



Find Your Fit, LLC.

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Notes

Brain Basics

- **6 Insights of the Brain**

- **SCARF –Brain Drivers**

Coaching for Insights

- **Think about thinking**

- **Choose Your Focus**

- **Dance of Insight**

Cindy's Favorite Resources to get you started...

Cindy's Favorite Video Resources

The Brain – David Eagleman

The Brain that Changes itself – Norman Doidge, M.D.

You are Not Your Brain – Dr. Jeffrey Schwartz

The Neuroscience of Habit – Dr. Jeffrey Schwartz

Other Resources

Dr. Pascual Leones

<http://tmslab.org/aboutus-faculty-pascual-leone.php>

Dr. Michael Merzenich

<https://www.brainhq.com/world-class-science/science-team/dr-michael-merzenich>

Cindy's favorite Brain Books

Your Brain at Work and Coaching with your Brain in Mind– David Rock

Brain Maker – David Perlmutter

Brain Friendly Workplace – Erica Garms

Conversational Intelligence – Judith Glacier

And so many more!

Cindy's ADD Experts – Youtube, Websites and TedTalks

Dr. Daniel Amen

Dr. Russel Barkley

Questions taken from the book "Quiet Leadership", by David Rock

Thinking Questions

- "How long have you been thinking about this?"
- "How often do you think about this?"
- "How important is this issue to you, on a scale of one to ten?"
- "How clear are you about this issue?"
- "What priority is this issue for you in your work or life right now, top 5, top 3 or top 1?"
- "What priority do you think it should be?"
- "How committed to resolving this are you?"
- "How motivated are you to resolving this?"
- "Can you see any gaps in your thinking?"
- "What impact is thinking about this issue having on you?"
- "How do you react when you think that thought?"
- "How do you feel about the resources you have put into this so far?"
- "Do you have a plan for shifting this issue?"
- "How clear is your thinking about the plan?"
- "What are you noticing about your thinking?"
- "What insights are you having?"
- "How could you deepen this insight?"
- "Would it be worth turning this insight into a habit?"
- "Do you know what to do to turn this into a habit?"
- "Are you clear about what to do next?"

CREATE MODEL

Example Questions to Establish the Current Reality

- How long have you been thinking about this?
- What's one word that describes how you are feeling right now?

- What impact is this having on you physically?
- How important is this to you, on a scale of 1 to 10?
- How committed are you to changing this, on a scale of 1 to 10
- Are you close to an answer already, or are you at the start of your thinking?
- What is the insight brewing at the back of your mind?
- What is your goal here?

Example Questions to Explore Alternatives

- How would you like to move this insight forward?
- What are some of the possible paths we could take from here?
- How else could you see this?
- How do you want to feel about this?
- What other options come to mind for you?

Example Questions to Tap Their Energy

- What are some things you might do to achieve what you want?
- What is one step you could take towards that this week?
- What do you think your next step is, based on this new insight?
- How are you feeling about this now?

Example Questions to Check the reality

- How did you do with...
- Did you complete that 100%?
- Was there any part of the action that you didn't get to do?

Example Questions to explore the emotion

- How did you feel about completing / not completing this?
- You seem to have some charge around this action, can you describe what your emotions are in a word or two?
- Would you be willing to put aside your emotions around this action and focus on what you have learned?

Example to Validate the Effort

- What are you most proud of?
- Good on you for tackling such a challenging action.
- It feels like doing this has shifted the energy around this goal.

Example Questions to dig for Insights.

- What did you learn from this?
- What did you find yourself doing differently?
- What has become clearer, now that you've done the action?

Example Questions to expand the learning

- What are the implications of learning this?
- How does your learning impact other things you are learning on?
- What did you find yourself thinking about or doing differently as a result of this insight?

Example Questions to find out What's Next

- What would you like to do now that you have had this new learning or insight?
- What action would you like to set?
- What if implementation could be helpful here? ("If I am in circumstance X, then I will do Y, in order to achieve goal Z")