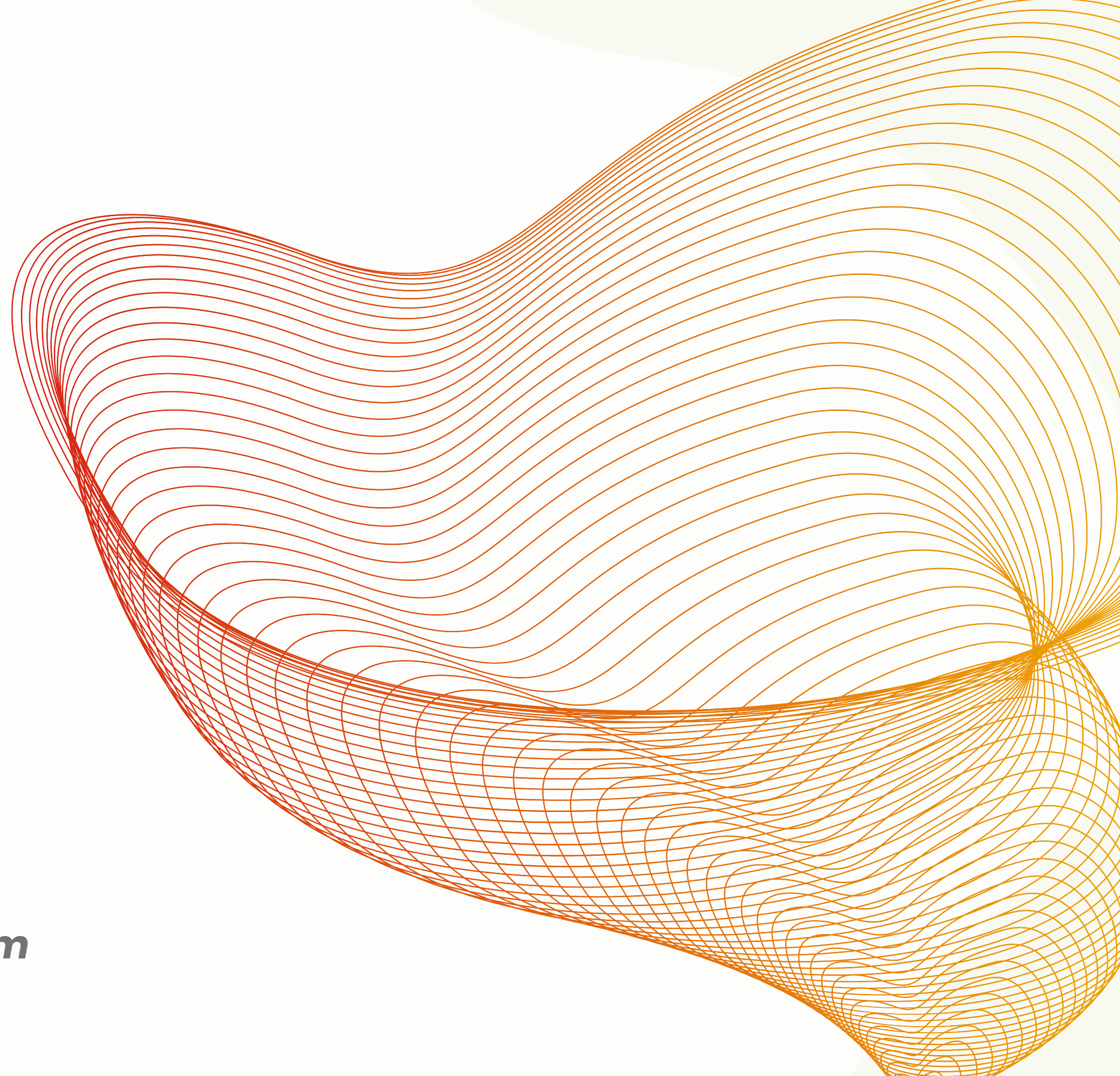




- The Transformation Playground -

Deep Coaching



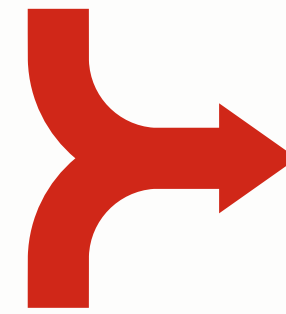
Facilitated by **Jasmine's Playadiem**



TO DEPEND ON SELF
FOR DIRECTION ON
THE ROAD AHEAD



CONNECT TO YOUR
NATURAL GIFTS &
TALENTS



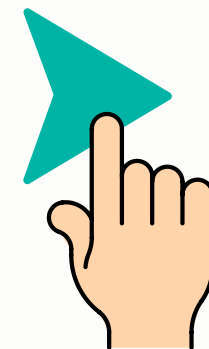
TO MERGE THE
DOING AND THE
BEING



TO DEEPEN INSIGHTS
AND DELVE DEEP



FEEL THE POWER OF
SILENCE AND
ACKNOWLEDGEMENT



FOR THE ONLY WAY
OUT IS IN



INVITATION TO
INTROSPECT



A journey to becoming your best version
using the most powerful source: **yourself**



Get coached by coaches who embody the philosophy and principles of coaching



Adopt standards of presence that promote creating a safe space and sacred space for self and the client in the coaching relationship



Holistic coaching model which works with the Doing and Being



The coaching space assures safety, confidentiality and a supportive learning environment

What is Coaching?



Insight to Oneself

Understanding oneself, one's identity process and propensities and orientations



Foundation Knowledge

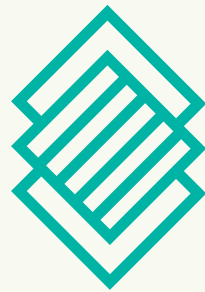
Core concepts, tools, frameworks and processes of coaching to build a robust coaching engagement



Practical Knowledge

Bringing knowledge and self awareness into practice and be present in a contemplative conversation with the client

Learning Outcomes



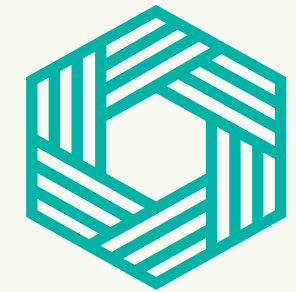
Working with each participant and their inner propensities, identities, aspirations and heroic potential



