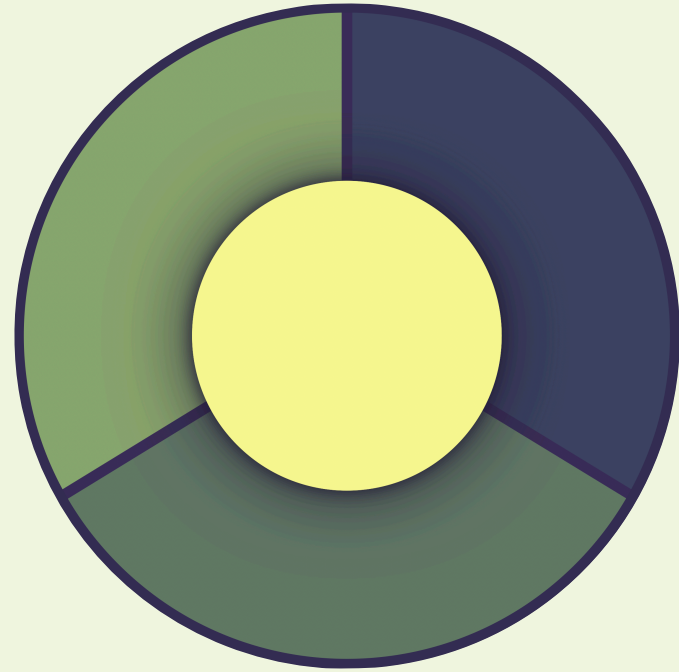
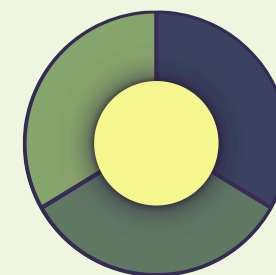


# Corporate Sponsored Coach Training

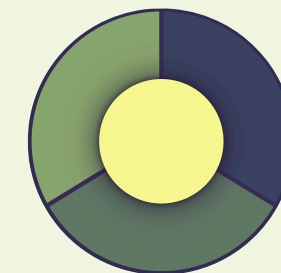
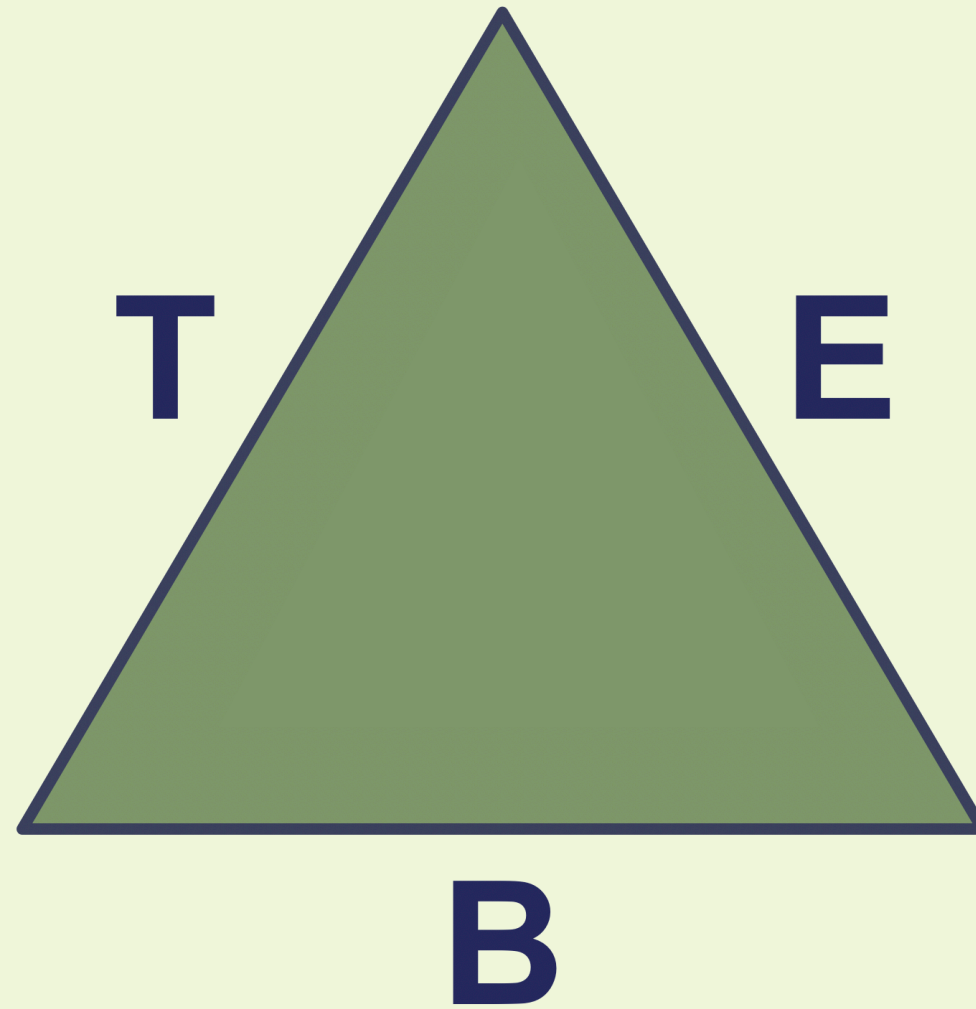


