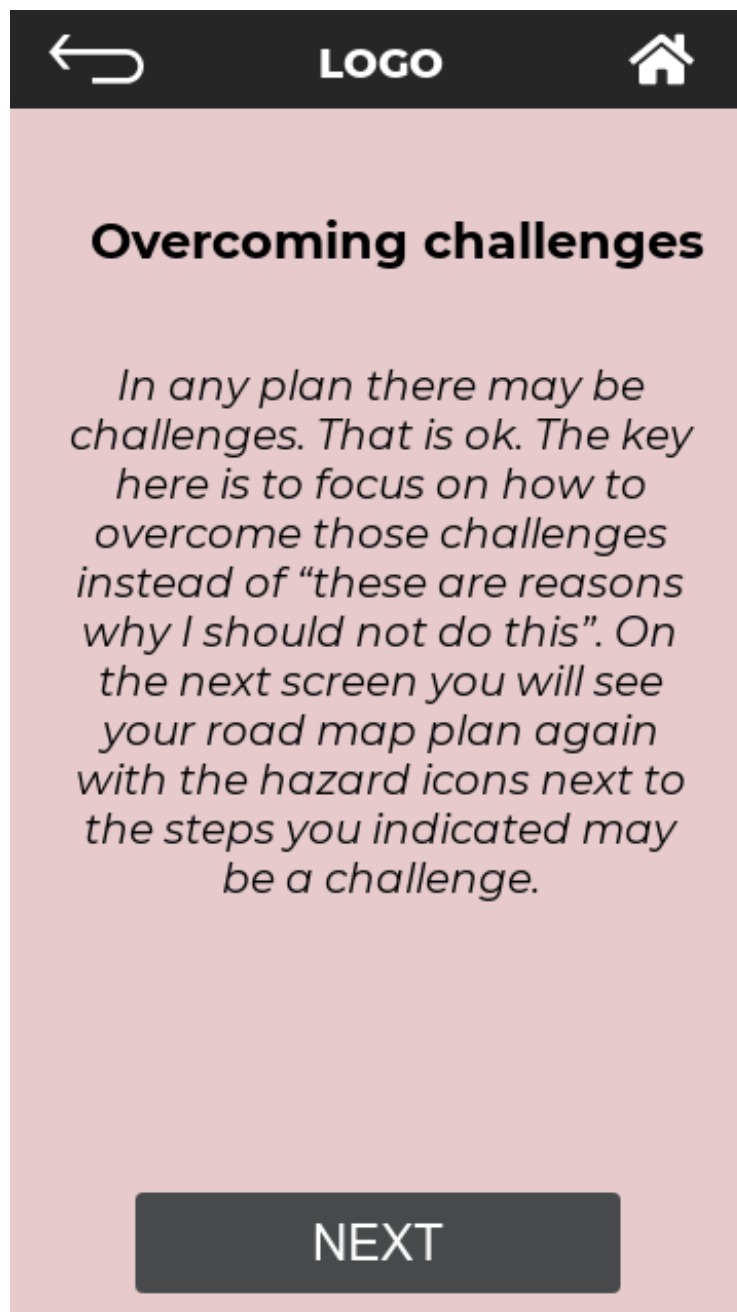
Help this is a bit overwhelming!

