

# Conversational Intelligence<sup>®</sup> For Coaches Immersion Experience Workbook

2018



*The purpose of this workbook is to be a guide, a place to take notes, write down “ahas”, draw pictures, doodle -- anything that comes up for you while we are progressing through The Conversational Intelligence<sup>®</sup> for Coaches Immersion Experience.*

***Enjoy the session to the highest -- we are very glad you're here and...***

***...let's dive in!***

## WHY Conversational Intelligence?

What is Conversational Intelligence® and why is it important?

*Your answer*

## Getting To The Next Level of Greatness

*Your notes*

# Trust Changes Reality:

The Conversational Dashboard

*Your notes*

## What are your Aspirations for this session?

*Your notes*

## The “I-WE” Concept

*Your notes*

## Epigenetics

*Your notes*

# Conversational Syndromes

List what you hear on the session and think of other Conversational Syndromes you may have seen inside teams or organizations.

*Your answer*

## 3 Levels of Conversation

*Level 1*

*Level 2*

*Level 3*

## Making the Invisible Visible

List ways to transition from the invisible → the visible.

An exercise to come back to after the session

*Your answer*

## I to WE - We are standing at the precipice

C-IQ & Elevating Trust

*Your notes*

***"We don't usually remember what people said or did..."***

***-- however, we do remember how they made us feel!" ~Maya Angelou***

## **Personal Notes**

Use the space below to jot down general notes, keywords or other references from the session, so you can reflect on them again later.

*Your notes*

## What are your 3 key Takeaways from today's session?

*Takeaway 1*

*Action*

*Takeaway 2*

*Action*

*Takeaway 3*

*Action*



# Your Immersion Experience

Take 5 minutes and explore what new curiosities opened up for you as a result of this session.

## **1. What did you love most about the C-IQ Immersion Experience?**

*Your answer*

## **2. What would be most valuable for you to learn more about in the Conversational Intelligence® for Coaches Program?**

*In your personal life*

*In your professional life*

### **3. Engage the C-IQ Community!**

Make sure to visit the Facebook community and add your reflections to this thread:

<https://www.facebook.com/groups/ciqcoach/permalink/2059788657623747/>

Share your biggest “aha” moment and what you want to do with that now that you have it!

***We are grateful to share this work with you, and we look forward to growing our mission of changing the World one conversation at a time ... together***

**-- Judith & the C-IQ Team**