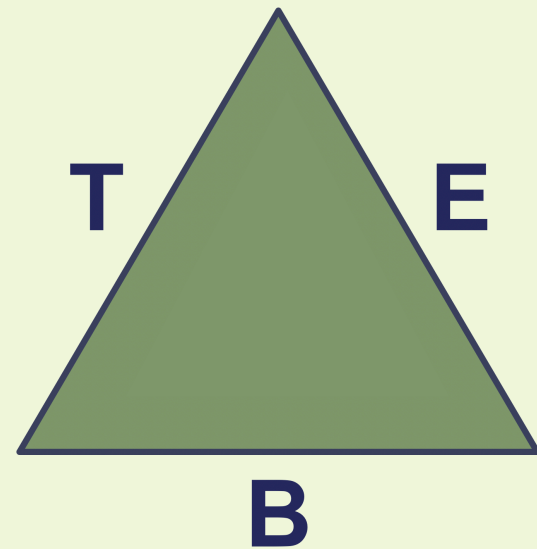
# Cognitive Behavioral Coaching

## CBC and the ABC + D



# Exploring Our Patterns



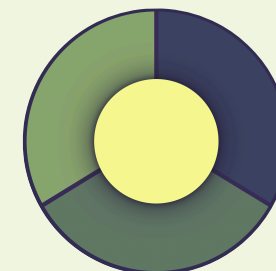


\_\_\_\_\_ happened...

I want to change this pattern.

I want to do better next time!

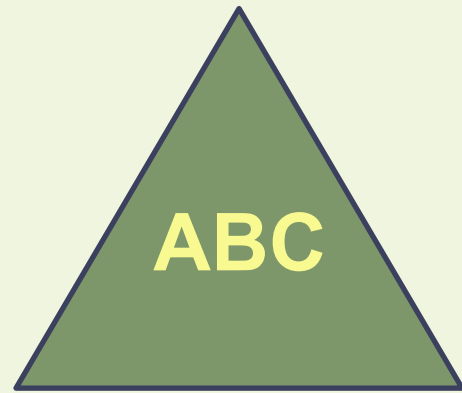
- Froze during presentation
- Used a poor tone during a confrontation
- I said "yes" when I knew I couldn't commit



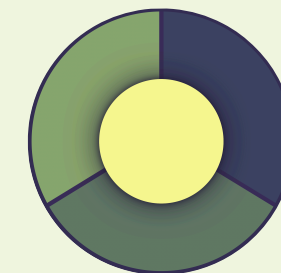
Corporate Sponsored Coaching

[www.corporatecoach.training](http://www.corporatecoach.training)

