


Splash Screen



Splash Screen 2



davinci@gmail.com

LOG IN

Don't have an account?

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Splash Screen 3

REGISTER

Name

Username

Address

Birthdate

Email

Password

Re-enter password

SIGN ME UP

Dashboard

DA VINCI'S
WORKSHOP



WE ARE
DA VINCI'S
WORKSHOP

We provide
Business Psychology
Consultancy and
Training services.


QUICK
COACHING


PROGRESS
REPORT

Quick Coaching Main



Help Option

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What do you need help with today?


I need coaching
to manage an
issue or problem



I need coaching
so that I can
achieve a goal

Problem Coaching

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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

P Coaching 1

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Are you sure this is the actual issue?

Often when we describe a problem we describe the symptoms instead of the underlying problem that it is causing the symptom/issue.

A symptom might be "my staff members performance is very poor but I cannot talk to them about it because they accuse me of bullying them".

Whilst the **underlying problem** could be "I have a really bad relationship with my staff members, there is a mutual distrust and it means everything is a fight" or "from what I can see, if a staff member accuses a manager of bullying, my company will always back the staff member and punish the manager"

CONTINUE

P Coaching 6

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Are you sure this is the actual issue?

Often when we describe a problem
we describe the symptoms instead of
the underlying problem that it is
causing the symptom/issue.

*You can click 'Next' now,
but you may want to take this
opportunity to go back and double
check you have noted down the
specific underlying problem or
issue, not just a symptom.*

NEXT

P Coaching 2

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≡

?

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 3

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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.

- 10 Death.
- 9 In danger of death.
- 8 You are about to become homeless or experience a full mental/health breakdown.
- 7 You may be about to lose your job or get a divorce if this issue is not resolve successfully.

NEXT

P Coaching 7

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Are you sure that this
is that important?

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.

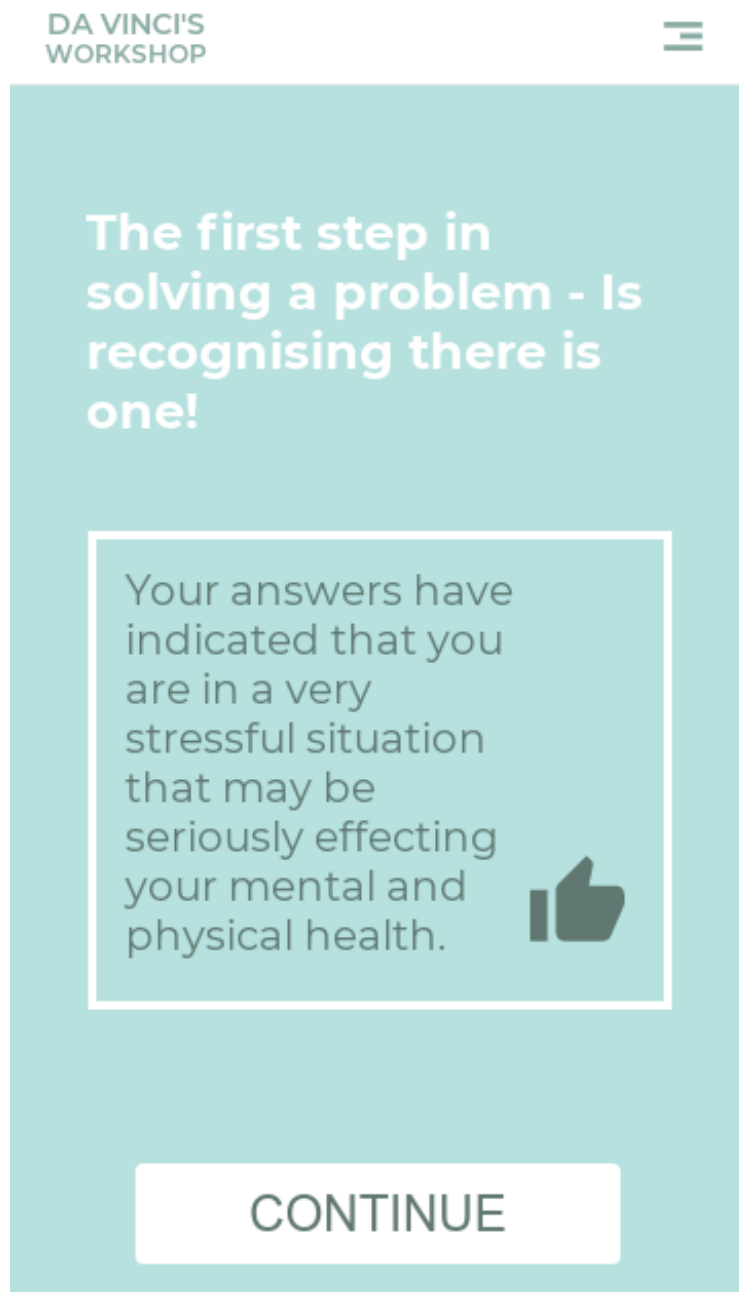


1



NEXT

P Coaching 4



P Coaching 8

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We recommend that you contact at least one of the following people:

- Your doctor
- A mental health professional
- The Samirations / Befrienders / Worldwide / Volunteer emotional support helpline
- Your line manager
- Your HR manager
- Your union rep or "whistle blower"
- Champion
- Your partner / close friend / family member

If you need to - start by saying:

"I am not in a good place and I need help. Please will you help me?"

