

ME Coach Workbook

Choosing what you really want.



The ME Coach model
Appreciative & Investigative



You have chosen to start a coaching programme. Tough! Because this means you are going to gain more self-insight and self-knowledge. And that is a brave choice! After all, coaching is always a confrontation with yourself. You won't escape that. You will learn a lot about yourself and discover how you make choices.

Exciting, but also great fun. Because it will help you find the job you are looking for and that suits you, reducing your choice stress and/or following your heart. And that, of course, is why you started in the first place. A pleasant prospect right?

What does a coaching programme in ME look like?

A track consists of a number of (sub)parts:

- self-examination
- your objective and
- a roadmap.

Below, I briefly explain the different parts.

Self-examination

Our coaching process consists of four basic questions:

1. Who am I?
2. What do I want?
3. What can I do?
4. What choices will I make next?

To answer these questions, we use the ME Coach approach. This is a model that is appreciative and inquisitive. It is based on the methodology of Appreciative Inquiry.

Your goal

With us, a coaching process always starts with formulating the goal of your coaching process. This involves formulating what you want to achieve with the coaching. This workbook is therefore full of assignments and questionnaires to achieve your goal.

The basis for getting answers to the question of what you really want is, of course, self-knowledge. Therefore, the first half of the coaching process focuses on gaining this self-knowledge (but this is of course an ongoing process). We answer the questions “Who am I?” and “What do I want?”.

In the second half, we focus more outward. We then get concrete and start connecting actions to your desires.

A roadmap of targeted actions

In the second half of your coaching journey, it's time to connect your future aspirations to what you can do, to your potential. We look at this realistically and pragmatic. It is then time to enter the outside world. To do so, we list steps and action points to reach your goal.

In this phase, the emphasis is on networking, orientating yourself on possible next steps and finally on applying for a job. When it comes to a career path.

If it is more of a thirty-something dilemma, in the second phase you will start experimenting in your daily life with implementing your resolutions.

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What can you expect from your coach?

We guide, mirror, give professional feedback, ask questions and confront where necessary. This is how we get the most out of your coaching process. This workbook is supportive. You can complete all the assignments or just do the exercises your coach suggests. A final option is to simply put the workbook aside and do the assignments your coach puts together especially for you.

This is entirely up to you.

The point is to get a coaching programme that suits you. Only do exercises if they energise you and not because they are ‘homework’. That way, you stay close to yourself and what you like.

Finally, the success of the coaching process depends on your own commitment. Your commitment determines the extent to which you will achieve your objective.

Besides insight, self-knowledge and action, I wish you much fun with your coach and career journey!

Manou van Eerten

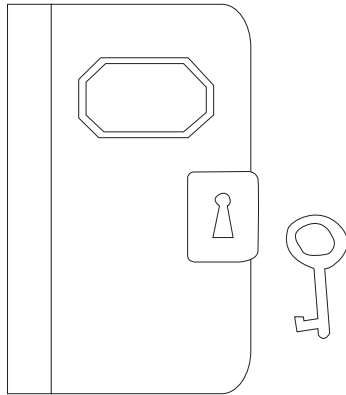
Generation-Expert and
Founder of The ME Company



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DIARY

PURPOSE

Keep track of what happiness/energy/thankfulness/joy is in it for you.

You will keep a diary, writing down three things each day that energised you or made you grateful.

For example:

- something that made you laugh
- something you did
- a nice text you saw somewhere
- a nice picture
- a compliment you received from someone.

Do this for at least eight days at a fixed time, such as before bedtime. It's best if you can share it with someone, e.g. your partner. It may be something different every day or the same things every day. It doesn't matter.