NEXT

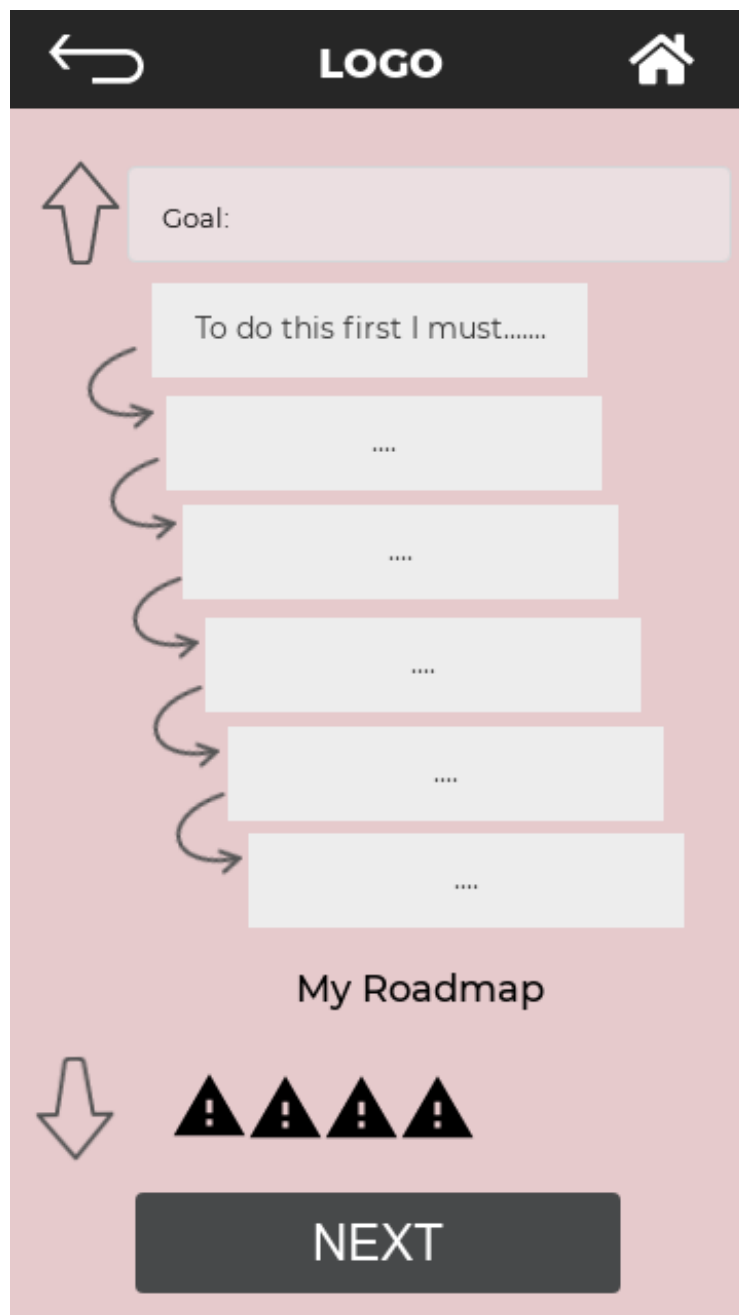
Slide 47



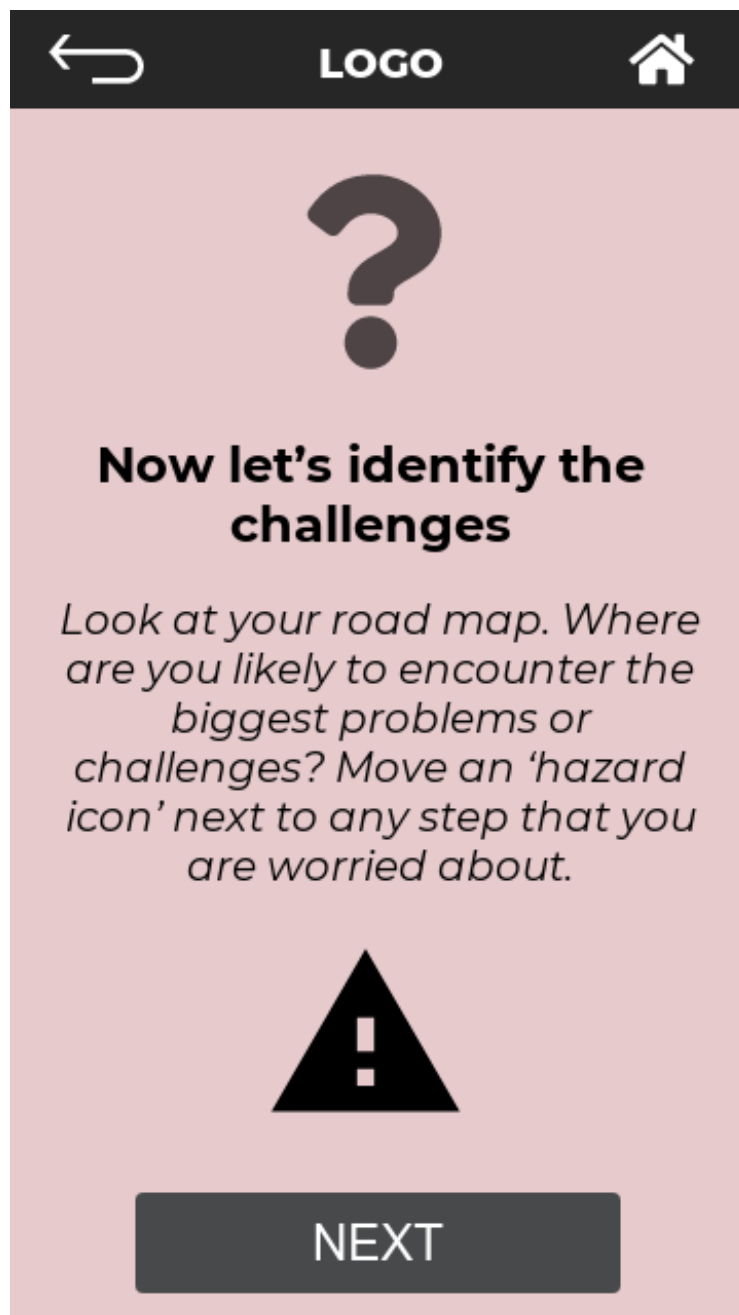
Slide 40



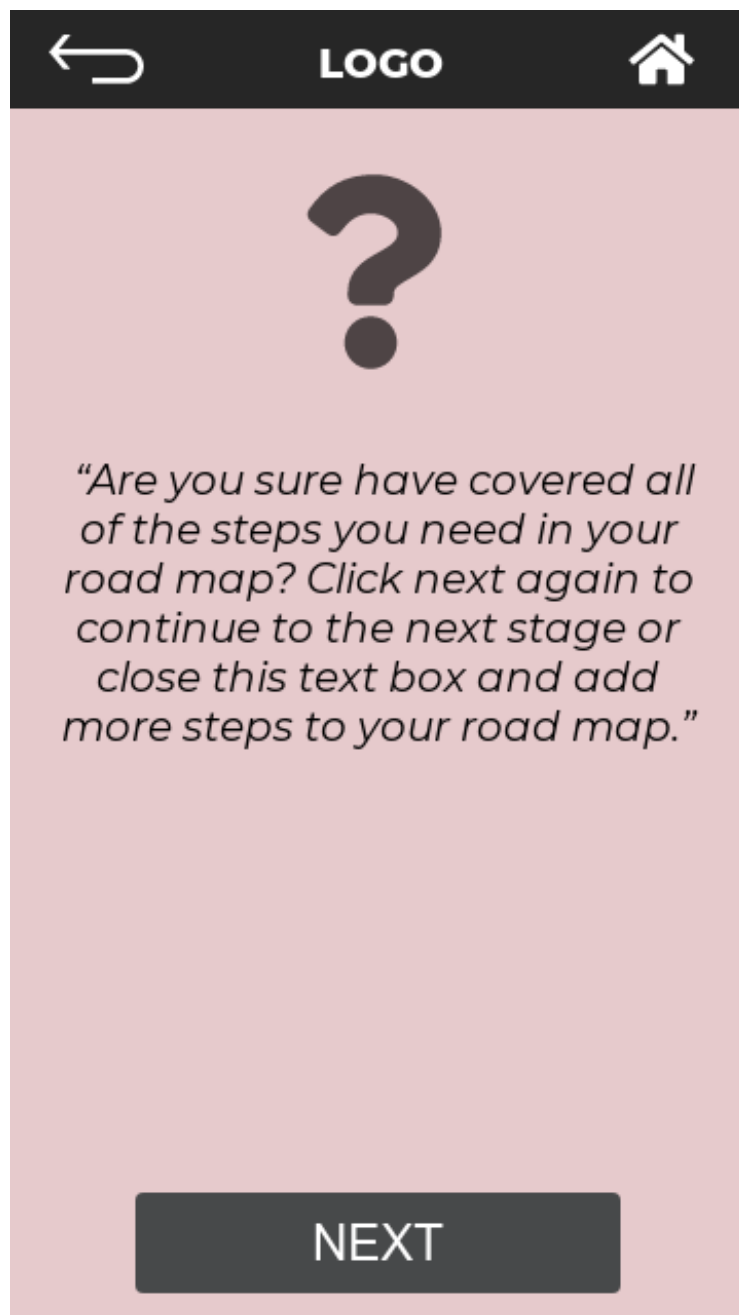
Slide 39



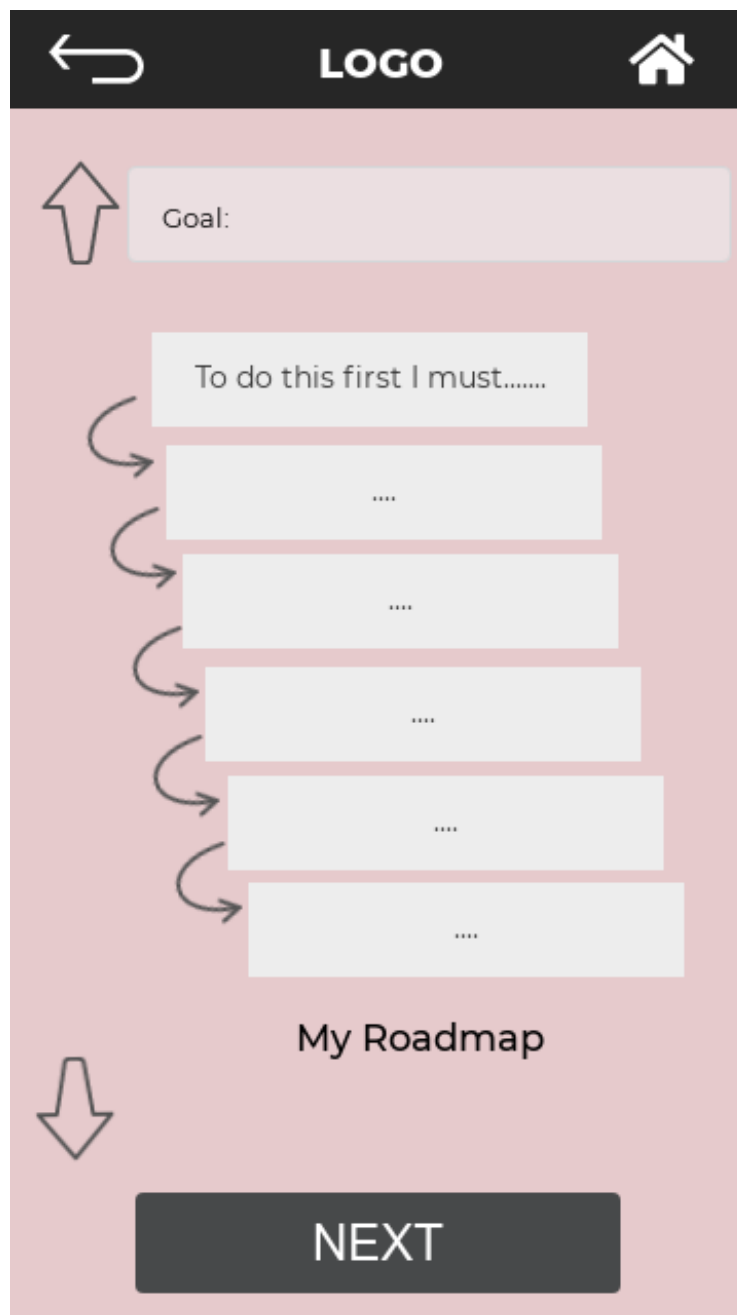
Slide 38



Slide 37



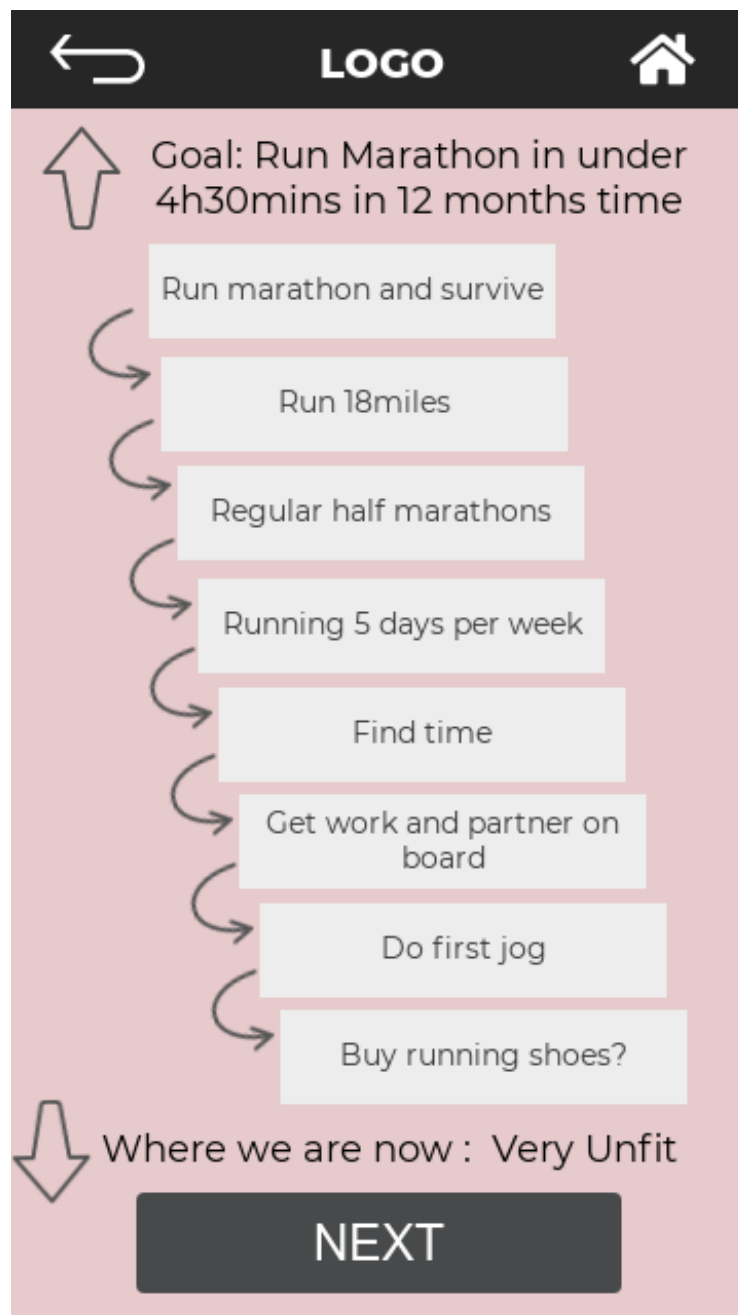
Slide 36



