



The Coaching Models

This document is designed to complement the coaching tools matrix that can be found on pg. 443 of the 'Barefoot Bible'.

It is designed to serve as an index so that you're able to find the approach that you need to support your clients. If there isn't a page reference, it is because I had made my own notes on the page that model was discussed at that point in the course.

I hope that you find it helpful. If you have any feedback, please don't hesitate to get in touch - roderic.yapp@leadershipforces.com

Roderic Yapp (Classic Type A Personality!)

The Models

The big picture/skilled helper model p60

Theory of interpersonal needs

The wheel of anything p63

Listening approach p78

Questions and the RAS p88

Grow model p89

Cigar model p93

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Hot seat questioning p113

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Change and neural pathways p133

Know how exercise p137

What are your values p139

Anchoring p141 p449

Cognitive dissonance p143 *(For more information on this,*



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see Matthew Syed's 'Black Box Thinking')

McClellands social values p144

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ABC model p177

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Pressure and performance p178

Locus of control p179

A/B personality types p181

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Emotional needs audit - inserted after p185

Mood scale - *not in the document but notes on p185 from John's session*

Positive psychology p189

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The fixed vs. the growth mindset p194

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Choice perspective p195

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Common depression symptoms p255

Common anxiety symptoms p257

Heron intervention categories p261

Factors affecting mood and feelings p264

Career timelines p271

Imposter syndrome p273



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Session 7 - Damien Hughes - no notes provided but this is a summary of what we covered

Judgment of people - double loop learning

When are you at your best/worst?

Self-consistency images and theory

What are your trademark behaviors?

Chimp paradox and the tripartite brain

4 basic emotional needs

Six-leadership styles p307

Transactional analysis p361

Ego states - parent adult child model p362

Slot rattling - *moving from one extreme behavior to another*

Stroke index and stroke economy p365

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Self-characterisation p366

Ego integrity scale

Scripts and your life story p368

Discounting p370

Transference and counter transference p372

Walking exercise p381

Team coaching p383

Gestalt coaching p352

Inner boardroom exercise p355

Aspects of my life p453

Time management questionnaire p465

People in my life exercise p477 *'you are the average of the five people you spend time with...'*

Transactional analysis questionnaire p481

Obstacle analysis grid p493