Partnering with the client to help discover, clarify, align with the client's dreams, inner wisdom, and help them to work with it in a way that is mindful and respectful of the client's pace and life context

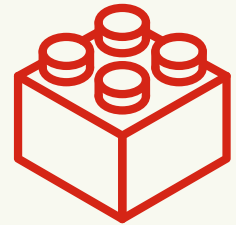


Establishing tools and frameworks, developing a coherent model of mentoring / coaching, and help the client work towards outcomes and approaches from client's perceptive



Helping the client comprehend and grasp from the feedback received from others and/or using established profiling tools. Thus, helping them to make informed action choices by generating insights and context

Methodology



Lego Serious Play

Is a structured approach for uncovering personal and systemic insights for strategic decision making, problem resolution and self development in dynamic business environments. The core facilitation process is marked by an elegant simplicity which is simultaneously cognitively intensive



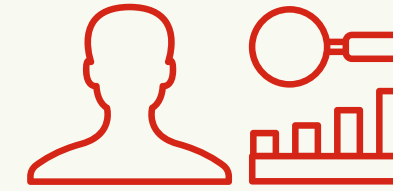
Psychometric Test

Personality assessment identifies an individual's type (made up of four basic preferences), and provides a common language around how people interact with others and the world around them



NLP Exercises

These activities help participants use all five senses to build a clear picture through visualization, to connect to their strengths and their very being. This helps participants work on their goals and objectives using their inner resources