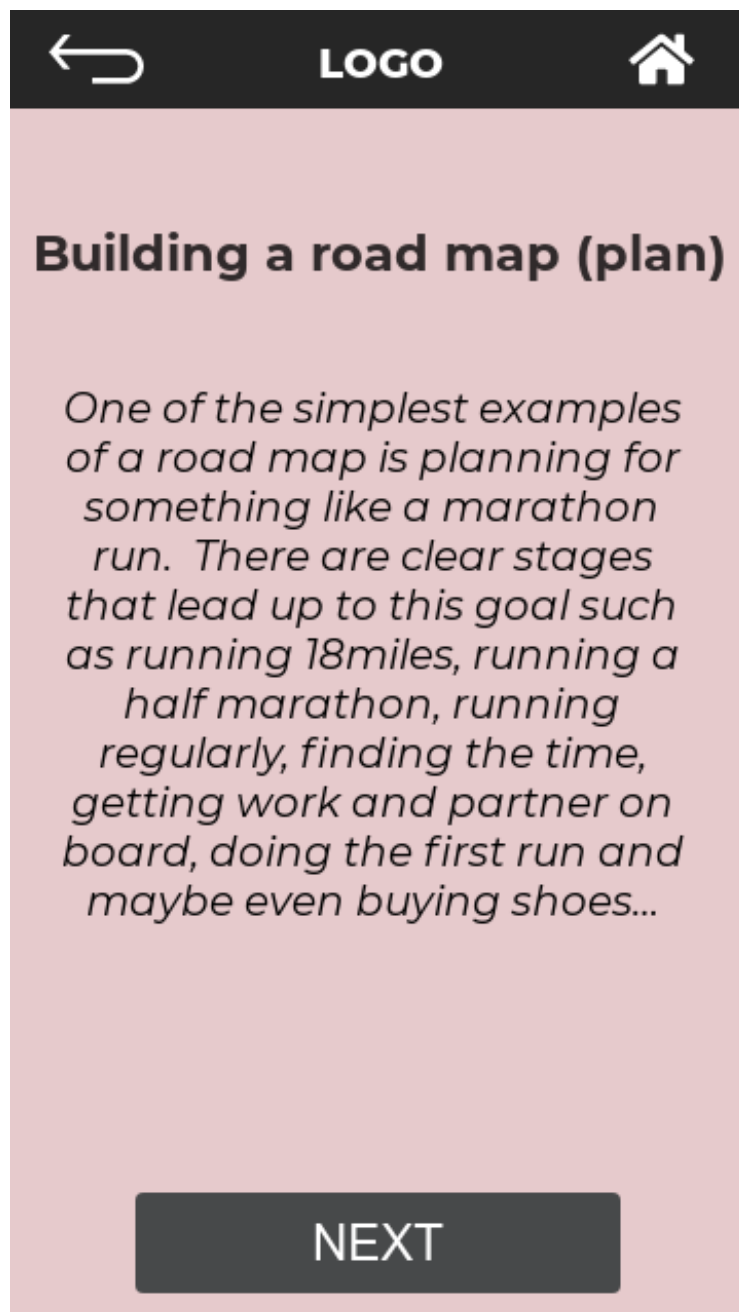
Slide 35



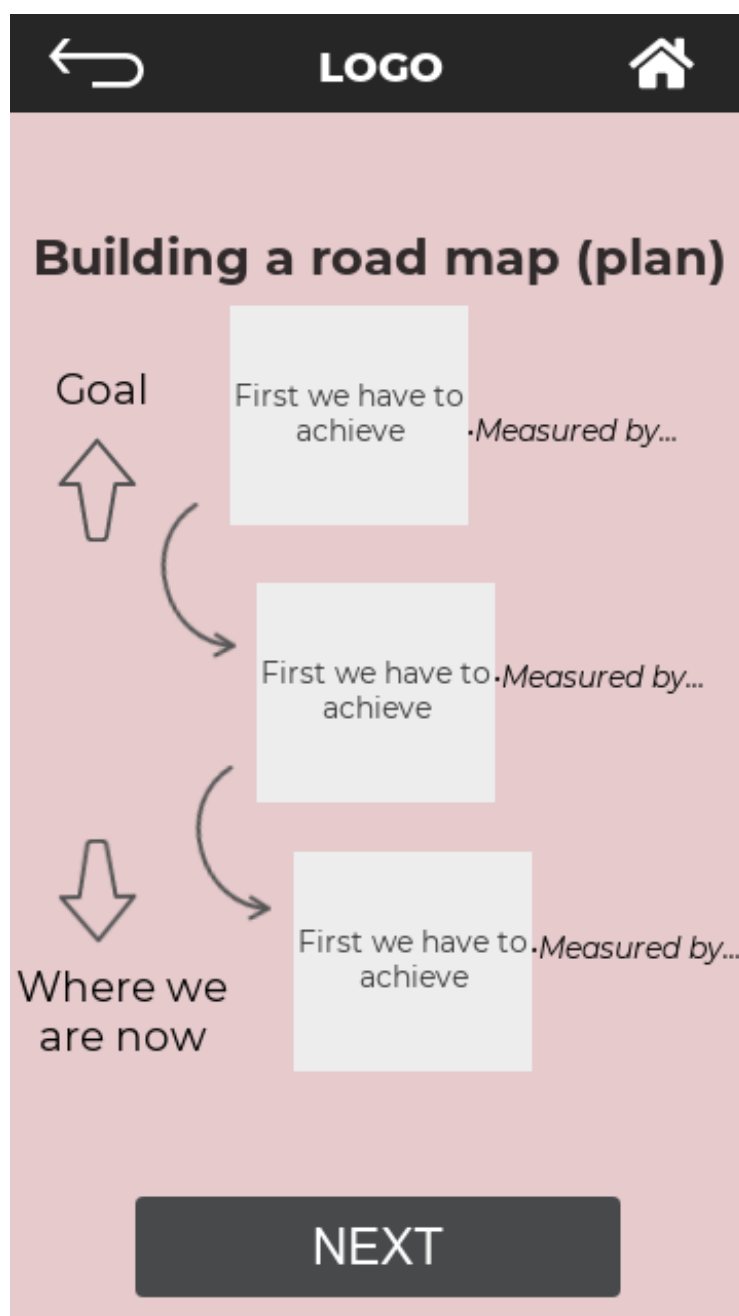
Slide 34



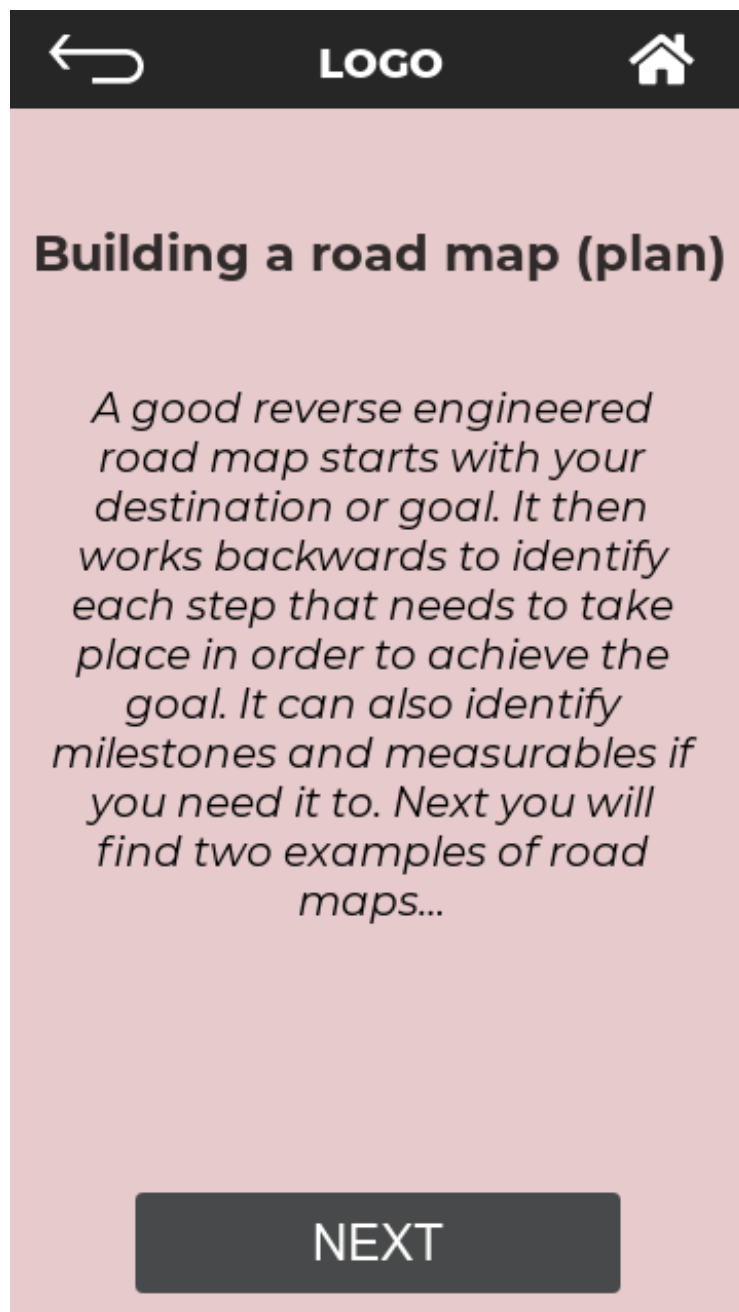
Slide 33



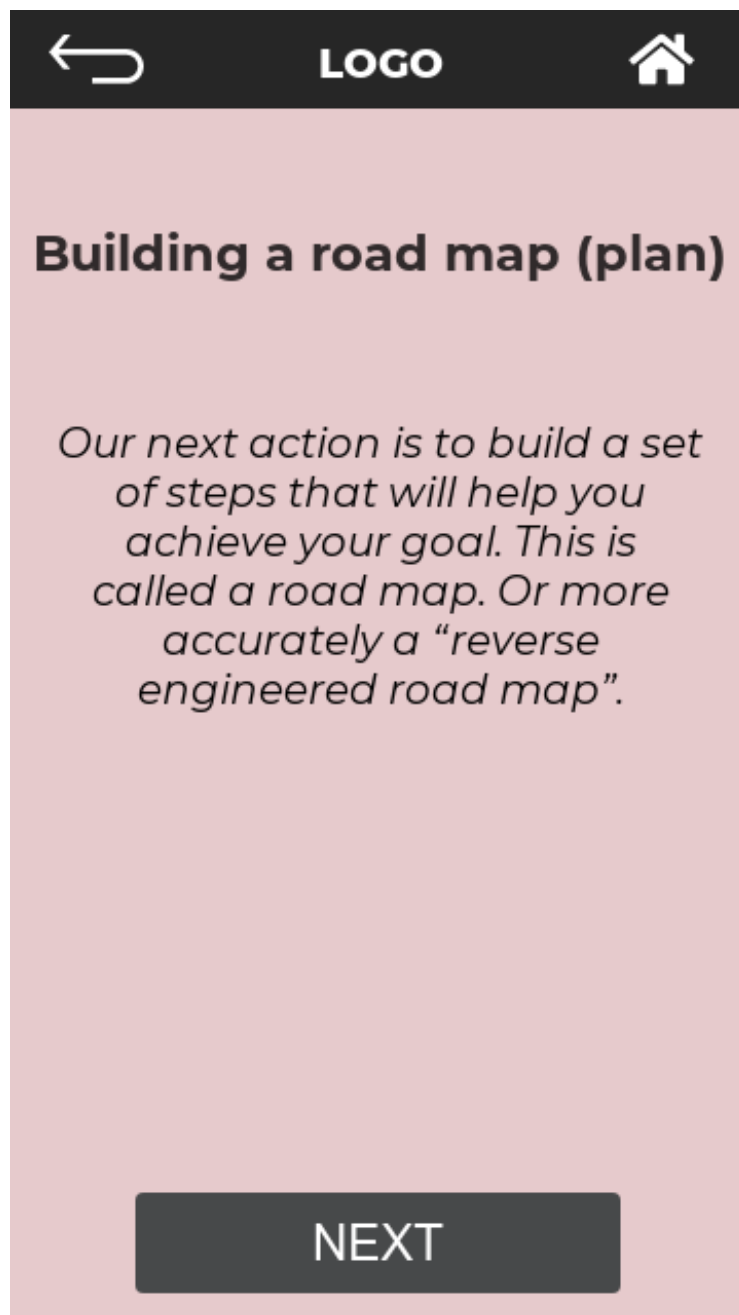
Slide 32






Slide 31



Slide 30



Slide 29



My goal statement is:

a.

