

Session 10: Run Sheet

Group:

Explain what the TQ ten colours are briefly.

Let them do the 10 colour assessment. Remind them that this is just a snapshot of where they are today and tomorrow, their scores could be quite different.

Remember, internationally, the average score is 32. If they are very high or very low, clarify with them:

- How do you know that this is an accurate score?
- What evidence do you have?
- Is this realistic and accurate?

1) Connect their TQ to their DiSC:

- High D's and I's easily do well with Mission and Passion
- High D's are really good at "act now"
- High C's are able to plan well and put systems in place with great organising.
- High S's are great with Synergise as this is all about team/people/

2) Connect their TQ to their SWOT and Goals, Dreams, Visions...

Things to discuss or to think about for homework for their 1:1 session:

- What is holding you back (related to TQ and SWOT)?
- What do you need to do better?
- How good are they with helping themselves?
- Do they have wings yet?

3) Flex DiSC to ramp up their TQ colours:

- What part of your DiSC could you flex to improve your weaker parts of TQ?
- What edges show up – do they need coaching?

1:1

1) Remove negatives and replace with positives:

- Mr or Mrs client, find 3 negatives that holds you back or sabotages you the most.
- Which positives do they REALLY do well that would serve them better and replace their negatives.
- Coach around getting them to put this into actions – how they would look or play out.
- Consider if using the bookmark would be a benefit.

2) Is there something that the Saying goodbye exercise would serve well for?

- Give the negative Behaviour, Saboteur or Habit a name – it can be a wacky name and only needs to make sense to your client.
- What is the new behaviour or habit you would like to replace it with?
- What would that look like in real life?
- Be practical and specific...

3) Connect to SWOT

- Are they on track with reaching their goals, dreams or visions?
- Do they have wings yet or are they still very needy (do they wait for the coaching session or can they self help?)
- How would removing negatives assist them in moving forward towards their dreams?
- What is holding them back?
- What do they really need to do next?
- Are there any expectations that need managing?
- What is the fear that is holding them back or sabotaging them reaching their dreams or goals?