

# ROGUE FORUM

## 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.

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### 1. Issue Statement

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

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### 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?
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### 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%)?
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#### 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.
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#### 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?