

BEST EMPOWERMENT TIPS

1. Take uncharacteristic action:

For example:

Uncharacteristic	Communication
Uncharacteristic	Location
Uncharacteristic	Media
Uncharacteristic	Ideas
Uncharacteristic	Participation
Uncharacteristic	Respect
Uncharacteristic	Gifts
Uncharacteristic	Scale
Uncharacteristic	Style
Uncharacteristic	Overtures
Uncharacteristic Reduction in Tension	

2. Creative use of awareness: “What are you aware of right now about yourself, about others, about the situation?”
3. Helicopter: “If you were now a helicopter, how high would you raise yourself and what would you then see?”
4. Take 100 percent responsibility.
5. Create a Double Bind: “What opposing forces can you reveal or introduce, that will force new levels of thinking?”
6. Distinguish what’s happening from interpretations: “What’s actually happening?”
7. Inquire Appreciatively: “What do I want my question to accomplish?”
8. Practice Beginners Mind
9. Accept inconsistency: “What is the inconsistency I cannot accept, which if I accepted it, would bring me back to mission?”
10. Use conversations for relationship, possibility, opportunity, action, breakdown.
11. Make unreasonable requests.
12. Listen Generously.
13. Speak from the heart.

14. Make the strategy that is 'off the pitch' painfully real.
15. Tell the truth about your experience.
16. Ask about or say what's forbidden. "What is forbidden that you can ask or say directly?"
17. Talk to the resistance. "What is being resisted that you can speak to directly?"
18. Shift your attention to the place you want energy to go.
19. Identify/ provide the missing conversation.
20. Ask for coaching.
21. Coach the person, not the situation.
22. Assure Dialogue.
23. Promise What You are Afraid of.
24. Celebrate What's Right with the World. (from Dewitt Jones)
25. Demonstrate that you won't see it until you believe it.
26. Show that vision causes perception and perception causes reality.
27. Always seek another right answer.
28. Enhance what's right and get rid of the rest.
29. Always return to beginners mind
30. Do most of the coaching by listening
31. Coach the way the person is behaving not the situation.
32. Use questions and never tell
33. Be committed to the individual versus what you want
34. Be not afraid to tell your truth kindly
35. Stand for clear contracts with the person being coached

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