



CONGRÈS DES COACHS ICF QUÉBEC

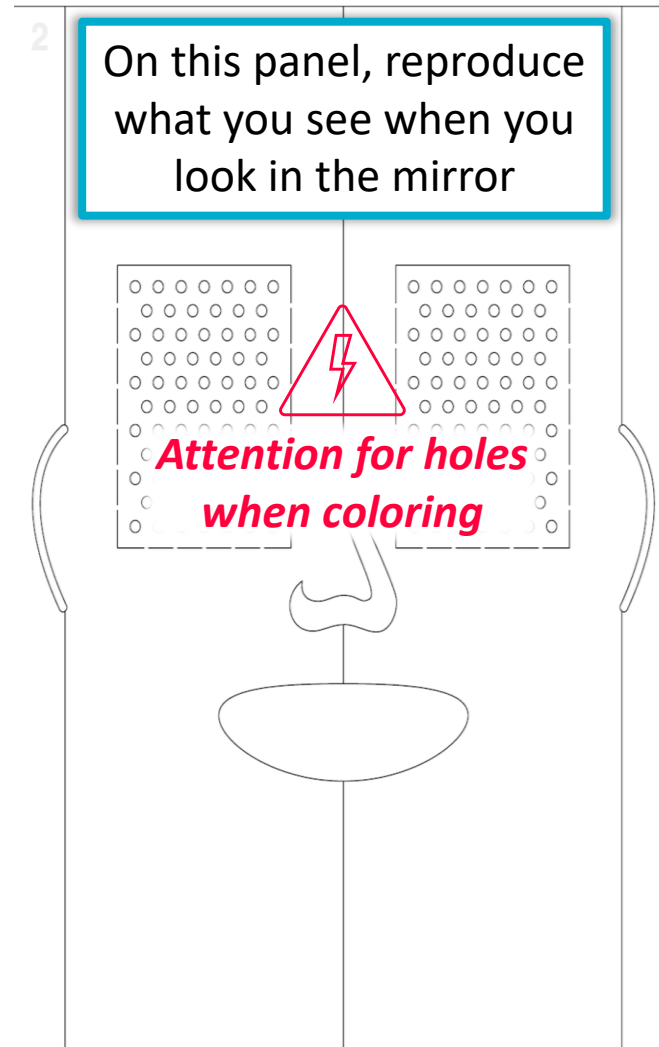
13 et 14 Septembre 2023

**Tisser les liens qui nous
unissent**

**Le coaching dans toutes
ses couleurs**



This workshop will help you to think out of the B□X
Begin to explore one of the external panel





What is stopping you to go further?

***A** literally colorful workshop !*

Hiba El-Khal, ACC

What is stopping you to go further?







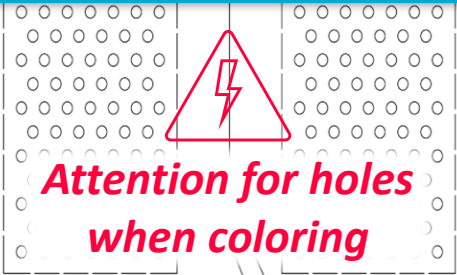
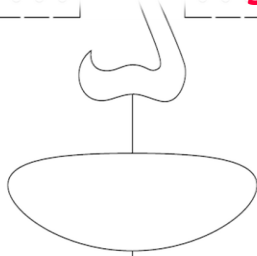

A literally colorful workshop !



Hiba El-Khal, ACC

This workshop will help you to think out of the BOX

Begin to explore the external panels

<div data-bbox="84 234 257 462"></div> <div data-bbox="84 469 257 698"></div> <div data-bbox="84 705 257 933"></div> <div data-bbox="84 941 257 1169"></div> <div data-bbox="104 1176 226 1240"><p>INNOCREAT INNOVATE TO GROWTH The UK's leading for Junior Creativity © Copyright All Rights Reserved</p></div>	<div data-bbox="766 227 792 255">2</div> <div data-bbox="290 277 779 529"><p>On panel 2, write and/or draw what you like to do in life</p></div> <div data-bbox="463 555 603 908"></div>	<div data-bbox="817 227 1345 479"><p>On panel 1, reproduce what you see when you look in the mirror</p></div> <div data-bbox="856 479 1309 751"><p>Attention for holes when coloring</p></div> <div data-bbox="952 733 1207 986"></div>	<div data-bbox="1875 227 1900 255">3</div> <div data-bbox="1365 284 1905 594"><p>On panel 3, write and/or draw the subjects you like to talk about and share it with others</p></div> <div data-bbox="1556 594 1696 908"></div>	<div data-bbox="2423 227 2448 255">4</div> <div data-bbox="1951 562 2428 876"><p>On panel 4, write and/or draw feedbacks you would like to receive from others</p></div>
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Close the B□X .
Put it on your head.

