

## How To Use Coaching Notes

*“A problem well stated is a problem half solved!” Christopher Howard*

When you can clarify an issue at a conscious level by writing it down,  
The Coaching Game can guide you to a solution through a different point of view.



The Coaching Notes are used to record the process of:

- Identifying your issue,
- Keeping track of the journey the game takes you on,
- Recording the “aha” moments as new Point of You emerges, and
- Tracking the actions to take in order to get a better outcome!

Here is how to use your coaching notes:

1. Choose an issue with which to play The Coaching Game. It could be something that is on your mind, one you are dealing with now, an issue that is causing you to lose sleep or a decision that you have been putting off.  
  
Try being playful in the beginning with something light hearted!  
  
Whatever it is, right it down under “My Issue” and record the date
2. Open the layout chart and choose the process that will best suit the issue that you have chosen to work on. Write down the process on your notes. If none of the processes on the layout chart appeal, visit our website where you will find additional resources. [www.hrmanagementservices.com.au](http://www.hrmanagementservices.com.au)
3. Select a card or cards. There are so many different ways of choosing a card we recommend that you dedicate some time to learning about the process of selecting and connecting with cards. Please see information on the website on how to do this or refer to the Points of You book in that accompanies the game.
4. On the note pad, record each card selected by topic name and number.
5. Now it's time to play The Coaching Game and there are many ways in which you can get a different “Point of You”, so these instructions can also be found elsewhere.
6. How do you now see the problem? Write your realisations and insights on the reverse side of the coaching note. Need more space? Start a Coaching Game journal as you take a journey through the endless points of you that this amazing game can bring.
7. Time for action! No point having a realisation without implementing a change! What will you differently today, tomorrow, next week or in the future, now that you have changed? Time to record you action on your coaching notes.