So that/because:

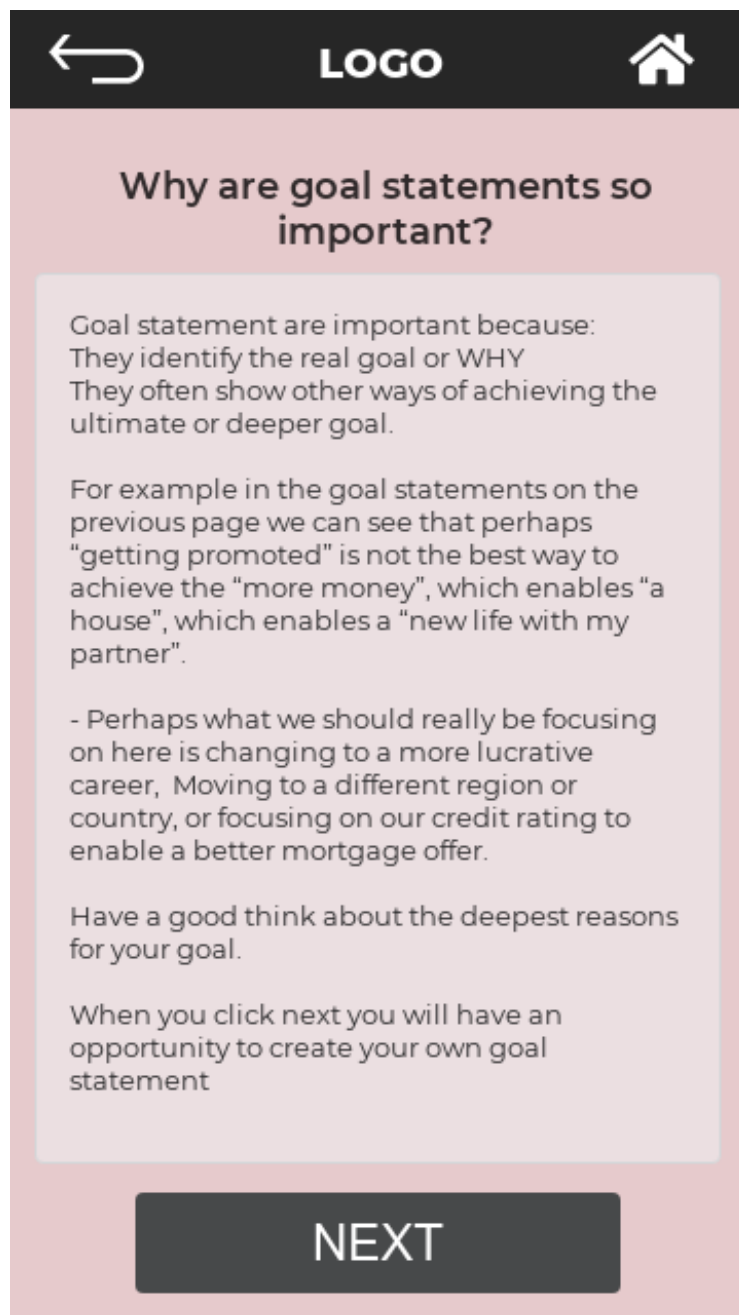
b.

So that/because:

If you can't identify deeper "why's", you can just click on the **"Next"** button. However make sure, you have double checked and you really understand why you want to achieve your goal!

NEXT

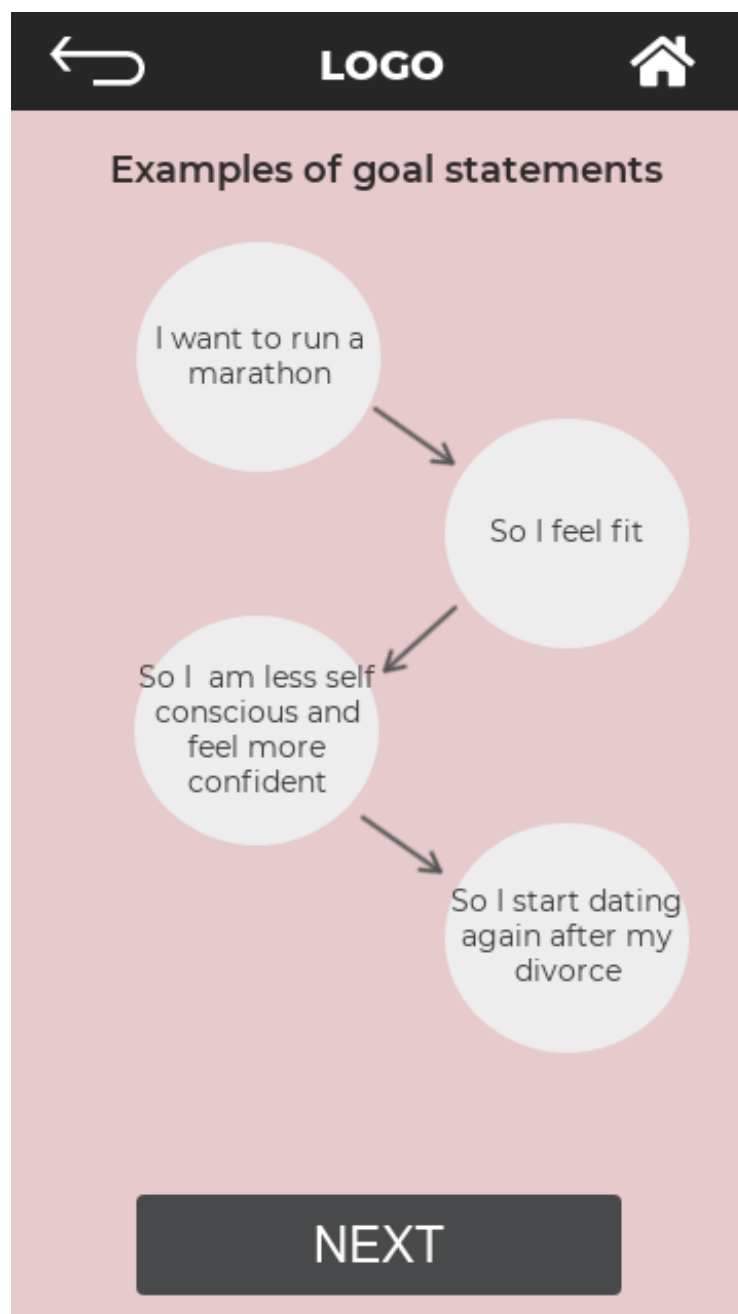
Slide 28



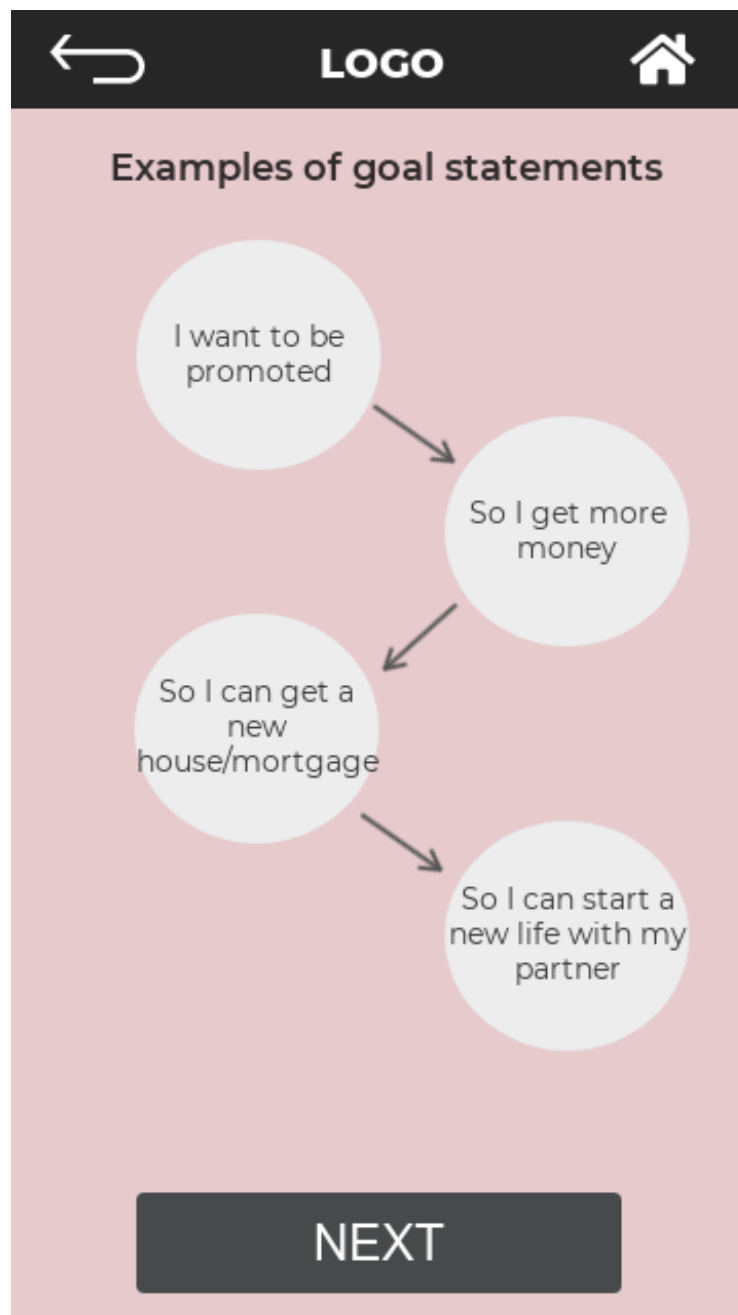
Slide 27






Slide 26



Slide 25



Slide 24



One more Why (your goal statement)

It can be useful (and really help self-understanding) to go one level deeper.