Together: 1, 2 , 3

*My name is
And i have a B□X on my head!*



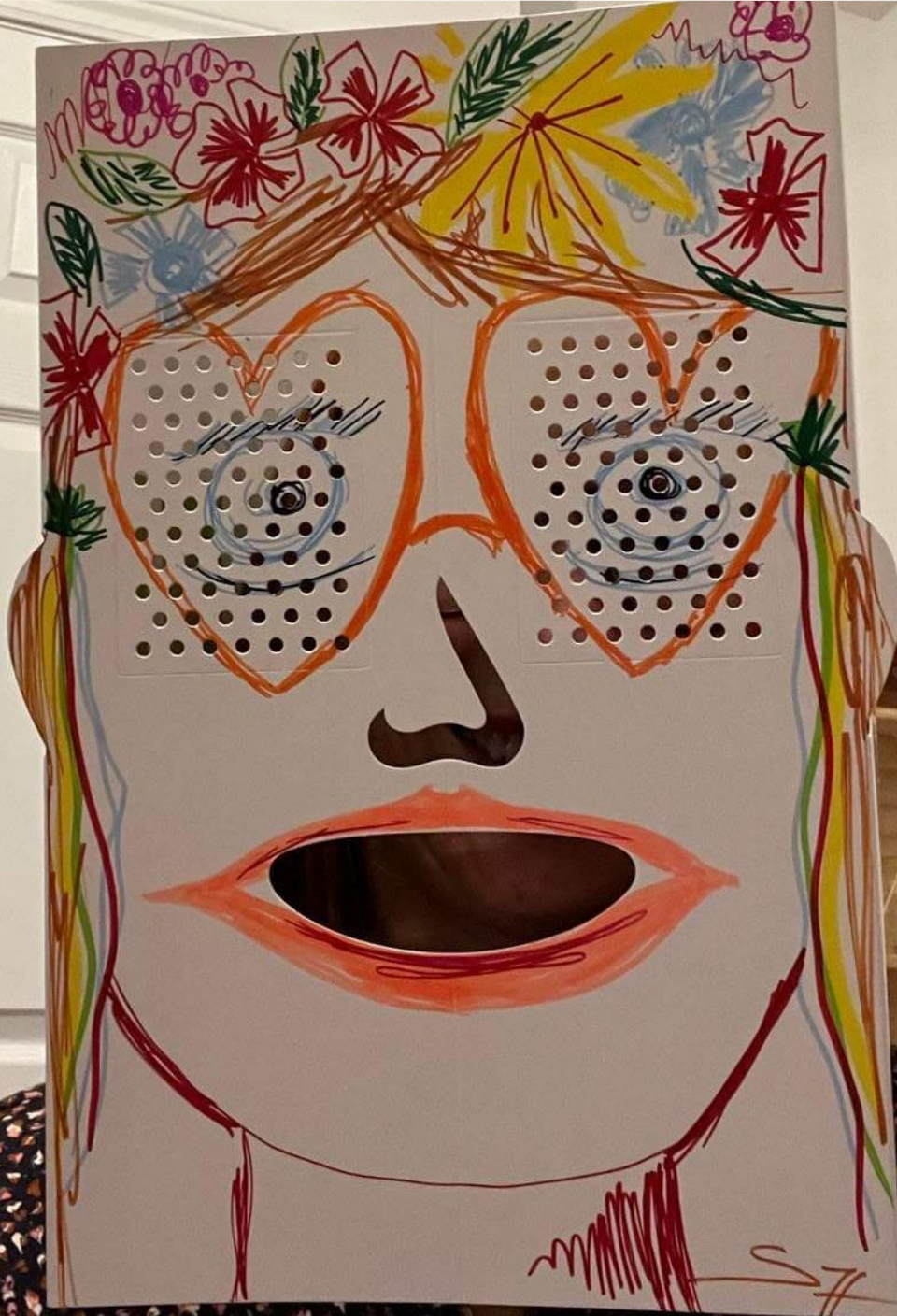


Table round:

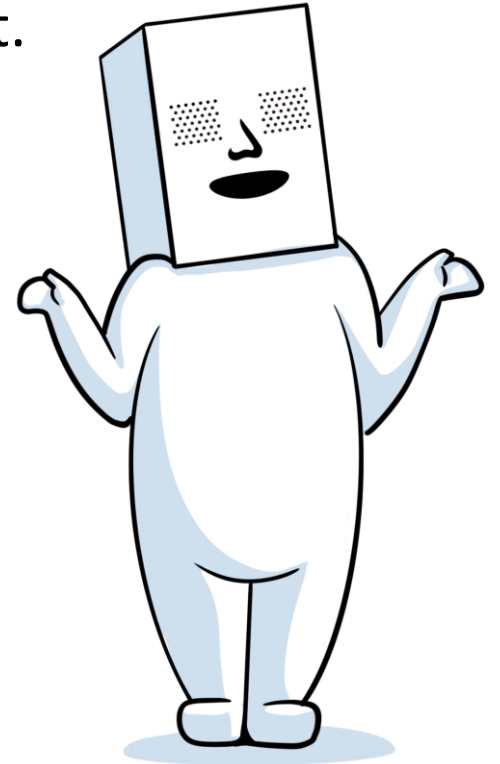
- **Greet each others!**
- **Introduce yourself quickly**

What is the B□X?

- It is your brain, how you think and react.
- It is your operating system, your beliefs, your habits: your mindset.
- It is your comfort zone.

Explore the B□X ...

- To make the Invisible - Visible, the Unconscious - Conscious and the Impossible – Possible (Actionable)
- To step outside your comfort zone.



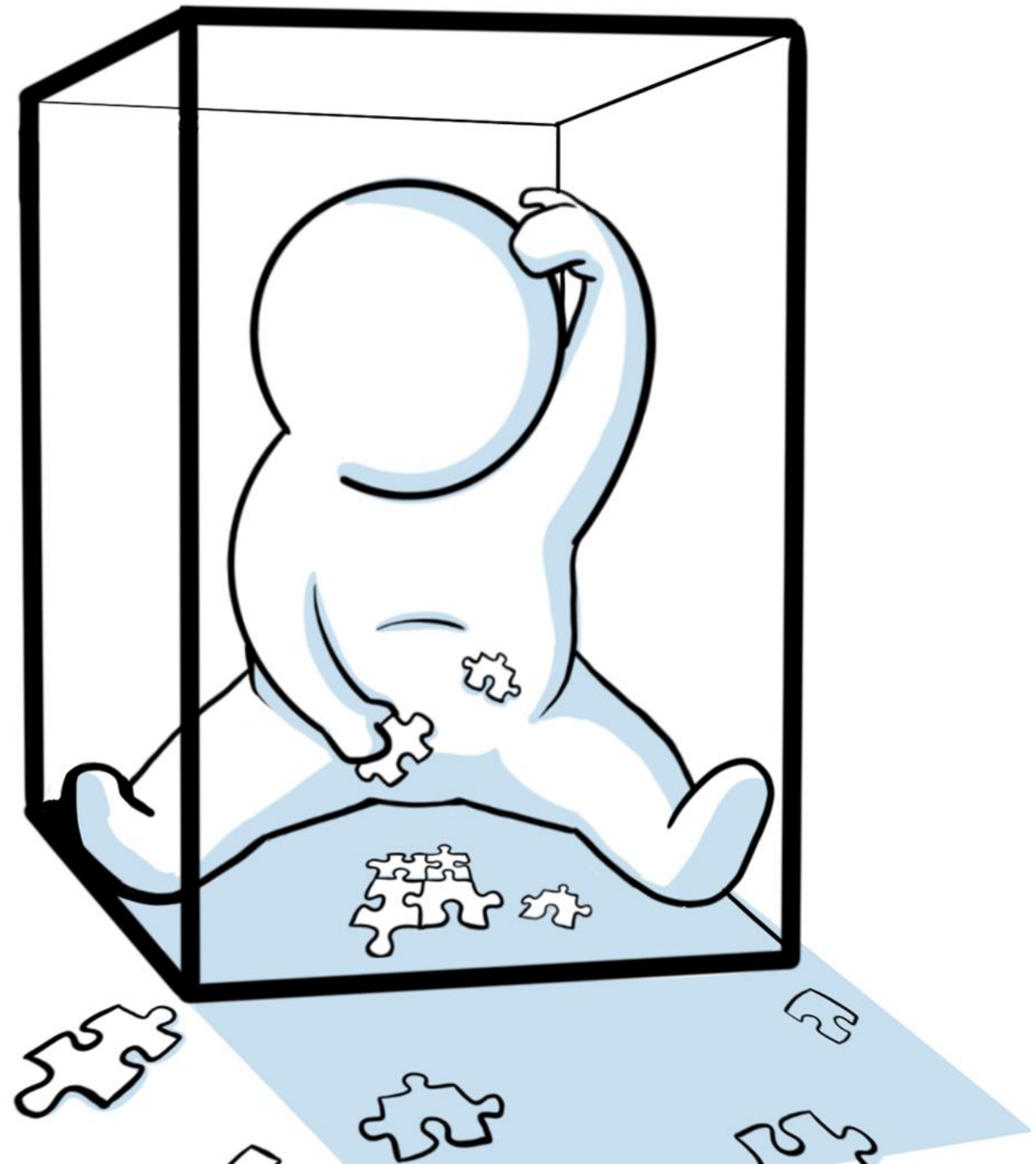
How the BOX is useful in our case?