Identify Your Archetype

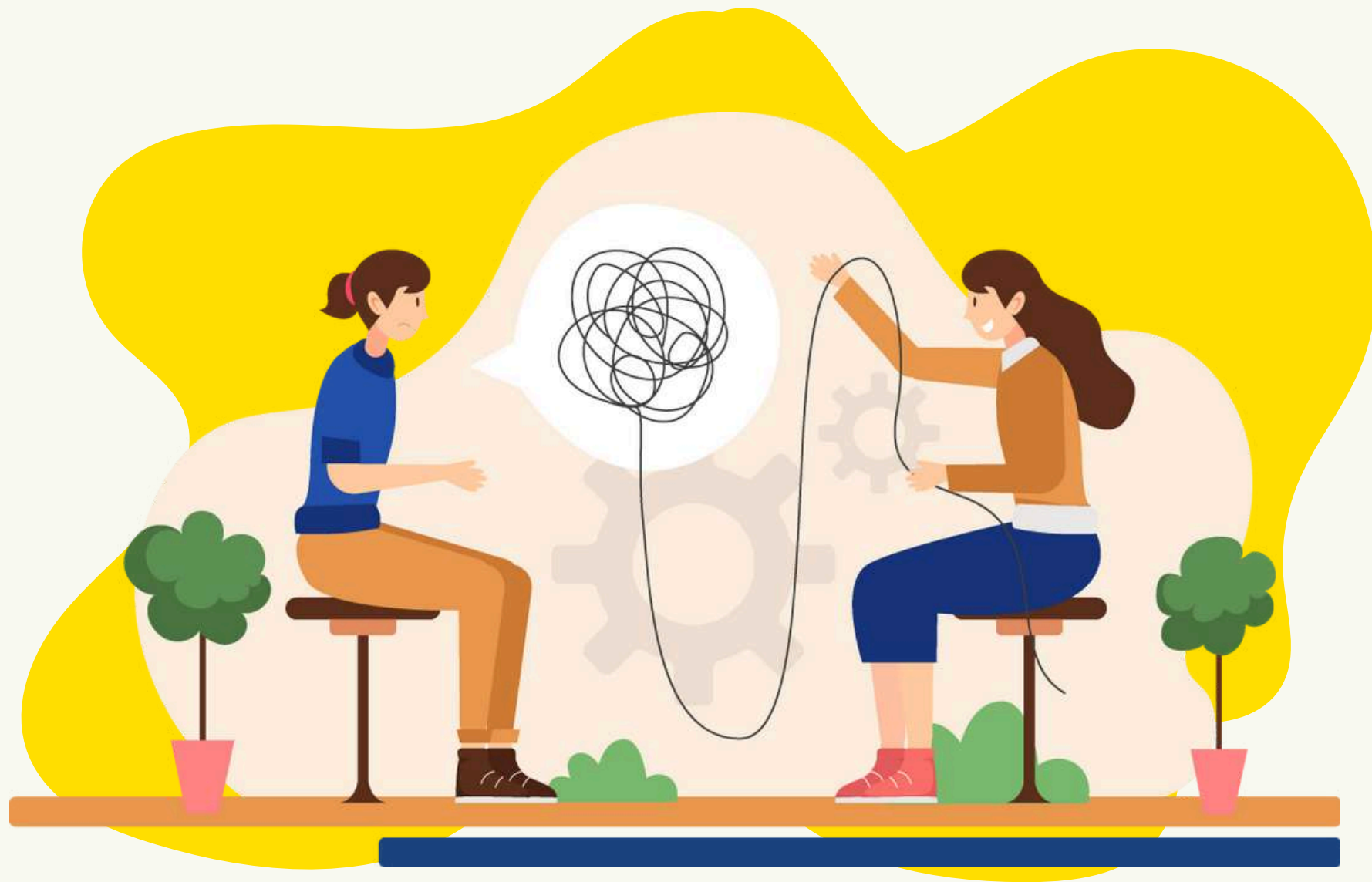
To identify the different archetypes in real-time and connect behavior patterns and look for similarities and differences. A reflective mirror to introspect and understand certain behavior patterns which could be self-limiting



Working with Stakeholders

These activities encourage participants to be sensitive and responsive to their stakeholders, be specific in their communication and build on each other's strengths. This will enable them to build trust, mutual cooperation and confidence

Coaching Structure



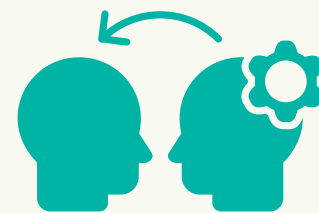
Preparation



- Manager and Coach Interaction
- Context of the coachee and the ecosystem (Why)
- Expectation from the Intervention (What)
- Process Followed (How)



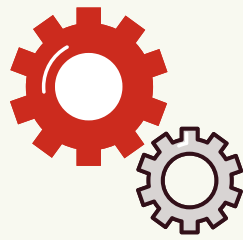
- Manager and Coach Interaction
- Establish need for Coaching (Why)
- Opportunity to focus on Self Development for larger roles in the future
- Empowerment to choose the Coach of Choice basis Chemistry session with the proposed coach



- Coach And Coachee Interaction
- Face to Face meeting between coach and Coachee to explore compatibility

Traction

SESSION 1/2



- Debrief on the psychometric tool
- Exploring ambition for Business & People
- Understanding Roles & Goals
- Discussing strategies and operating rhythm
- Establishing mutual expectations and norms from the engagement

INITIAL - 3 WAY CHECK IN

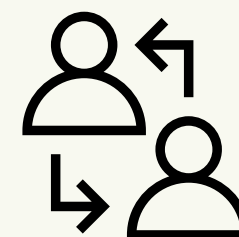


- Discussion with (Manager/ BU Head/ CEO)
- Coach & Coachee to agree on goals for coaching
- Initial 3/ 4 sessions (first half)
- The first set of One on One Sessions



MID WAY - 3 WAY CHECK IN

- Short summary of progress, successes, challenges, and support required by Manager



LATTER 3 / 4 SESSIONS (SECOND HALF)

- Last set of One on One sessions

Closure



What went well, what could be better, impact on person, impact on business, outlook for the future

What is the Role of a Deep Coach?



