

COACHING KATA – EXECUTING PHASE



0 What is your **Challenge**?

1 What is your **Target Condition**?

2 What is your **Actual Condition** now?

What did you **plan** as your **Last Step**?

What did you **expect**? What **internal dialogue** did you expect?

What **actually happened**?

What did you **learn**? (*About the process, others, yourself*)

3 What **Obstacles** are preventing you from reaching your **Target Condition**?

Which **one** are you addressing now?

What exactly is the **problem**?

4 What is therefore your **Next Step**?

What do you **expect**?

How might your **internal dialogue** prevent you from taking this step?

5 How quickly can we go and see what you've **learned** from taking that step?

COACHING KATA – PLANNING PHASE



0 What are you **trying to achieve**?

1 Where are you now in the **Scientific Thinking** process?

2 What did you **plan** as your **Last Step**?

What did you **expect**? What **internal dialogue** did you expect?

What **actually happened**?

What did you **learn**? (*About the process, others, yourself*)

3 What is therefore your **Next Step**?

What do you **expect**?

How might your **internal dialogue** prevent you from taking this step?

4 Is there anything in your way of taking that step?

5 How quickly can we go and see what you've **learned** from taking that step?