- Became aware of your perception of your role as a coach and your projects: blockages, limiting beliefs, etc.
- Explore your de-energizers and energizers.
- Create new ideas to be able to think out of the box.

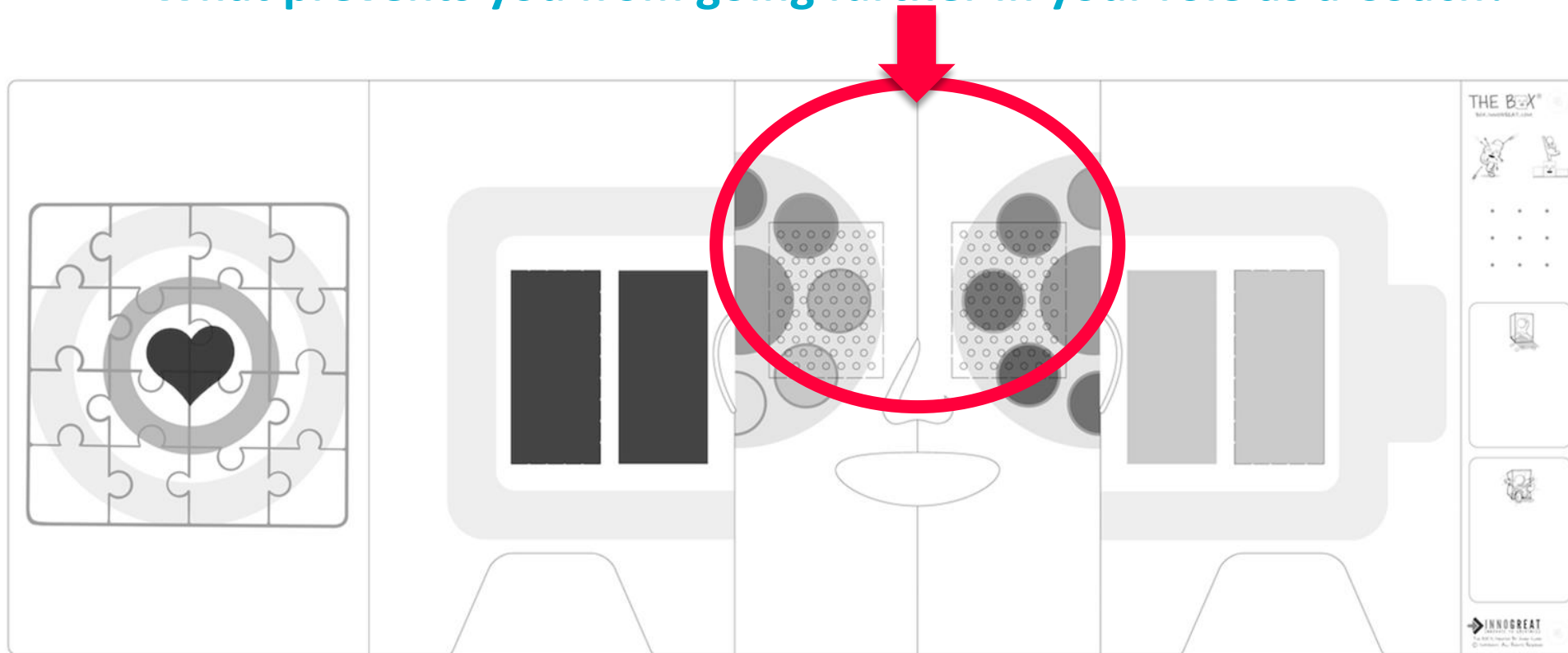
What is stopping you?

- Lack of time
- It's not a priority
- Internal or external pressures
- Resistance to change
- Uncertainty and lack of foresight
- Fears
- *What else?*



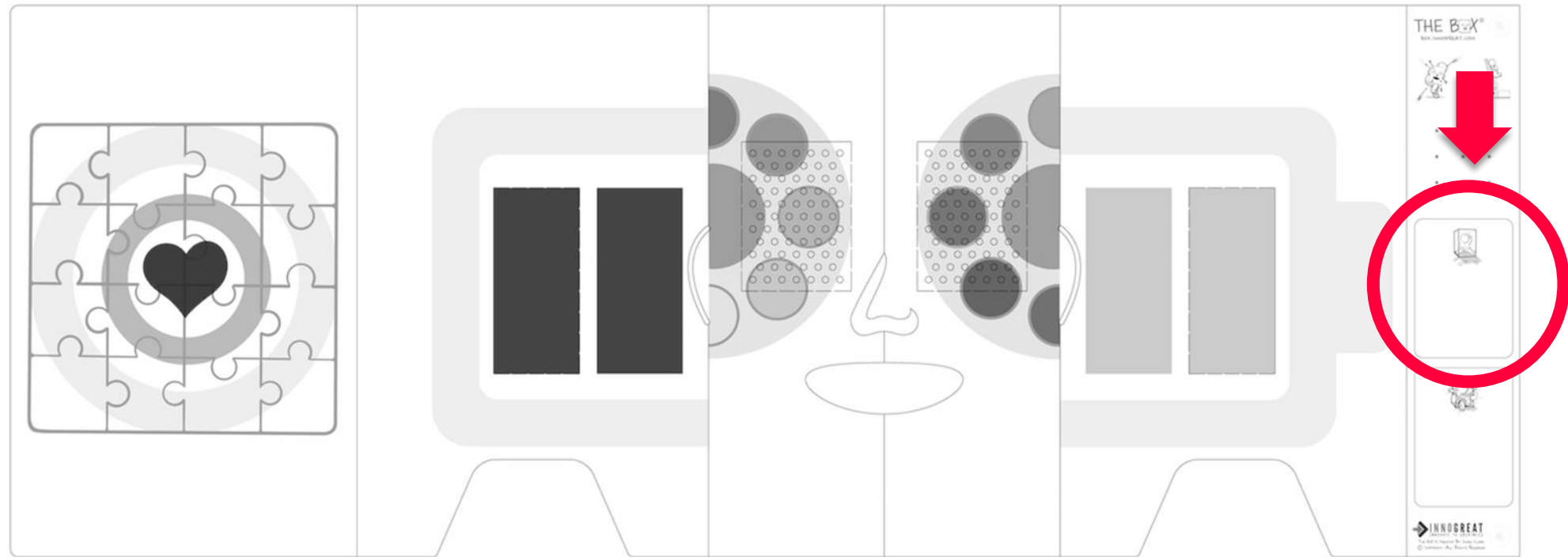
On the main panel of the interior

In your opinion, what are your blockages?
What prevents you from going further in your role as a Coach?



