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**Deep Dive Coaching & Preparation Worksheet**

Deep Dive Coaching is a **one-on-one session** between the coach and the presenter, held **before** the Forum meeting. This session helps the presenter refine their Deep Dive topic, gain clarity, and prepare for a meaningful discussion with the Forum.

**1. Issue Statement**

What specific challenge, opportunity, or decision do you want to explore in your Deep Dive?

**2. Clarifying the Situation**

The coach and presenter work together to refine the issue by considering:

* **Background:** What led to this situation?
* **Current Status:** Where do things stand now?
* **Future Options:** What choices are available, and what are the pros and cons of each?
* **Deep Dive Perspective**: Of everything you’ve shared, what are you most troubled by, uncertain about, or stumped by today?

**3. Exploring the Depths**

The **visible 20%** of the issue includes facts, data, and events (who, what, when, where). However, the **deeper 80%** lies in emotions, motives, gut sensations, dilemmas, and core beliefs.

**Key Coaching Questions to Explore:**

* Where do you feel the most uncertainty, confusion, or fear?
* How might your **own actions or mindset** be contributing to this challenge?
* If you were to **fail**, what would that mean for you and those around you?
* What is your **biggest personal challenge** in this situation?
* What **feelings** are surfacing for you?
* What **outcome do you hope for**, and how confident are you in achieving it (0-100%)?

**4. Supporting the Deep Dive Presenter**

**What Coaches Should Focus On:**

✅ **Quiet the mind** – Let go of distractions and truly listen.  
✅ **Reflect back** – Ensure accuracy in what you’re hearing.  
✅ **Listen beneath the story** – Identify the deeper struggles and challenges.  
✅ **Focus on core issues** – Help uncover what truly matters.  
✅ **Coaching is NOT about solving problems** – The goal is to facilitate insights, not provide answers.

**5. Coach’s Notes & Final Preparation**

* **Observed Feelings:** What emotions stood out during this coaching session?
* **Intensity Level:** How much emotion, distress, excitement, or pain was present? *(Low / Medium / High)*
* **Key Takeaways:** What themes or patterns emerged that may help shape the Deep Dive?
* **Refined Deep Dive Focus:** After this session, what should the presenter prioritize when sharing with the Forum?