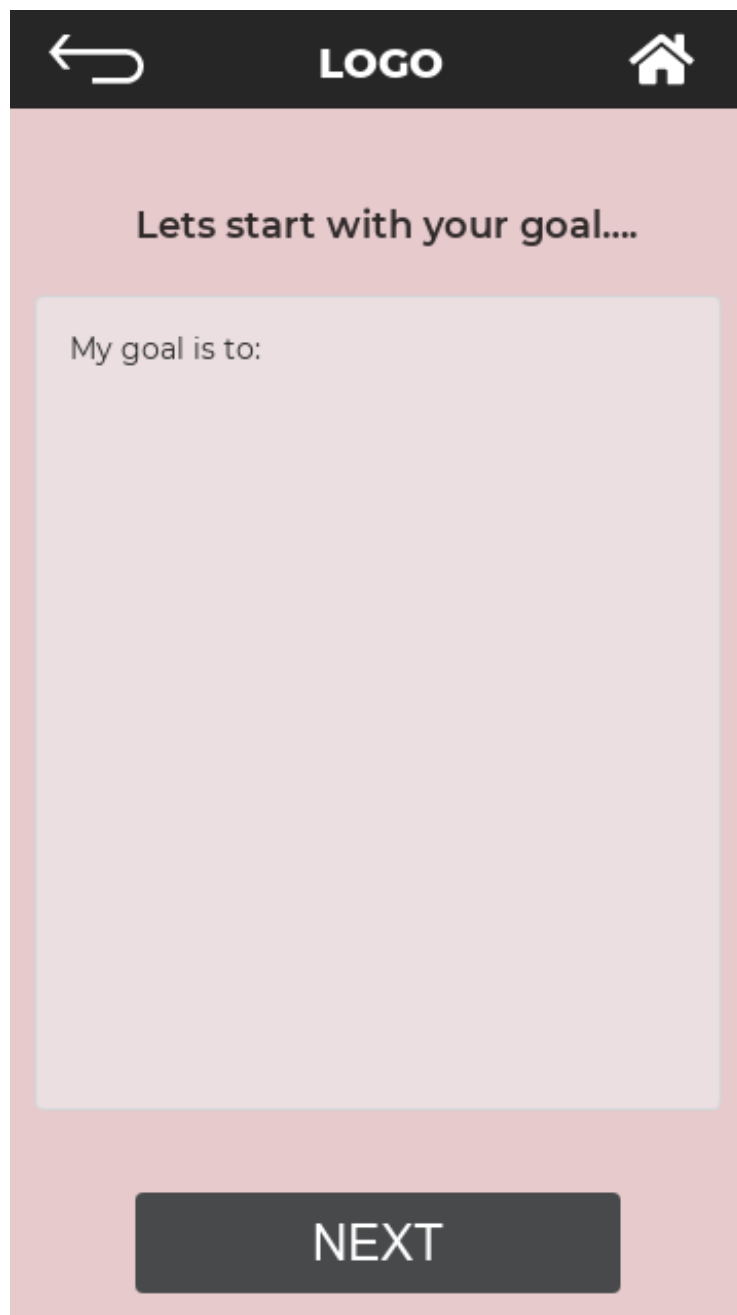
For example if you want a promotion, because you want more money so can afford a new house – why do you want a new house?

Is it because you want to live in a nicer area with better schools? Or perhaps its because you need more space, or a garden? In each situation you should keep asking yourself WHY do I want this?

Only when you really understand what you are trying to achieve do you stand a chance of achieving it. This will help you create your goal statement. When you click next we will show you some examples of goal statements which may help you create your own...

NEXT

Slide 23

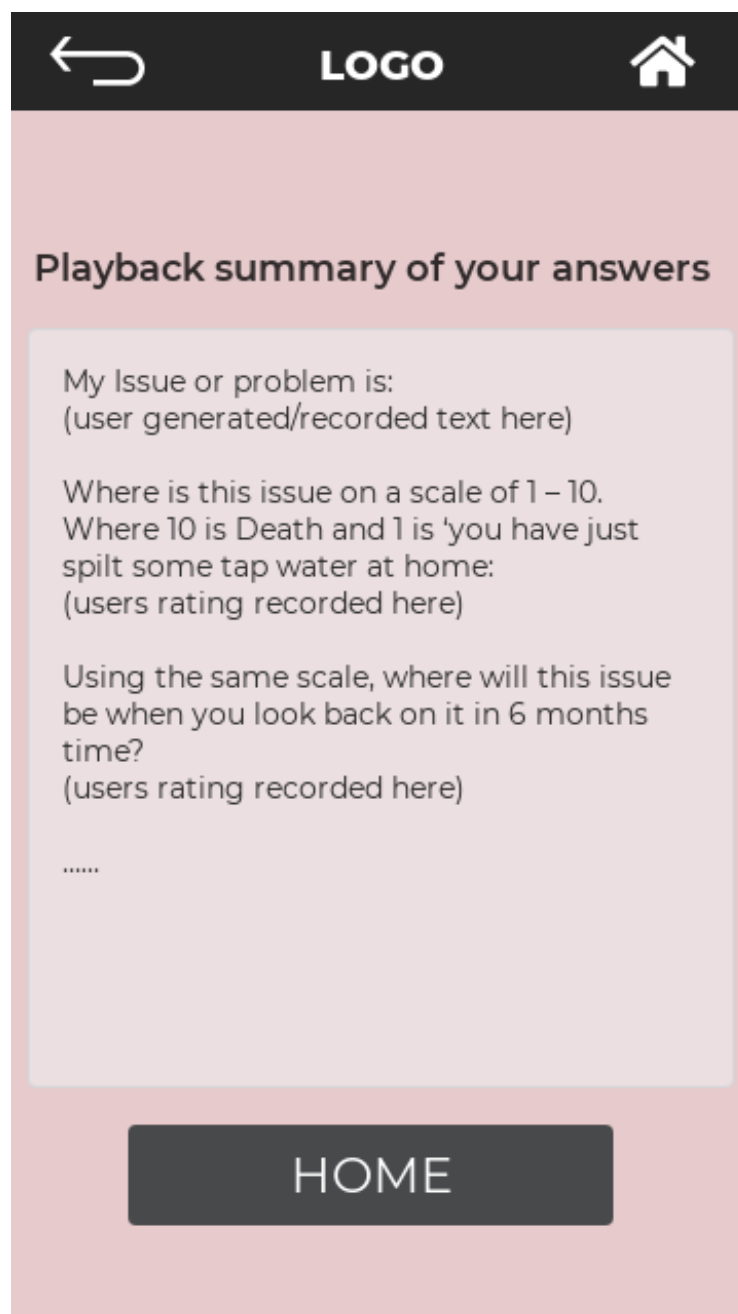


A mobile application interface with a dark header bar. The header contains a back arrow icon on the left, the word "LOGO" in the center, and a home icon on the right. The main content area has a light pink background. It features the text "Lets start with your goal...." in a bold, dark font. Below this text is a large, light gray rectangular input field with rounded corners. Inside the input field, the text "My goal is to:" is displayed in a dark font. At the bottom of the screen, there is a dark gray button with the word "NEXT" in white, bold, uppercase letters.



Slide 22




Slide 21



Slide 20

**LOGO**

**You have now answered a series of questions designed to:**

- Help you put things in perspective,
- Find a solution
- And move forward in a positive manner.

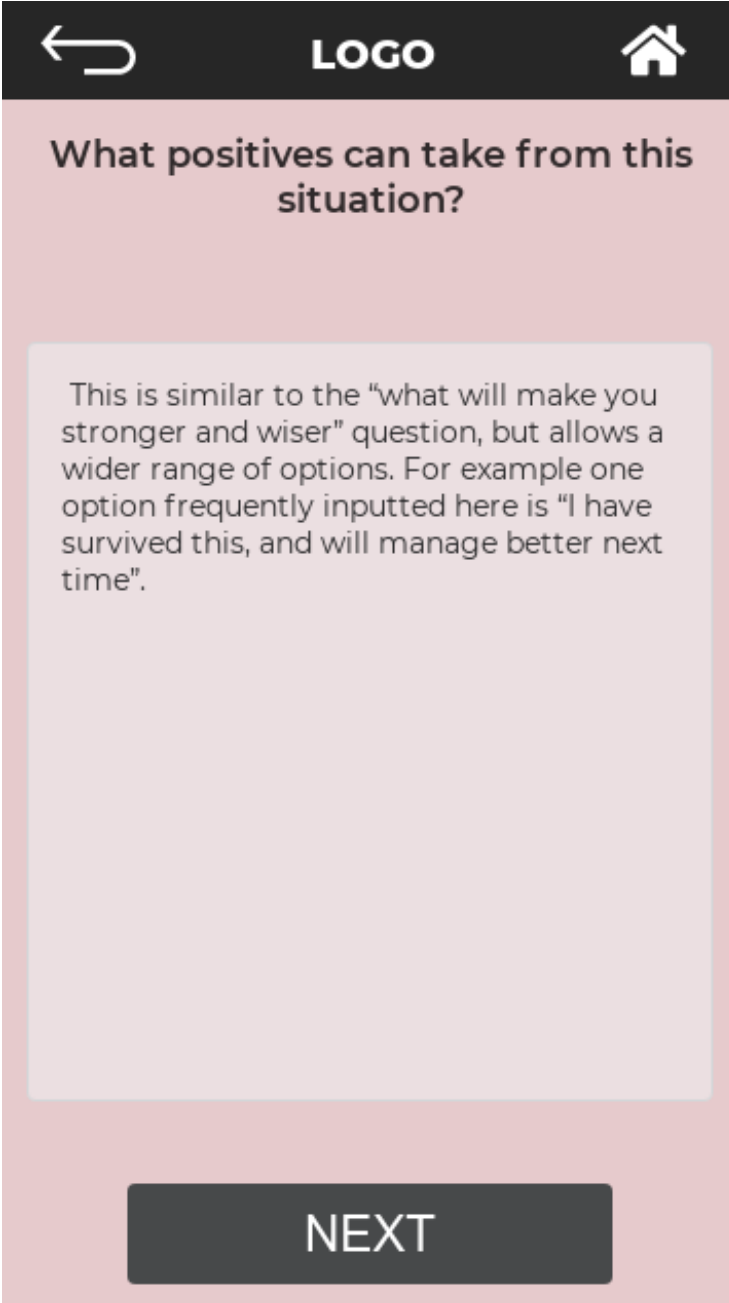
(These questions were directly inspired by the excellent work of Paul McGee who created a system called "SUMO" coaching.)

The final part in this process is to read back the answers you wrote as you progressed through the questions.