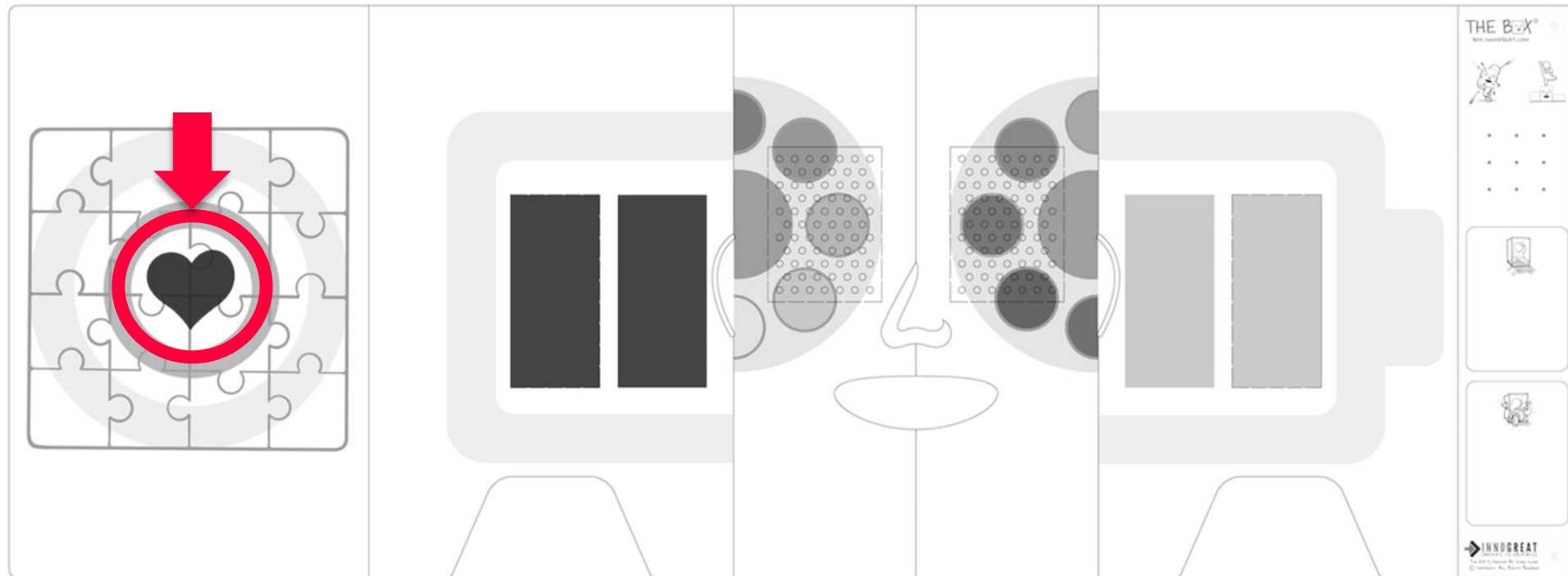
On the first small box at your right

Write and/or draw your main blockage?



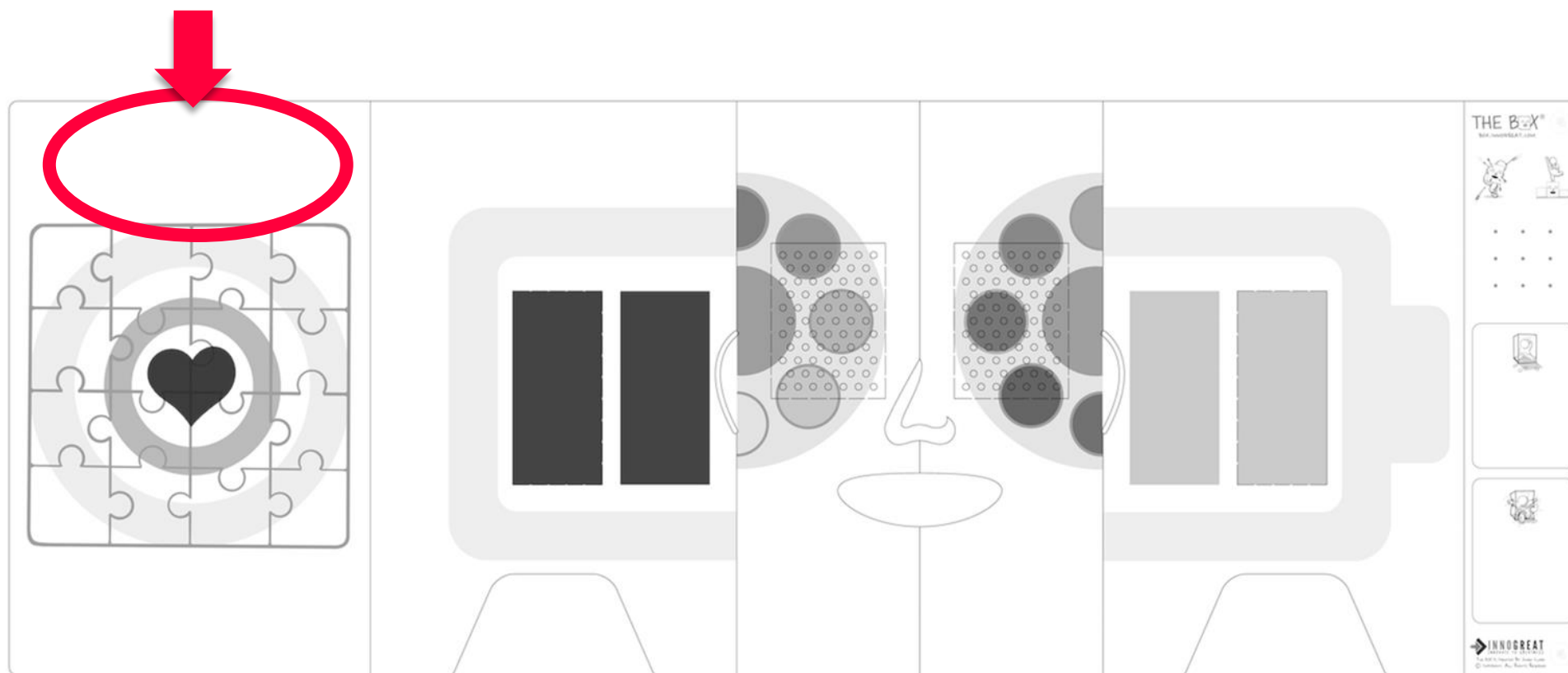
On the left panel, in the center of the heart