NEXT

P Coaching 5

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Everyone has experiences at some point in their life that leave them reeling. Unfortunately, this is part of our human experience.

- Smart people understand when they can't cope and they get help. Not so smart people suffer in silence until they break.
- Be one of the smart people, not one of the ones that break!

**Take me back to
the rating option**



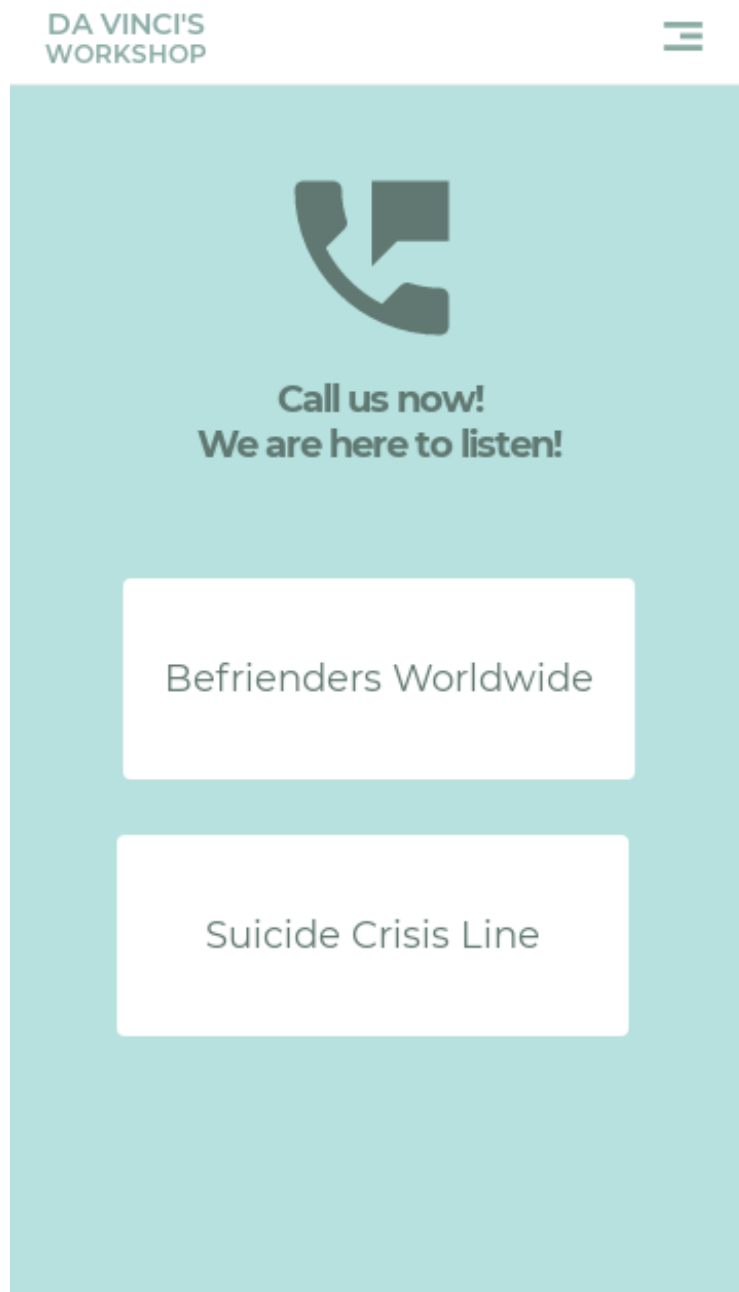
**Show me some emergency
contact numbers**



**I need immediate coping
strategies and exercises**



Emergency Coping



Scale

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

12345678910

NEXT

Resilience

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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...




READY FOR MY DECISION

Slide 12

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SCALE OF THE PROBLEM



Why do you want to overcome or
resolve this issue?

How will you feel if you can achieve
this?



NEXT

Slide 13

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RESILIENCE



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 14

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RESPONSE SO FAR

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





YES

NO

NEXT

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EFFECTIVE RESPONSE SO FAR?

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

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


YES



NO

Please explain: (you will need to enter text into this box at least a brief explanation before you can continue to the next question)




NEXT

Slide 16


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POSITIVE INFLUENCE



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

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



NEXT

Slide 17

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WHAT ARE THE IMPLICATIONS?


*You will need to enter text into
the box below before you can
continue to the next question.*

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




NEXT

Slide 46


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IMPROVEMENTS

You will need to enter text into this box before you can continue to the next question



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



NEXT

Slide 18

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STRONGER & WISER

What about this situation
will make you stronger &
wiser?



"What does not kill us, makes us
stronger".

Not strictly true, but 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 & wiser because.....

NEXT

Slide 19

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THE POSITIVES

What positives can you 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 20

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You have now answered a series of questions designed to:

- Help you put things in perspective.
- Find a solution.
- 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 21

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PLAYBACK - SUMMARY OF YOUR
RESPONSES

My Issue or problem is:
(user generated/recorded text here)

Where is this issue on a scale of 1 – 10.
Where 10 is Death and 1 is 'you have just
spilt some tap water at home:
(users rating recorded here)

Using the same scale, where will this issue
be when you look back on it in 6 months
time?
(users rating recorded here)

.....

HOME