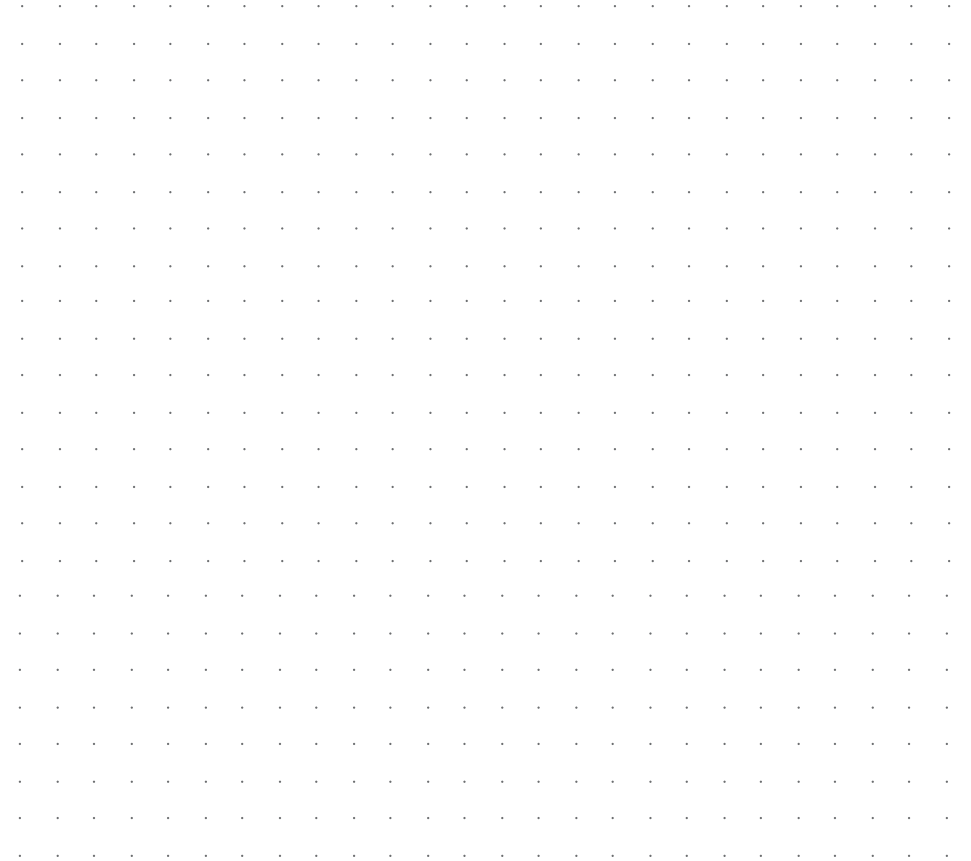
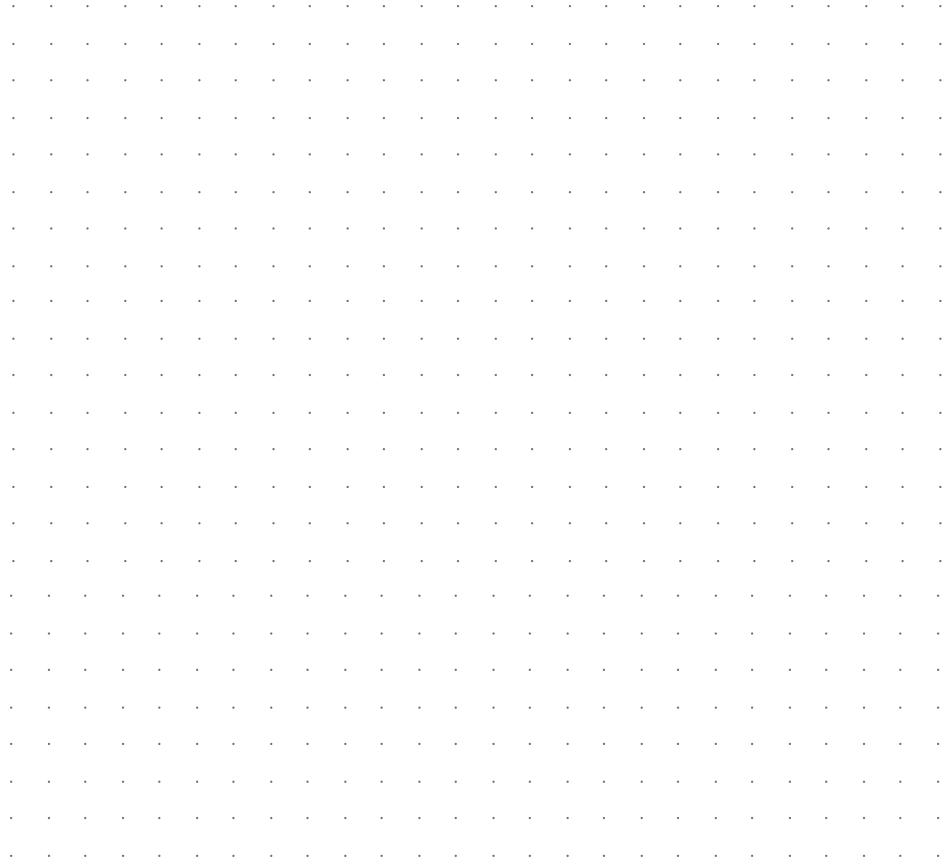
By keeping track of this, you become more aware of what is really important to you in life. This will help you see where you can put more energy into when you are feeling down on yourself.

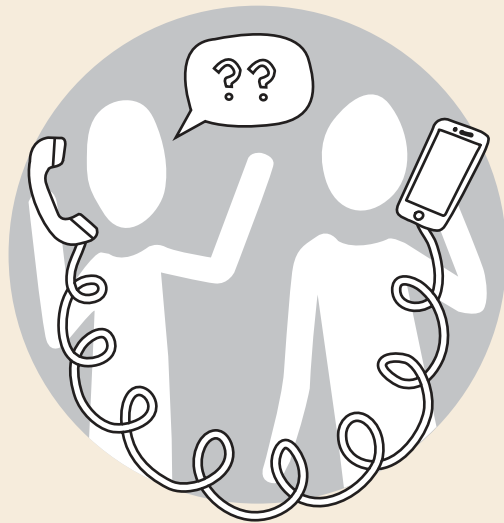
Other questions that can help you become more aware of signals from your body and your feelings:

- How do I feel?
- How does my body feel?
- How is my breathing (high, deep, fast, slow, irregular, steady...)?
- What do I need?
- What does my intuition have to tell me?



Tip! The eye wants something too! So don't use just any notebook you have lying around somewhere, but buy a nice one that suits you. You have so many special notebooks and that makes doing this assignment even more fun!





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