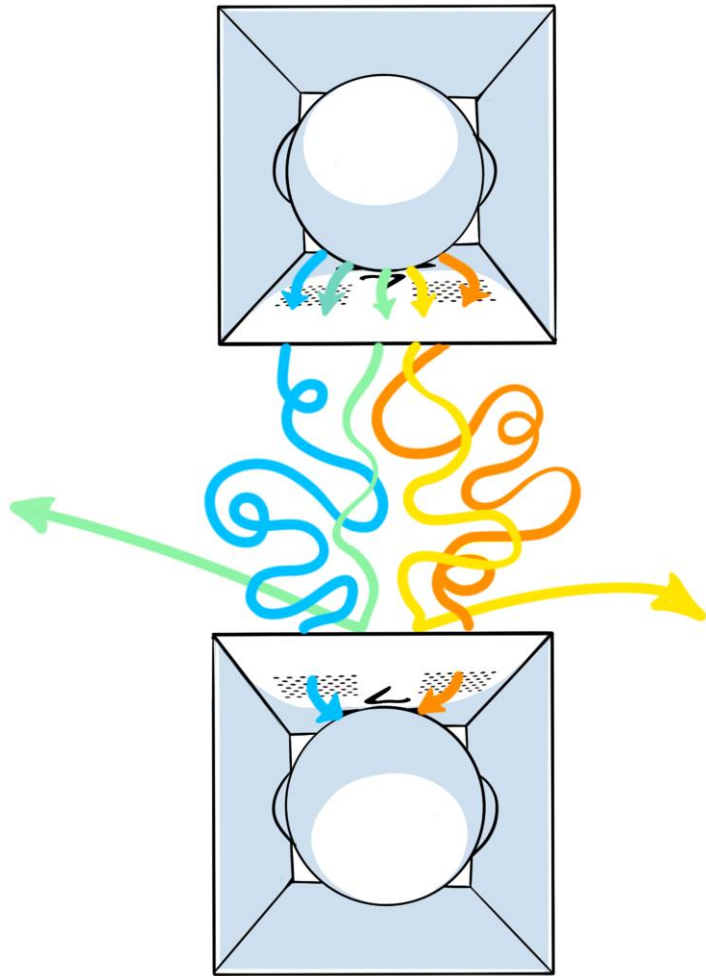
Transform your main blocage in a **motivating goal** and positively worded



On the left panel, on top the puzzle

Write and/or draw, why this goal is important to you?