- Reflecting on your answers makes it more likely you will actually take positive action

Show me my playback summary

Slide 19

A mobile app interface with a dark header bar containing a back arrow, the word "LOGO", and a home icon. The main content area has a light pink background. It features a question, a text box with explanatory text, and a "NEXT" button at the bottom.

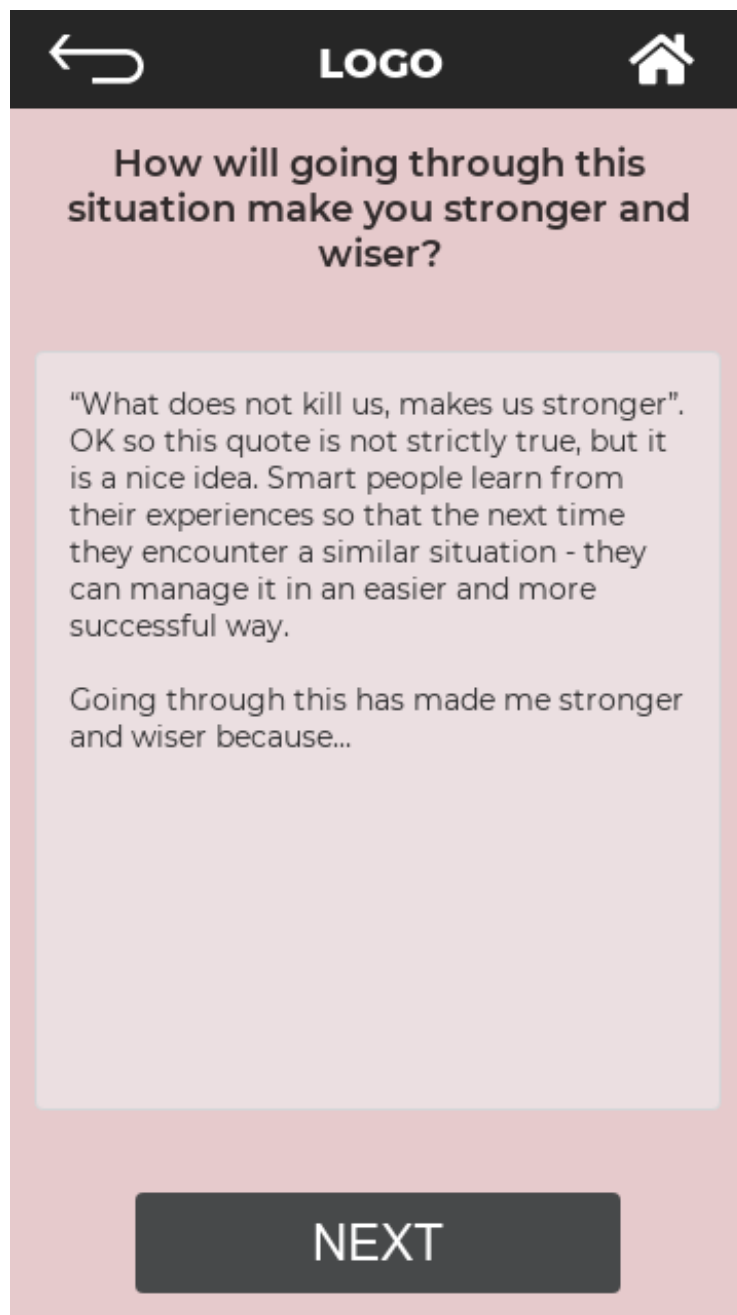
← LOGO →

What positives can take from this situation?

This is similar to the "what will make you stronger and wiser" question, but allows a wider range of options. For example one option frequently inputted here is "I have survived this, and will manage better next time".

NEXT

Slide 18



A mobile app slide design with a dark header bar containing a back arrow, the word "LOGO", and a home icon. The main content area has a light pink background. It features a bold question, a text box with a quote and explanation, a text input field, and a "NEXT" button at the bottom.

← **LOGO** 🏠

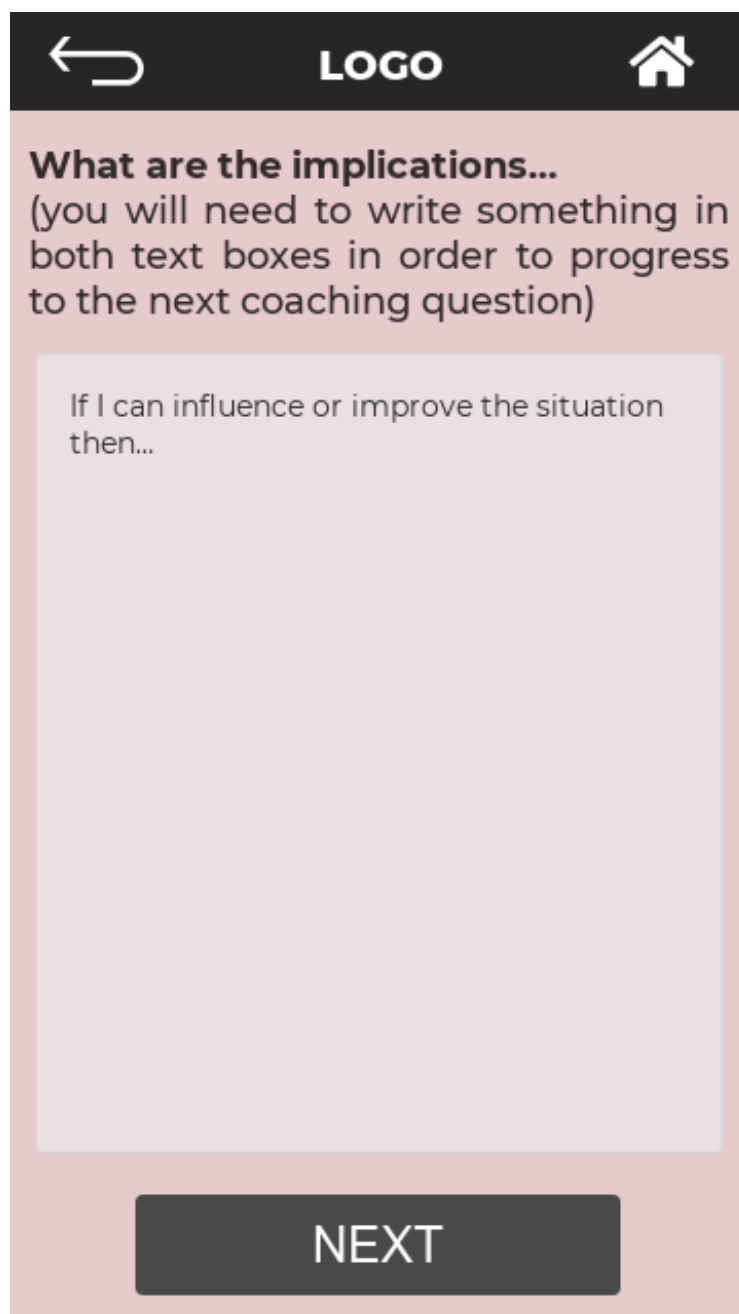
How will going through this situation make you stronger and wiser?

"What does not kill us, makes us stronger". OK so this quote is not strictly true, but it is a nice idea. Smart people learn from their experiences so that the next time they encounter a similar situation - they can manage it in an easier and more successful way.

Going through this has made me stronger and wiser because...

NEXT

Slide 46



The image shows a mobile application interface with a dark header bar. On the left is a back arrow icon, in the center is the word "LOGO", and on the right is a home icon. Below the header, the main content area has a light pink background. It contains the text "What are the implications..." followed by a parenthetical instruction: "(you will need to write something in both text boxes in order to progress to the next coaching question)". Below this text is a large, light gray rectangular text input box. At the top left of this box, the text "If I can influence or improve the situation then..." is written. At the bottom of the screen, there is a dark gray button with the word "NEXT" in white capital letters.

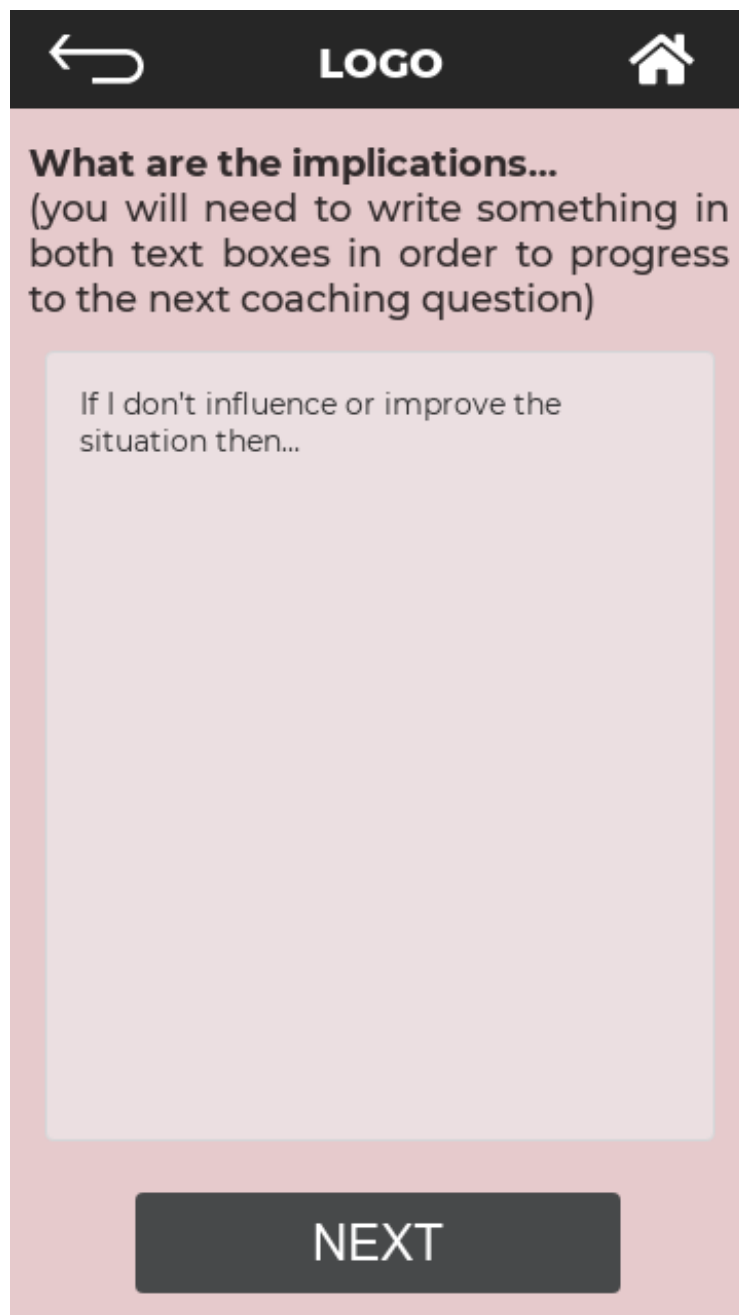
← LOGO 🏠

What are the implications...
(you will need to write something in both text boxes in order to progress to the next coaching question)

If I can influence or improve the situation then...

