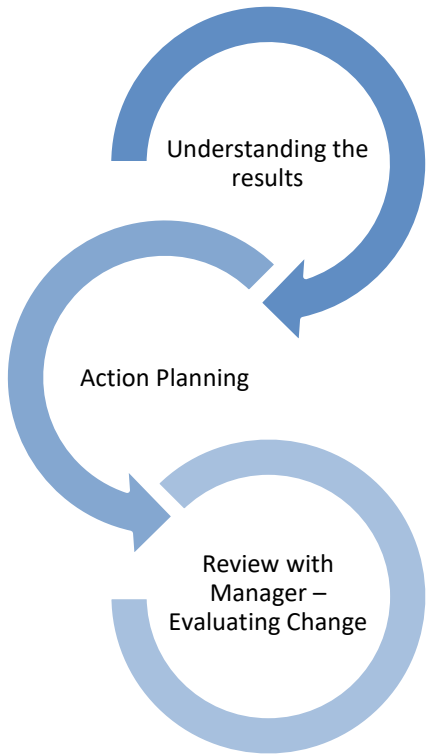
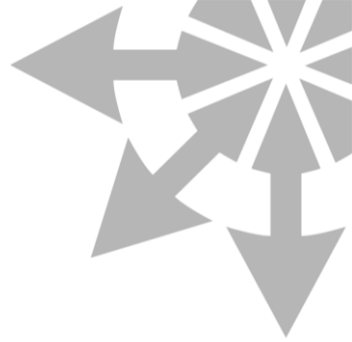


Your LSI Feedback Next Steps
Turning insight into action

Coaching Process



Awareness Raising: Session 1

- Gaining awareness and insight into how you think and behave (LSI 1 & 2)
- Understanding what motivates your behaviour and how others perceive you.
- Begin to identify focus areas (styles to reduce/grow).

Acceptance to Action: Session 2

- Target your focus areas for change – identify what would support you in becoming more effective.
- Translate into meaningful action planning/goal setting
- Develop individual strategies for sustaining performance.

Handover: Session 3 with your High Level Manager

- Share your learnings and insights & focus areas for change
- Gain further input from your leader
- Specify the support you would like to sustain change.

Reflection Prompters



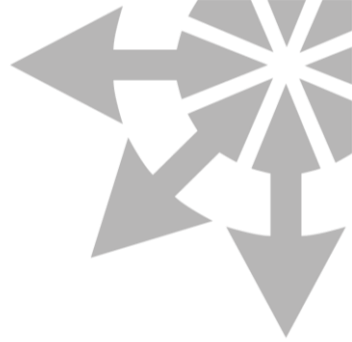
To support you in taking meaningful action from your feedback, some prompting statements/questions should support your reflection between session 1 and 2. You can print and complete these questions or use your journal to capture your thoughts.

What occurred to you following your initial LSI debrief? What was sitting with you as a result?

What surprised and pleased you about your feedback?

What does your LSI 1 (thinking) suggest to you? When does it help ? When does it hinder you?

Reflection Prompters



What does your LSI 2 (behaviours) suggest to you? When does this help? When does this hinder you?

What would you like to work on increasing/decreasing? Why is this important to you?

In 12 months from now, what would you like to be different?