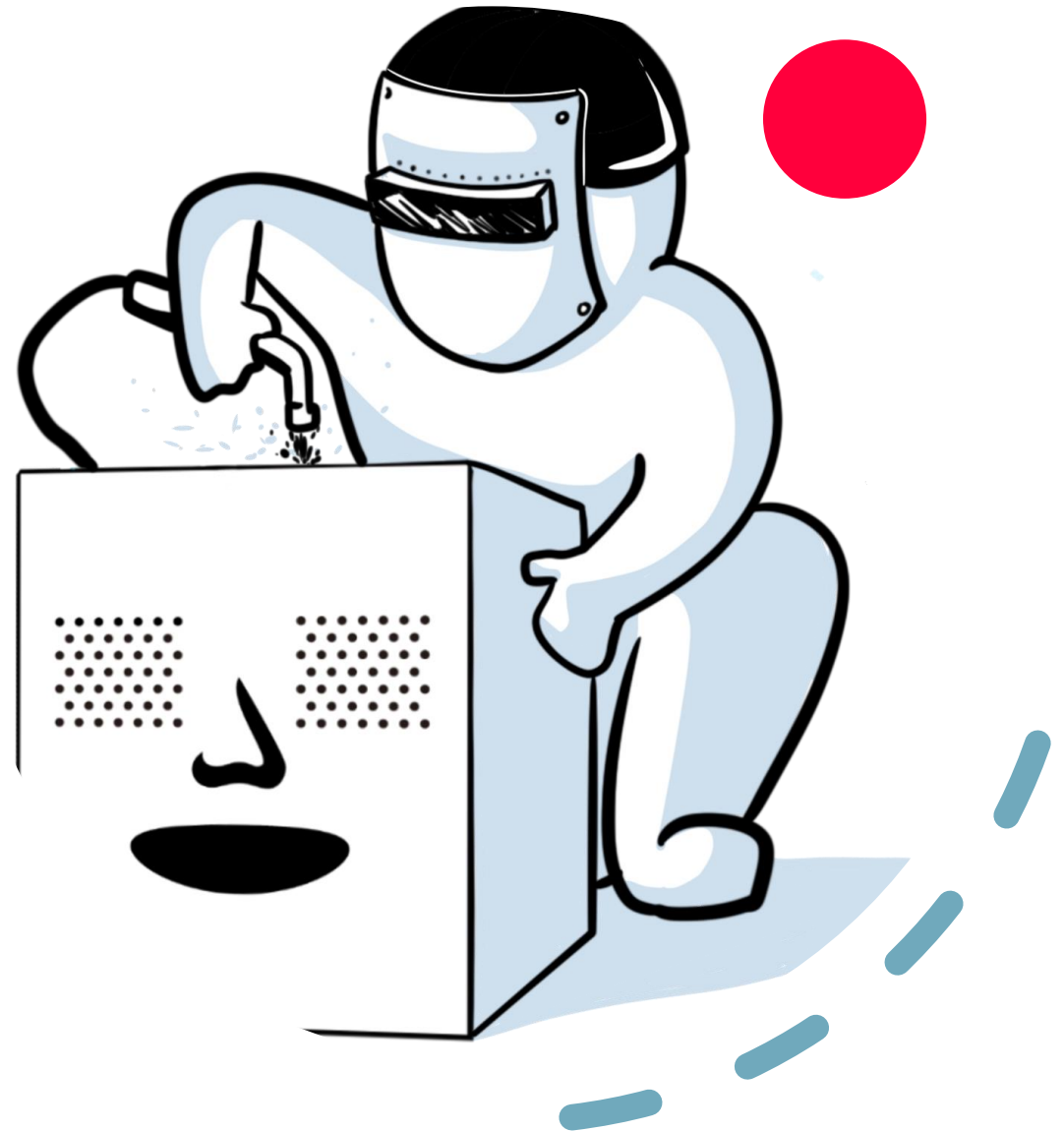


Take the time **to share in group**

- *Your goal*
- *The most important point of the goal*

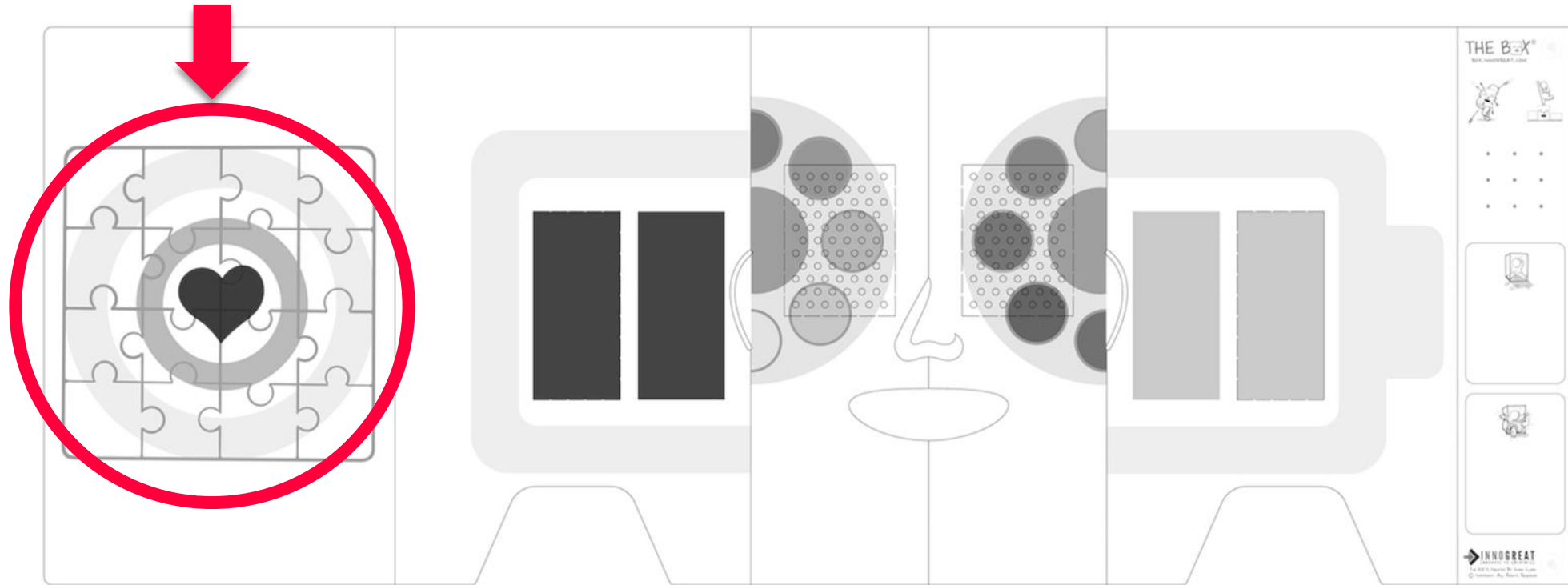
What will help you the most to go further?

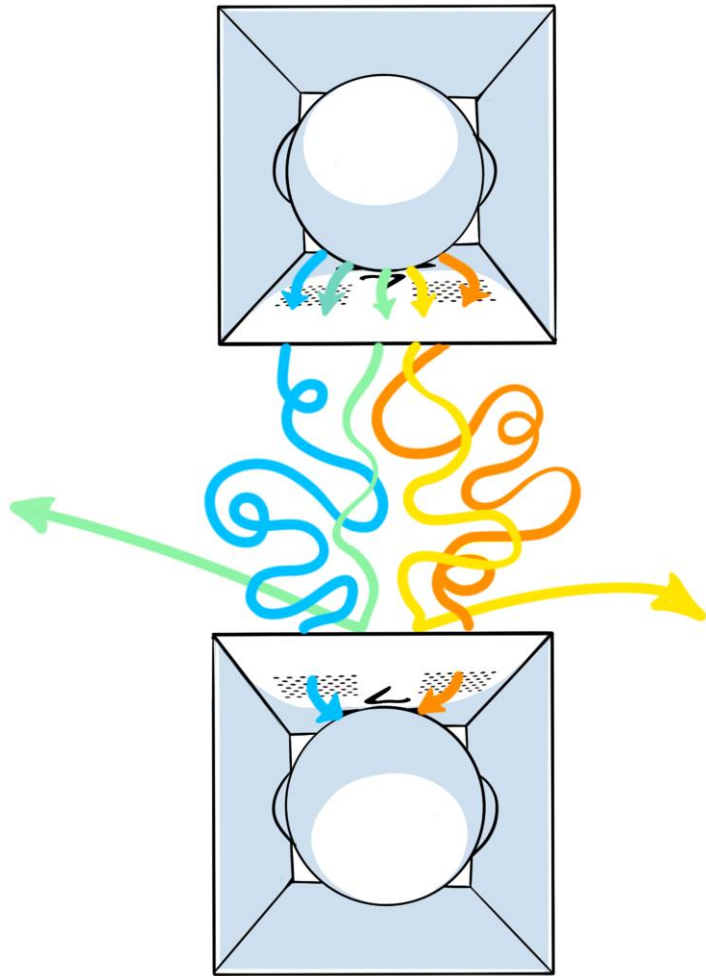
- Confidence in your expertise
- Strategic projections
- Collaborate
- Audacity to challenge yourself
- Put an action plan
- *What else?*



On the left panel, on the puzzle pieces

What are the actions that you can put in place to move forward towards your goal ?