NEXT

Slide 17



The image shows a mobile application interface with a dark header bar. On the left is a back arrow icon, in the center is the word "LOGO", and on the right is a home icon. Below the header, the main content area has a pink background. It contains the text "What are the implications..." followed by a parenthetical instruction: "(you will need to write something in both text boxes in order to progress to the next coaching question)". Below this text is a large, light pink rectangular text input box. The text "If I don't influence or improve the situation then..." is written at the top of this box. At the bottom of the screen is a dark grey button with the word "NEXT" in white capital letters.




← LOGO →


What are the implications...
(you will need to write something in both text boxes in order to progress to the next coaching question)

If I don't influence or improve the situation then...

NEXT

Slide 16








How could you influence or improve the situation? (If you chose to)

Try to write 2 -3 things you could do here:

NEXT



Slide 15



Have your responses been effective?

Effective means your response worked and helped to resolve the issue.

- There is a big difference between a response that emotionally feels right and a response that actually helps!



YES

NO

Please explain: (you will need to input at least a brief explanation before you can continue to the next coaching question)

NEXT

Slide 14



A mobile app interface for a survey slide. The background is a light pink color. At the top is a dark grey header bar containing a white back arrow icon on the left, the word "LOGO" in white capital letters in the center, and a white home icon on the right. Below the header, a large dark grey question mark is centered. Underneath the question mark, the text "Thinking of the issue or problem, has your response so far been appropriate?" is centered in black. Below this text are two circular icons: a black circle with a white checkmark on the left, and a black circle with a white diagonal line (prohibition sign) on the right. Each icon is positioned above a dark grey rectangular button with white text. The button under the checkmark is labeled "YES", and the button under the prohibition sign is labeled "NO". At the bottom of the screen is a single dark grey rectangular button with white text labeled "NEXT".

← LOGO 🏠

?


Thinking of the issue or problem, has your response so far been appropriate?

✓ NO

YES

NEXT

Slide 13









Why do you want to overcome or resolve this issue?

What do you feel is at stake here? (what is the implication if you do not resolve or overcome this issue?)

NEXT

Slide 12








Why do you want to overcome or resolve this issue?

How will you feel if you can achieve this?

NEXT

Resilience

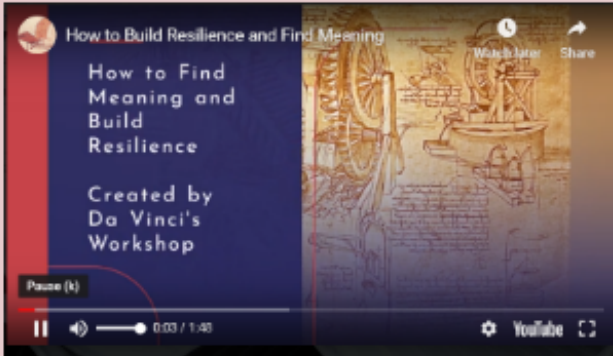


You have indicated that this has the potential to develop into a very serious issue with Major financial, health or welfare implications.

You now have a decision to make.

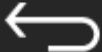

This decision is likely to have a big impact on the next 6 months of your life.


Before making the decision, we recommend you watch this short video...



I am ready to make a decision now

Scale

**LOGO**

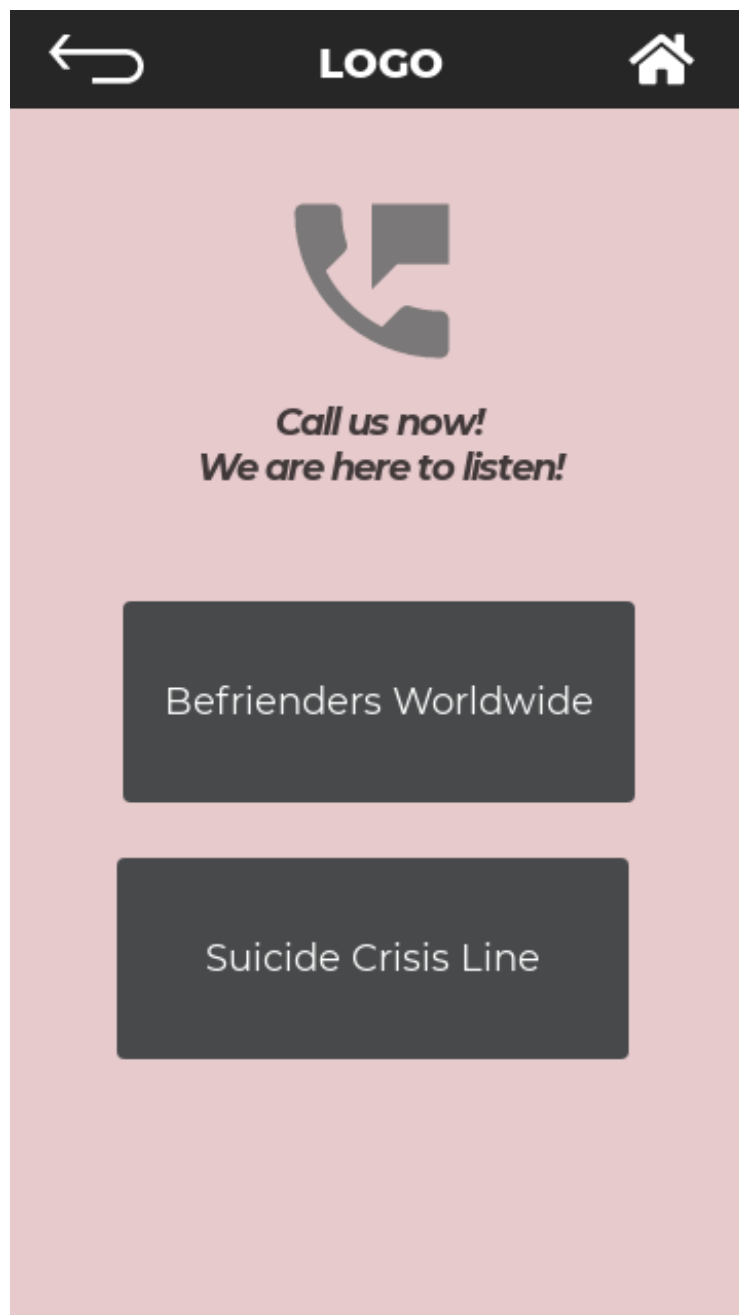


Using the same scale, where will this issue be when you look back on it in 6 months time?

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|

NEXT

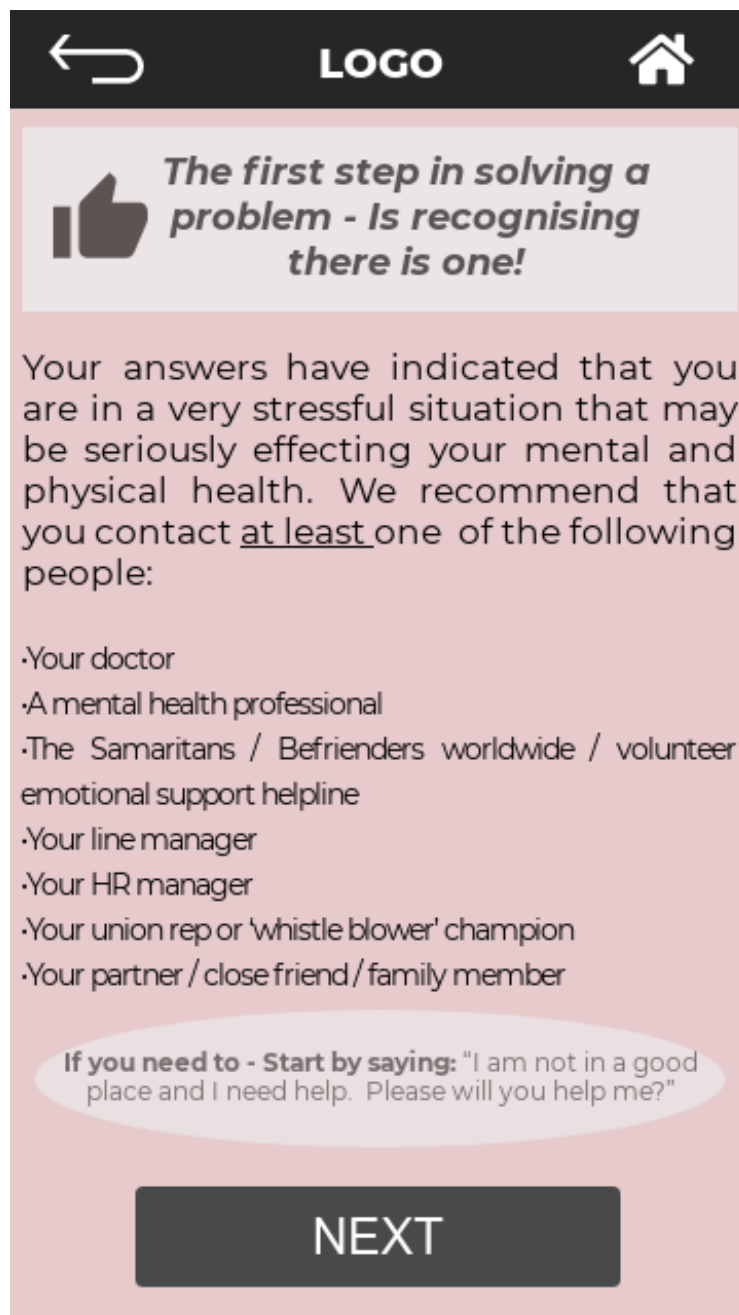
Emergency Coping






P Coaching 5




P Coaching 4



P Coaching 3







Are you sure that this is that important?