# ABC

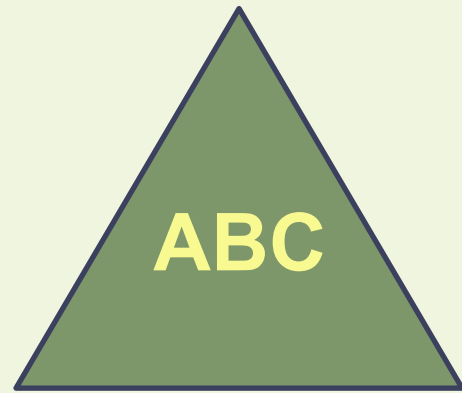


1. Activation: Trigger, Event
2. Beliefs, Assumptions, Thoughts
3. Consequence

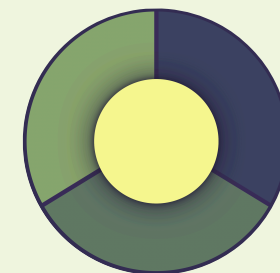


# Activation

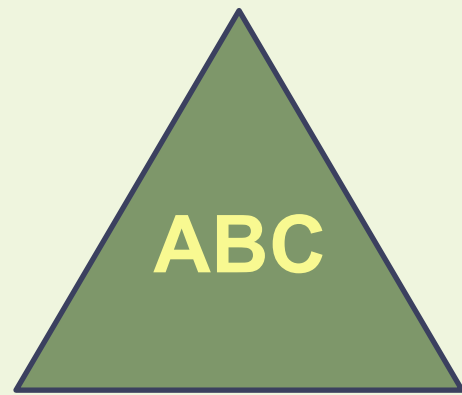
(Trigger/Event)



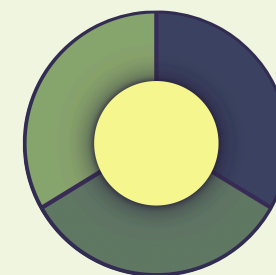
1. What happened?
2. When/Where does this happen?



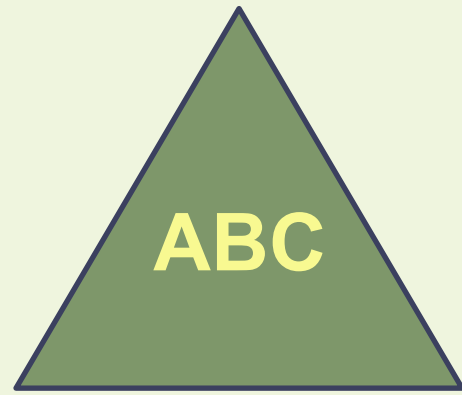
# Beliefs and Assumptions



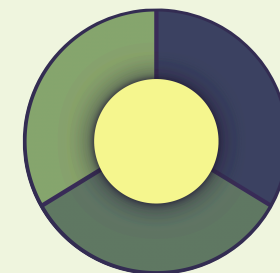
1. What did you think in the moment?
2. What was my interpretation?
3. What do you believe about the situation?
4. What assumptions were strengthened because of this experience?



# Consequence and Results

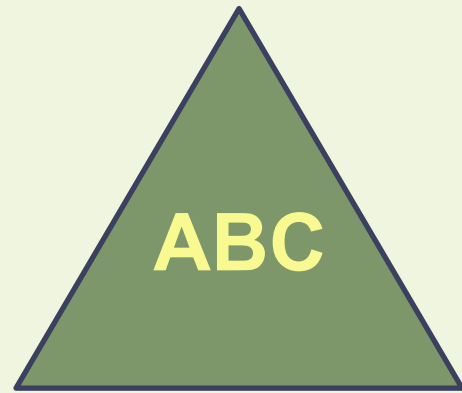


1. What happened next?
2. What emotions does this lead to?
3. How do you behave differently because of this experience?
4. How well is this behavior working for you?