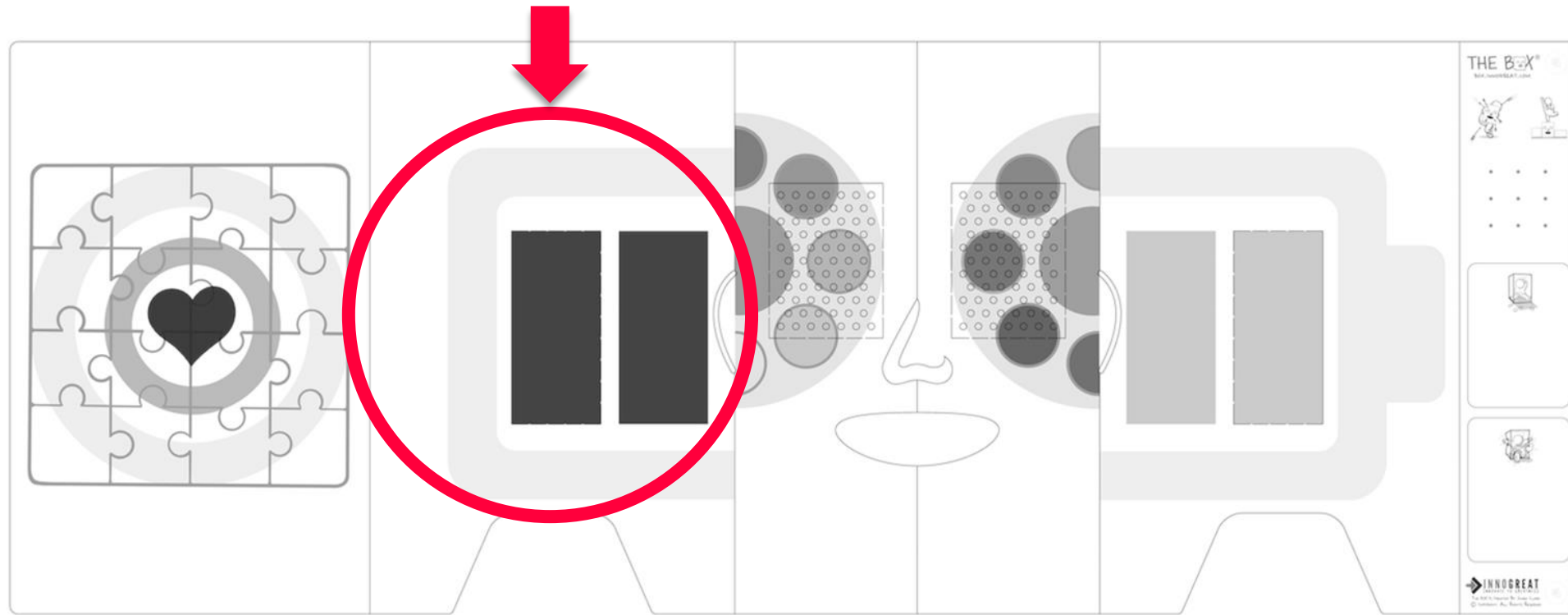


Take the time **to share in group**

- *The actions (shortly)*
- *The first step*

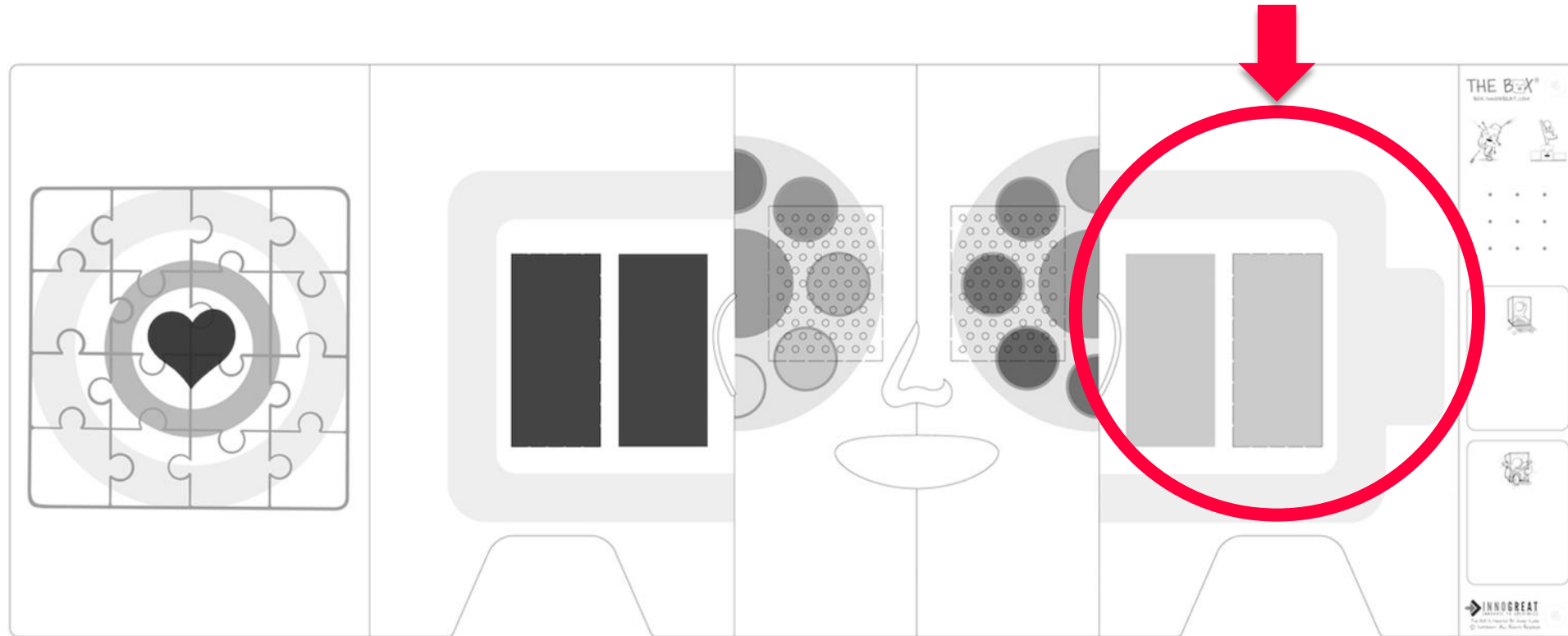
On the red panel of the battery

A thought that de-energizes you: holding you or pulling you back

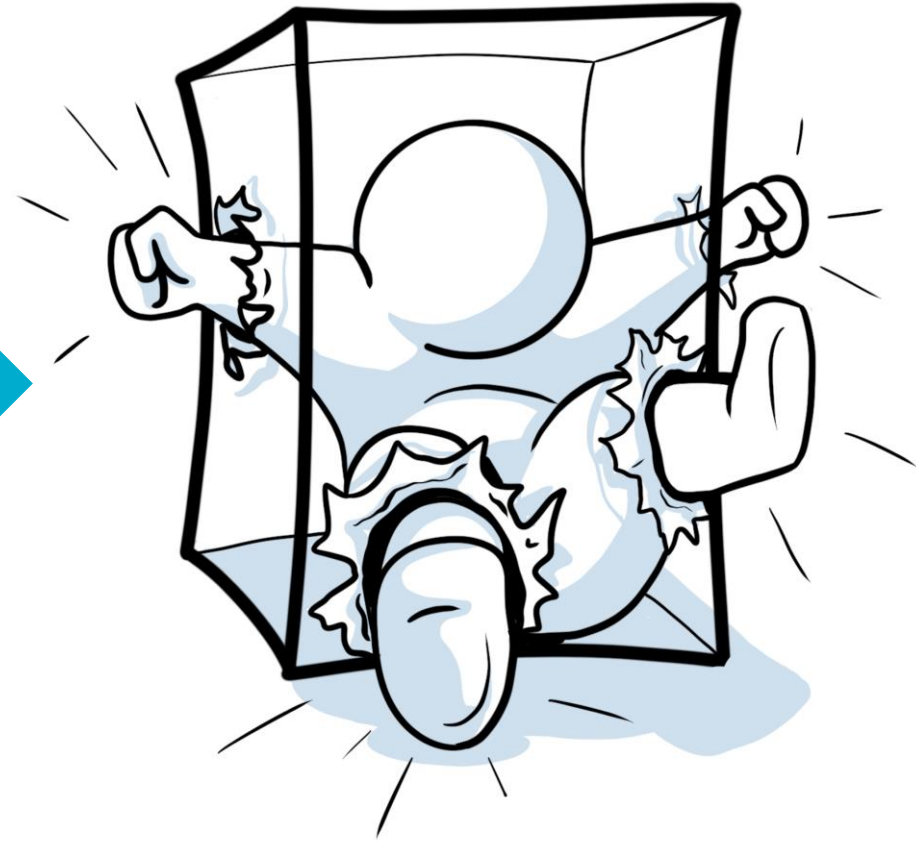


On the green panel of the battery

A thought that energizes you: that stimulates you and pushes you forward

