

Program and Personal Development Review

Rate your current level of embodying each competency based on the following four stages of competence and answer the reflection questions to deepen your insight.

Conversational Essential: Open to Influence – Connecting without judgement; engaging and listening to what others are saying and even thinking, rather than preparing for what we want to say next.

1 ----- 10

Unconscious	Conscious	Conscious	Unconscious
Incompetence	Incompetence	Competence	Competence

I rated myself here because ...

An example of my growth and development in this competency:

Conversational Essential: Prime for Trust – Creating a healthy mental, emotional and conversational environment that activates higher levels of partnering.

1 ----- 10

Unconscious	Conscious	Conscious	Unconscious
Incompetence	Incompetence	Competence	Competence

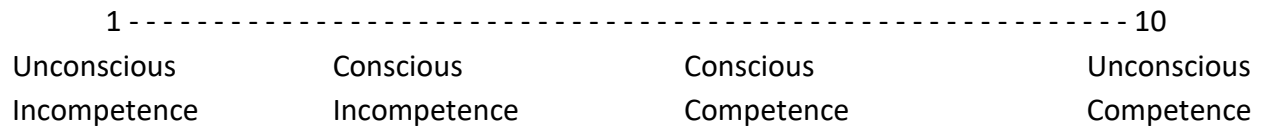
I rated myself here because ...

An example of my growth and development in this competency:

Program and Personal Development Review

Conversational Essential: Ask Questions for Which You/We Have No Answers –

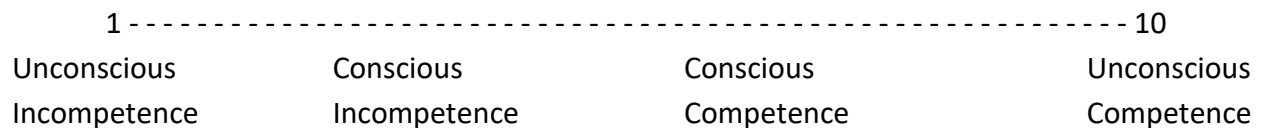
Being in a mindset of discovery and co-creating a space of sharing and discovering.



I rated myself here because ...

An example of my growth and development in this competency:

Conversational Essential: Listen to Connect – Focusing attention on the other person: opening yourself up to connect to the other person’s aspiration and ‘view of the world’ in a non-judgmental way.



I rated myself here because ...

An example of my growth and development in this competency:

Program and Personal Development Review

Conversational Essential: Sustain Conversational Agility – Moving in and out of conversations with ease and agility; create new ‘conversational space’ that elevates trust and invites wisdom and insight to emerge.

1 ----- 10

Unconscious	Conscious	Conscious	Unconscious
Incompetence	Incompetence	Competence	Competence

I rated myself here because ...

An example of my growth and development in this competency:

Conversational Essential: Double-clicking – Uncover and explore what is in the other person’s mind, gaining clarity and deeper understanding of others’ perspectives, their deeply held beliefs, and their unique points of view.

1 ----- 10

Unconscious	Conscious	Conscious	Unconscious
Incompetence	Incompetence	Competence	Competence

I rated myself here because ...

An example of my growth and development in this competency:

Program and Personal Development Review

Make the Invisible Visible - Bringing attention to the unseen dynamics and patterns in the conversation and partnering with it.

1 ----- 10
Unconscious Conscious Conscious Unconscious
Incompetence Incompetence Competence Competence

I rated myself here because ...

An example of my growth and development in this competency:

Deconstruct Conversations - Examining what was said, how it was said and the impact it had on the receiver, in relation to the intention of the sender.

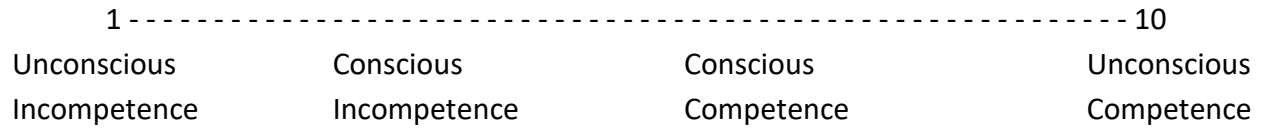
1 ----- 10
Unconscious Conscious Conscious Unconscious
Incompetence Incompetence Competence Competence

I rated myself here because ...

An example of my growth and development in this competency:

Program and Personal Development Review

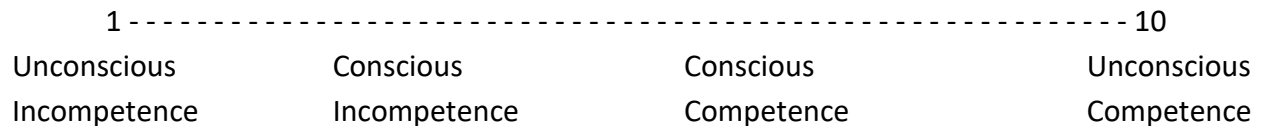
Words Create Worlds - Going through the cycle of setting intentions, checking for impact, and partnering to co-create meaning.



I rated myself here because ...

An example of my growth and development in this competency:

Navigate with Roadmaps - Laying out the co-creation pathway for conversations and activities to accomplish an aspiration.

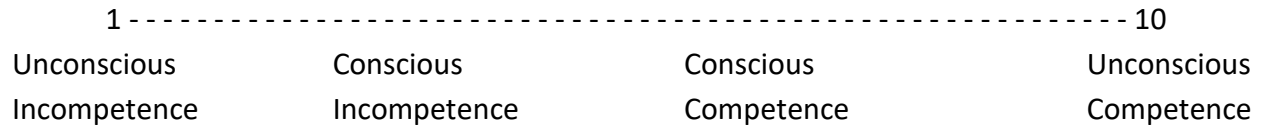


I rated myself here because ...

An example of my growth and development in this competency:

Program and Personal Development Review

Co-regulation - Partnering to up-regulate oxytocin and trust, and down-regulate cortisol and fear by building a foundation of TRUST and co-creating reality.



I rated myself here because ...

An example of my growth and development in this competency:

◆ Your personal journey of discovery.

- The ‘**Why**’ for the changes in **your** attitude, behaviour and leadership style.

- The ‘**What**’ behind your **team’s** growth and transformation.

Program and Personal Development Review

- The 'How' to successfully **embody** the key philosophies for establishing **TRUST** with your team members (and they, theirs).

- The 'When' to use *Level III Conversations* to move from a *Transactional* to a *Transformational* team focus.

Coachee:

Signature

Date

Coach: Michael John Cameron PCC

Signature