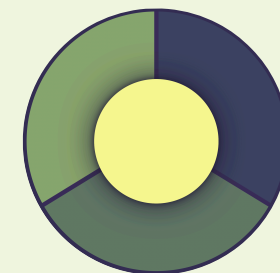




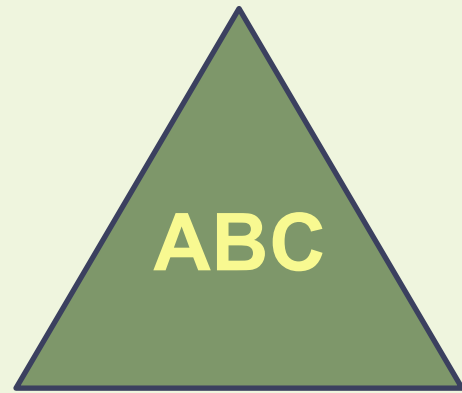
# Development



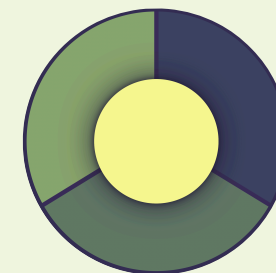
1. What are you recognizing as you reflect on the experience?
2. What is true? Not true?
3. What options do I have around the Activating event?
4. What do I need to address my Beliefs?
5. What would my ideal "Consequence" be?



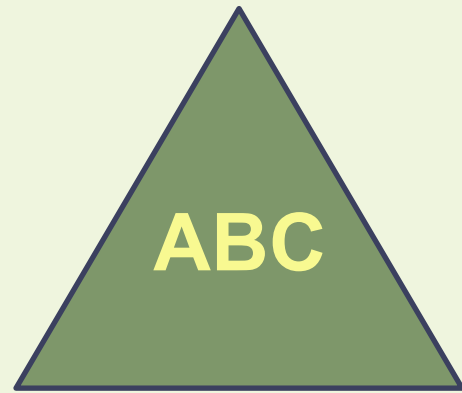
# Activation Options



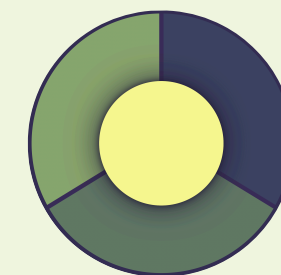
- Study/Mapping Habits
- Emotional Intelligence Exploration
- Decision Making for choosing to avoid/  
change activating event
- Crucial Conversation around creating new  
boundaries with those involved in Activation



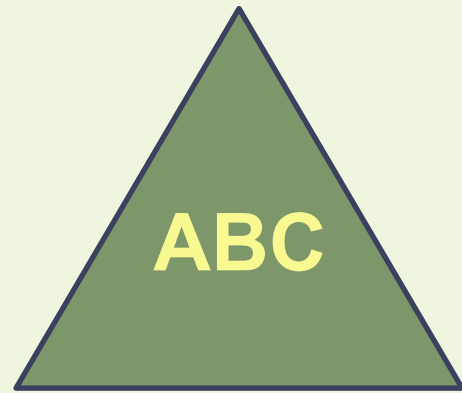
# Beliefs Options



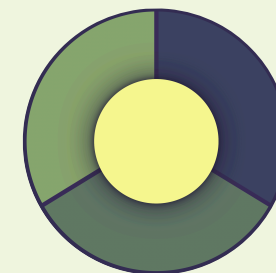
- Mindset Exploration
- Growth Mindset
- Thinking Fast and Slow
- Happiness Practices
- Daily Thought Record



# Consequence Options



- Exploring the costs and benefits of resulting behaviors (and considering the costs and benefits of the opposite behaviors)
- Psychological Safety Cycle
- Habit Development
- Goal Setting
- Conversational Frameworks (with focus on how to remember in the moment)



# Using ABC in Coaching