(It is ok if it is, we just need to double check this before we continue to make sure we help in the right way). Remember 10 is DEATH. So a 9 indicates danger of death. 8 indicates you are about to become homeless or experience a full mental/health breakdown. 7 indicates you may be about to lose your job or get a divorce if this issue is not resolved successfully.

Please now reselect a number to show you have considered this very carefully. – You can still select the same number if you feel this issue really is that important.







1




NEXT

P Coaching 2






*Where is the issue on a scale of 1-10.
Where 10 is death and 1 is you have
just spilt some tap water at home.*

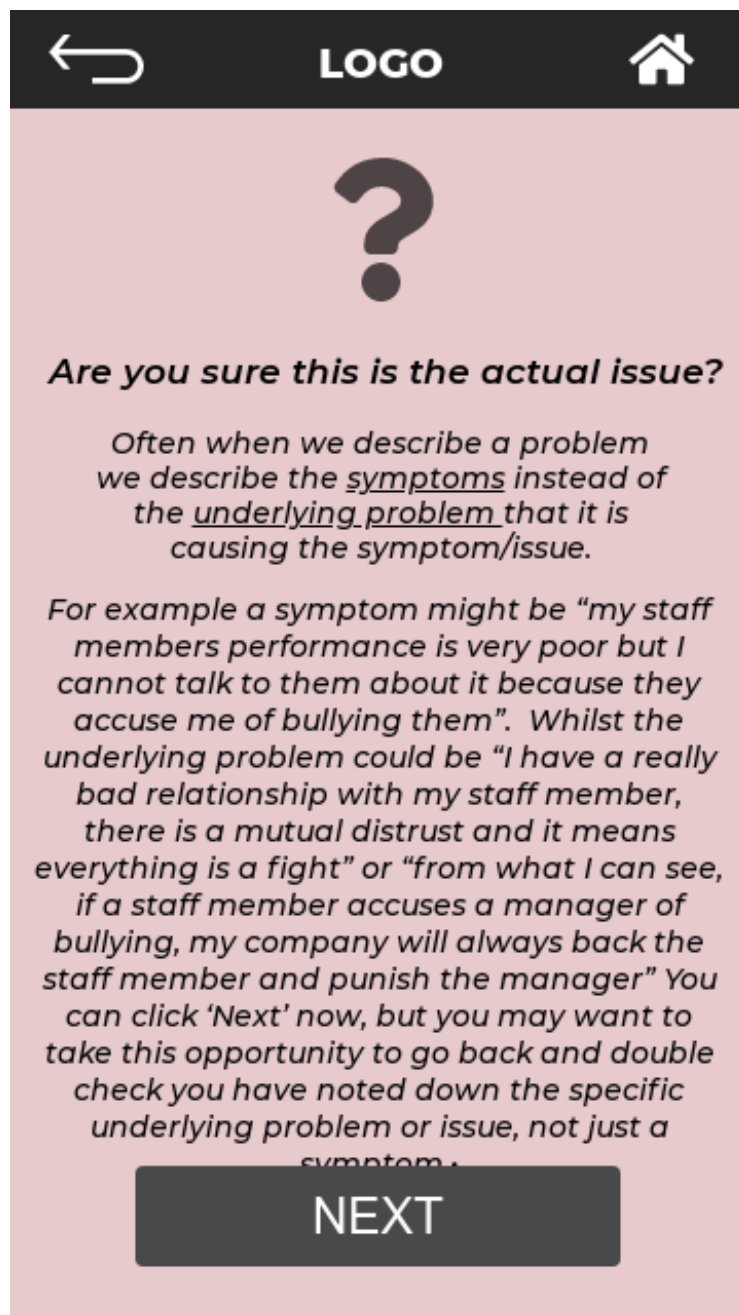


1



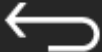



NEXT

P Coaching 1



Problem Coaching





Write down your issue or problem in the text box below try and be as specific and concise as possible.

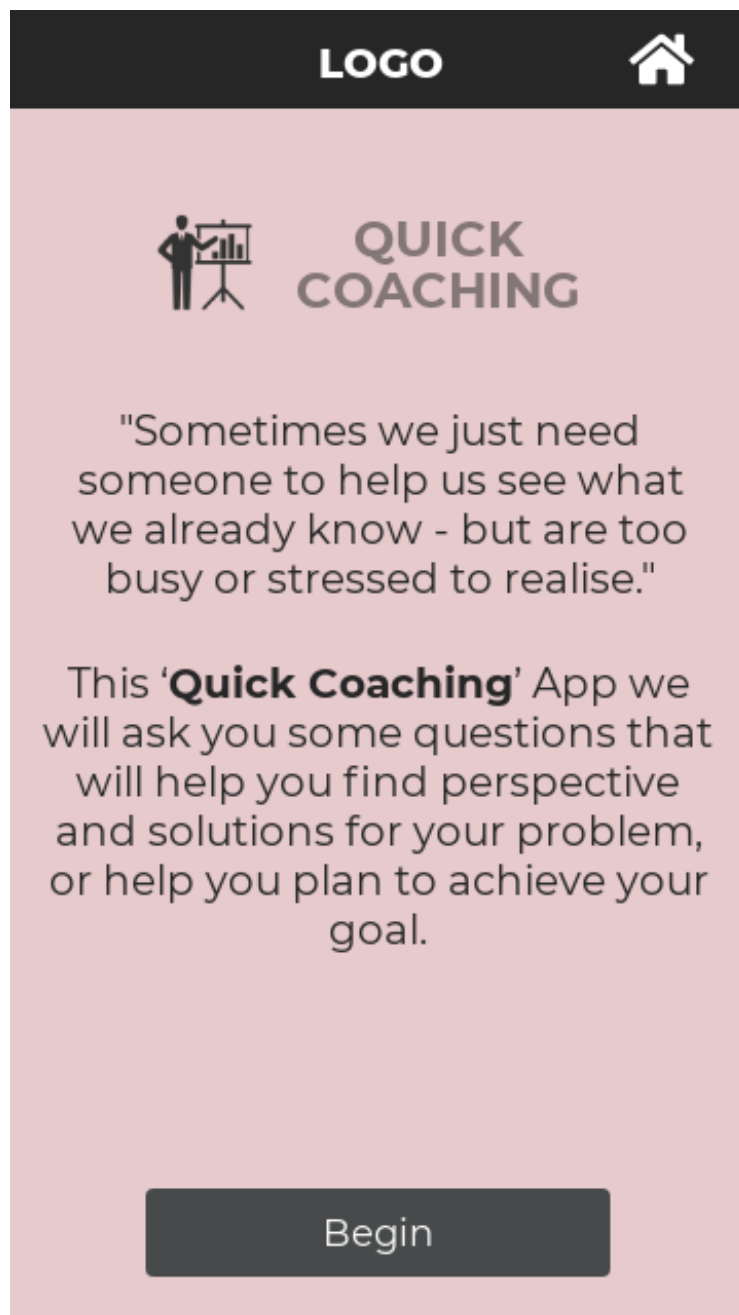
My issue or problem is that: (you will need to write at least one word here in order to proceed)

NEXT

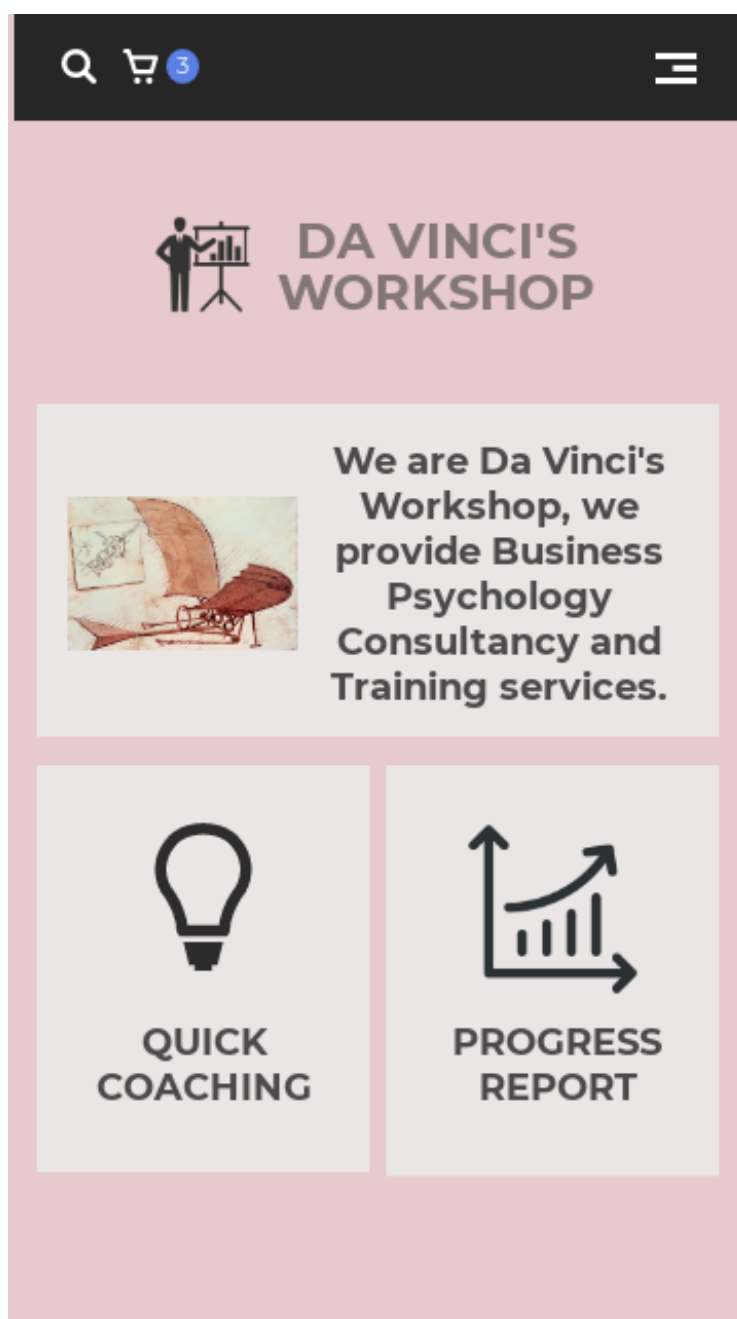
Help Option



Quick Coaching Main



Dashboard



Splash Screen 3

SIGN UP

Sign In

Splash Screen 2



qui1234@gmail.com

Log In

Don't have an account?

REGISTER

Splash Screen



DA VINCI'S WORKSHOP

START