

## RBD Advanced Practice Follow-up Notes November 16, 2023.

### Part One: Time in Coaching

A. **Time Orientation** (based on Zimbardo's work, CVN's illustration, and expanded with my own thoughts. I have highlighted two distinct forms of each time orientation)

| Past Orientation   | Present Orientation   | Future Orientation   |
|--|---|--|
| <i>Positive Reminiscence:</i><br>Thinking fondly of the past           | <i>Hedonistic:</i> Enjoying life, feeling safe, comfortable, relaxed, enthusiastic, or thrilled. Seeing opportunity | <i>Goal Oriented:</i> delaying gratification, planning, tracking, scheduling, anticipating |
| <i>Rumination:</i> Dwelling on what went wrong or missed opportunities | <i>Fatalistic:</i> Accepting the way things are   | <i>Fantasizing:</i> Basking in an ideal vision, enjoying it in the present                 |

B. Aspects of time to consider in coaching:

- The tempo of the session (how quick or slow are the turns in the session?)
- Variability in tempo (where are the moments when things speed up or slow down?)
- Urgency, pressure (how much does the client experience? The coach?)
- Procrastination (addressing client views on the topic)
- Intervals (what are the units of time in a session? E.g. beginning, middle, end)

### Part Two: Some parting lessons and considerations

- The distinction between being self-aware and aware of how we come across to clients
- Being comfortable with our own strengths/ understanding that clients are not always comfortable with theirs
- Feeling re-engaged with your practice (what about this program that lit a fire for you? How can you replicate that in the future?)
- Time is the sub-plot in every coaching session

It has been a pleasure working with you all!