



Skill Builder – Week 22-24

Integrating Axes of Change

For this skill builder, you will have been sent a copy of Meta-Coaching Volume I. I would like you to read through chapter 14-16, which discusses the Axes of Change.

You will be receiving a video of how I have integrated the Axes of Change. However, before you get that, I would like you to go through this skill builder.

Skill Builder

1. When you consider the four meta-programs (or the roles) in the Axes of Change, which ones do you prefer. Are there any roles that you steer clear from, that you don't like? What do you need to do to stretch yourself to have more flexibility?
2. You have worked on the Well-Formed Outcome and creating an internal template to keep track of where your client is and where he/she wants to be. When you take a look at this, where does the Axes of Change fit in. Where in the WFO do you see the Axes of Change, and vice versa? How do they complement one another? → Use this to expand your template, so you can keep track of where you're while you are coaching. How would YOU do this?
3. Make a list of meta-questions that you ask when going through the Axes of Change.