

LiveMind Coaching Teams

Coaching Teams was assembled by Robert Weidner, and is based on:

An interview with Aikido master Endō Seishirō shihan, retrieved from <http://en.wikipedia.org/wiki/Shuhari>.

The Five Dysfunctions of a Team, written by Patrick Lencioni.

Nonviolent Communication: A Language of Life, written by Marshall B. Rosenberg, PhD.

Drive, written by Daniel H. Pink.

The Four Agreements, written by Don Miguel Ruiz.

Shu-ha-ri	Describes the stages of learning, from apprentice to master.
Shu: learn	Repeat the forms and discipline ourselves so that our bodies absorb the forms that our forebears created.
Ha: detach	Once we have disciplined ourselves to acquire the forms and movements, we make innovations.
Ri: transcend	We completely depart from the forms, open the door to creative technique, unhindered while not overstepping laws.
The Five Dysfunctions of a Team	The first step toward reducing politics and confusion within your team is to understand that there are five dysfunctions to contend with, and address each that applies, one by one.
Absence of Trust	The fear of being vulnerable with team members prevents the building of trust within the team.
Fear of Conflict	The desire to preserve artificial harmony stifles the occurrence of productive ideological conflict.
Lack of Commitment	The lack of clarity or buy-in prevents team members from making decisions they will stick to.
Avoidance of Accountability	The need to avoid interpersonal discomfort prevents team members from holding one another accountable.
Inattention to Results	The pursuit of individual goals and personal status erodes the focus on collective success.
Nonviolent Communication (NVC)	In order to communicate and fulfill our individual and/or mutual needs, without generating undo conflict, we focus our conversation on four areas--referred to as the four components of the NVC model.
Observation	First, we observe what is actually happening in a situation.
Feeling	Next, we state how we feel when we observe this action.
Need	Thirdly, we say what needs of ours are connected to the feelings we have identified.
Request	This fourth component addresses what we are wanting from the other person that would enrich our lives.
Intrinsic Motivation	When it comes to motivation, there's a gap between what science knows and what business does. Our current business operating system--which is built around external, carrot-and-stick motivators--doesn't work and often does harm.
Autonomy	The desire to direct our own lives.
Mastery	The urge to get better and better at something that matters.
Purpose	The yearning to do what we do in the service of something larger than ourselves.
The Four Agreements	Based on ancient Toltec wisdom, the Four Agreements offer a powerful code of conduct.
Be Impeccable With Your Word	Speak with integrity. Say only what you mean. Avoid using the word to speak against yourself or gossip about others.
Don't Take Anything Personally	Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream.
Don't Make Assumptions	Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can.
Always Do Your Best	Under any circumstance, simply do your best, and you will avoid self-judgment, self-abuse, and regret.

LiveMind Coaching Individuals

Coaching Individuals was assembled by Robert Weidner, and is based on:

The Big Five, retrieved from http://en.wikipedia.org/wiki/Big_Five_personality_traits.

Maslow's Hierarchy of Needs, retrieved from http://en.wikipedia.org/wiki/Maslow%27s_heirarchy_of_needs.

Wellbeing: The Five Essential Elements, written by Tom Rath and James K. Harter, PhD.

Emotional Intelligence 2.0, written by Drs. Travis Bradberry and Jean Greaves.

The 7 Habits of Highly Effective People, written by Dr. Stephen R. Covey.

The Five Factor Model (FFM)	Also known as "The Big Five" personality traits.	Maslow's Hierarchy of Needs
Openness	Inventive/curious vs. consistent/cautious.	Physiological
Conscientiousness	Efficient/organized vs. easy-going/careless.	Safety
Extraversion	Outgoing/energetic vs. solitary/reserved.	Love/belonging
Agreeableness	Friendly/compassionate vs. analytical/detached.	Esteem
Neuroticism	Sensitive/nervous vs. secure/confident.	Self-actualization
Wellbeing	Gallup's comprehensive study of people in more than 150 countries revealed five universal, interconnected elements that shape our lives.	
Career	Do you like what you do every day?	
Social	Do you have strong relationships and love in your life?	
Financial	Do you think money buys happiness? Studies show how we manage debt, and plan for the future, actually matter more.	
Physical	Do you have good health and enough energy to do what you want every day?	
Community	Do you take pride in your community?	
Emotional Intelligence (EQ)	Emotional intelligence (EQ) is your ability to recognize and understand emotions in yourself and others, and your ability to use this awareness to manage your behavior and relationships.	
Self-awareness	Personal competence based on what I see (i.e., awareness of your emotions).	
Self-management	Personal competence based on what I do (i.e., ability to regulate your emotions).	
Social Awareness	Social competence based on what I see (i.e., awareness of the emotions of others).	
Relationship Management	Social competence based on what I do (i.e., ability to regulate how you interact with others).	
The 7 Habits of Highly Effective People	Ignores trends and pop psychology for proven principles of fairness, integrity, honesty, and human dignity.	
Be Proactive	Proactive people focus their efforts on their Circle of Influence. They work on the things they can do something about.	
Begin With the End in Mind	Visualize what you want in life, rather than empowering other people and circumstances to shape you by default.	
Put First Things First	Live a more balanced existence. It's all right to say no when necessary and then focus on your highest priorities.	
Think Win-Win	See life as a cooperative arena, not a competitive one. Constantly seek mutual benefit in all human interactions.	
Seek First to Understand...	Then to be Understood. Communication is the most important skill. Listen so you really understand another human being.	
Synergize	The whole is greater than the sum of the parts... develop the habit of creative cooperation. Value differences.	
Sharpen the Saw	Have a balanced program for self-renewal in the four areas of your life: physical, social/emotional, mental, and spiritual.	