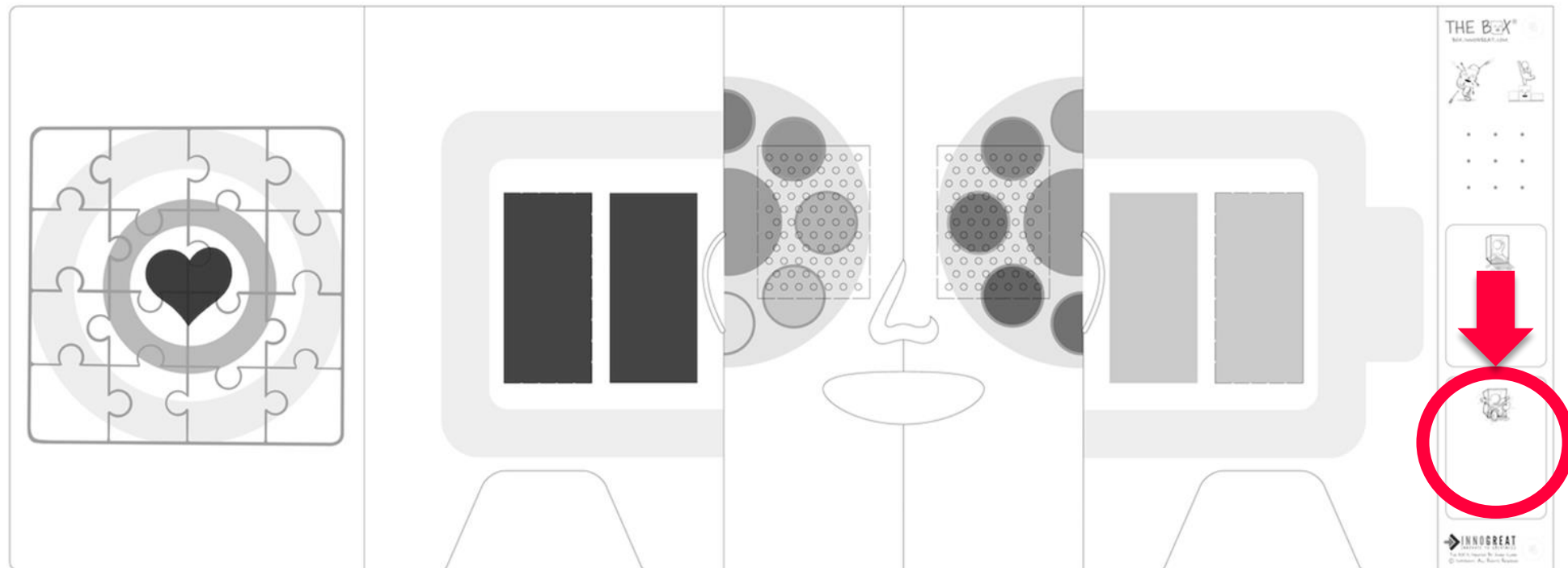


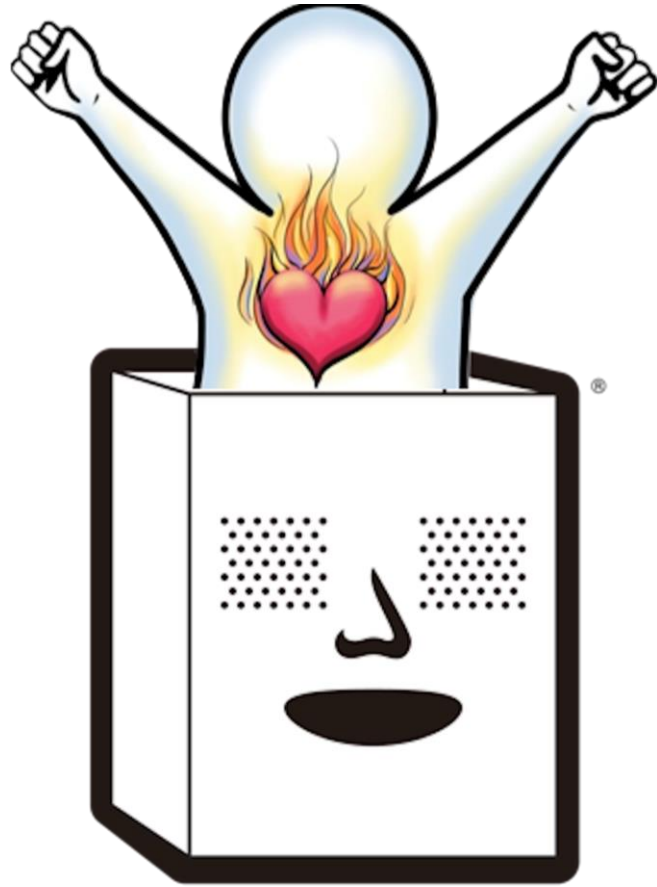
Open the *eyes* and the *ears*
Put the B□X on your head



In the small box at the bottom right

What did you learn today that is valuable for you?





It takes
courage
to put your
project in place!

Recycle your BOX by sharing what you
wrote in it with others.

Looking forward to meeting you again!



Hiba El-Khal

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