There is no tree better designed to withstand the tempestuous winds of a hurricane than the palm –its upper reaches flex and bend while its trunk remains fixed and well-grounded. A strong steel pole can also withstand the raging winds of a hurricane, yet there is something about the way the palm responds to the hurricane that makes it a fitting analogy for a Deep Coach. The steel pole, standing rigid and straight, wavering only slightly in the wind, seems cold, detached, almost resistant; the palm, on the other hand, flexing and bending just the right amount, seems to become one with the storm.

Transactional Coaching

FOCUS: THINK AND DO DIFFERENTLY

- Issue-focused
- Results-driven
- Action-oriented
- Surface-level

Intent: Explore new ways to perceive, think, and act in relation to an issue.

Premise: One's existing way of being is sufficient to generate the desired results and outcomes.

Transformational Coaching

FOCUS: BE DIFFERENT

- Being-focused
- Drives below the surface
- Gets to essence
- Space of shadow and light
- Illuminates one's inner operating system

Intent: To explore new ways of being and what it takes to embody an elevated and informed identity.

Premise: An expanded or shifted way of being generates the desired results and outcomes.

About Jasmine Suri

Jasmine's experience spans over a decade and a half in the Learning and Consulting space. Prior to starting Jasmine's Playadiem, she has worked with Evolv-NIIT, Intelenet, Merittrack, and Chrysalis HRD in a similar role.

It's not always comfortable to challenge or break norms. I'm able to connect with people and touch the feeling space.

Once the trust is established I help them construct and work towards becoming their best. My vision is to help people push their boundaries and live their lives to their fullest potential.

- Certified Fire Walk Instructor and Lifecoach
- Accredited Administrator of MBTI Suite of Instruments
- Certified Advanced and Master NLP Practitioner
- Theatre & Drama
- Belbin Team Roles
- Certified Coach by Marshall Goldsmith
- Foundation in Transactional Analysis
- Life Coach Certification Program
- Lego Serious Play Approach Certified Facilitator
- Instructional Design Certification by SHRM
- Unlimited Power by Tony Robbins
- Mahabharata Immersion Lab
- Certification in PsychoDrama
- Certified Life & Leadership Coach-CLC
- Associate Certified Coach (ACC)- International Coaching Federation
- Deep Coaching Intensive- CCE



Clients Speak



GANESH SHENOY

**Sr. Manager, Corporate
Management Services,
Mahindra & Mahindra Ltd.**

I thought of writing in to, once again, place on record my sincere thanks for being an unbiased, down-to-earth, and objective sounding board, and of course, a very dear friend. It's been a year since our Coaching sessions first started and we have, over this period, deliberated several wide-ranging aspects from Networking Effectively with stakeholders to evolving innovative ways of strengthening resolve and resilience; from Public Speaking and Corporate Presentations to Managing One-to-One On Interactions. Your ability to ask the right questions and then go deeper has been immensely helpful in addressing key issues. Yet, through all this, you didn't just give advice but rather enabled me to come up with my own answers! As I strive to practice, on a day-to-day basis, all the things that we've been working on over the last 12 months, I wish to thank you for your valuable feedback and very timely interventions. Many thanks once again and wish you the very best in all your endeavors!

Clients Speak



VAIBHAV SINGH
Corporate Finance,
Mahindra & Mahindra Ltd.

When I think about our coaching session, it reminds me of a quote from Robert Frost that “I am not a teacher, but an awakener.”

you in the last 1 year. The funny part of the entire coaching is that all the solutions to problems were lying within me but you were the one who helped me to bring it out. I am sure the learning that I gained in the last 1 year will help me for a lifetime.

I would recommend that organizations/ institutions should provide coaching solutions to all employees because I firmly believe that it has really worked out for me and has brought a positive change in my personal as well as professional life.

Our Clients





Thank You



Transformation through #SeriousPlay™

A partial orange circle in the bottom right corner of the slide.