

Workshop: **The Power of the Question**

This workshop can take 1-2 hours depending on how much time you have. The intention is to let people experience the power in powerful questions and leave them wanting more. The “more” might be the beginning of a personal journaling practice, perhaps with the cards you give them. It might also be the journey of ongoing personal or group coaching with you if you are a life coach. You will want to have several sets of the **Variety Pack** of Inspiration Cards (30 unique cards in each) available:

<http://www.songsforyourspirit.com/purchase-cards>

Plus:

- Each person will need a journal or notepad to write in.
- You will need to create and reproduce a simple handout for attendees. The handout, ready to print, 2/sheet, follows below. The instructions will guide you as to when to hand it out.

SET UP: You will want to lay out the Inspiration Cards, collage side up, with plenty of space between them. You may put them all on one table – or use two. One table will have the cards that feel negative or highlight stuck energy; the other will have the cards which suggest possibility or moving forward energy. Either way, be sure that members of your group will be able to walk around the table(s) and browse the cards, selecting with ease the one that calls their name.

1. **GETTING STARTED:** It is important for you to set a tone which creates safety and to invite their open minds, sense of adventure, willingness to discover. Make it clear that you do not know what will unfold in the time ahead. Anything is possible and each person will receive something different. Confidentiality is VITAL. Ask folks to agree to confidentiality – what is shared in this room does NOT leave this room.
2. **COACHING and QUESTIONS:** If you are a coach, share a bit about the coaching dynamic. Even if you are not a coach, share your belief that people have their own answers within which is why you are offering this workshop.
3. **WHAT IS YOUR TOPIC? (5-10 minutes):** Invite each person to bring to their awareness the topic that they are ready to experience shift around **and** are willing to talk about with one other person in this room. (*NOTE: Since you are offering reusable tools, they can use a “safe” topic for purposes here, one which feels less vulnerable and can be shared.*) Have them write down the topic in their journal along with a bit about how they are approaching the topic now or experiencing it in their lives. The intention is to get a felt sense for its impact and why they want to experience shift around it.

Workshop: The Power of the Question

4. **WHAT HOLDS YOU BACK?** Partner up in groups of two and have each group identify a Person A and Person B. Give each group the one page handout you created. Each group will experience the steps below twice, trading roles for the second round. Tell the group how much time they will have for each round and that you will be the time keeper and will let them know when they need to switch roles. Ten to fifteen minutes per person for this round is about right.
 - Person A shares briefly about their topic.
 - Person B then reads the IMPORTANT notice and then asks the questions on the handout giving person A time to respond verbally.
 - If Person A *wants* feedback from Person B, they can ask. Feedback must NOT be judgments or evaluations, but rather, “I heard ...” or “I sensed that you might be ...” or “I noticed that you didn’t talk about ...” These are observations, not advice. They merely invite Person A into a wider view of the situation.
 - Person A takes a few minutes to jot down in their journal anything that feels important.
 - **STRETCH BREAK:** Suggest they stand and stretch and move a bit!
 - Switch roles and repeat

5. **STRETCH BREAK:** Suggest they stand and stretch and move a bit!

6. **POSSIBILITY!** Now is the time to vision forward – to discover and commit to action in the direction of positive change. Ask the group to browse the cards on the tables and select the collage that speaks to them in this moment, the one their intuition guides them toward. Then, with the collage and its questions as prompts, have your group proceed in one or both of these ways:
 - Get back with your partner and share how the collage impacts you around your topic. Then, select a few of the questions or have your partner intuitively pick them for you. Let your response (verbal as well as intuitive, body, emotion) lead you to next steps.
 - Sit with the collage and let its impact around your topic hit you fully. Then, select a few of the questions on the back and answer them. Let your response (verbal as well as intuitive, body, emotion) lead you to next steps. You may select those questions randomly. Another method is to read them through, listening for the ones you **really want to answer** and for the ones you **really want to avoid**. Then select 1 or 2 of each type! Use your journal to record anything important that comes up for you.

Workshop: **The Power of the Question**

7. **WHAT IS THE POWER OF THE QUESTION FOR YOU?** Bring the group back together to share about their experiences. The intention of this debrief is not the details of individual topics and discoveries as it is about how the courage to ask and answer bold questions aided in the discovery. In this way, you are helping each on embrace this tool for ongoing use around any topic in their lives.

These questions are just examples that can jumpstart this debrief discussion:

- How did you experience the questions? {i.e. in your body, in fear, as power, it was hard ...}
- What surprised you?
- What made you uncomfortable?
- How did moving through the discomfort help?
- How would a regular practice of asking questions support you?

[If time permits] Finally, would anyone like to share a bit of your personal discovery and next steps?

8. **CLOSING:** Be sure to let them know if they are to keep the cards or not. Share also about your personal use of questions and journaling. Be sure to let them know what more you offer that might help them deepen their exploration around the topic they brought today.

Workshop: The Power of the Question

IMPORTANT: As you hear and answer the questions, listen to what you say, to what you sense in your body, to what you feel in your emotions. Listen for any judgments that come along the way. Listen for intuitive hits, thoughts out of nowhere, inspiration.

TAKE A DEEP BREATH AND SETTLE IN. I will ask you several questions. Let them settle. Then answer with anything that comes to you or say pass if the question does not resonate. Let me know when you are ready.

What challenges do you see?
What secret stops you cold?
What cue have you missed?

What do you believe?
What is your future worth?
What inner strength will you unleash?
What is your gutsiest move?

WOULD YOU LIKE FEEDBACK? If yes, share observations, not judgments or advice. Use phrases like these: "I heard ..." or "I sensed that you might be ..." or "I noticed that you didn't talk about ..."

TAKE TIME NOW TO WRITE DOWN IN YOUR JOURNAL ANYTHING THAT YOU WISH TO RETAIN.

Created by Jeanne Loehnis, Inward Journey Life Coach, Speaker, Facilitator, Author
Songs For Your Spirit, LLC
www.SongsForYourSpirit.com

Workshop: The Power of the Question

IMPORTANT: As you hear and answer the questions, listen to what you say, to what you sense in your body, to what you feel in your emotions. Listen for any judgments that come along the way. Listen for intuitive hits, thoughts out of nowhere, inspiration.

TAKE A DEEP BREATH AND SETTLE IN. I will ask you several questions. Let them settle. Then answer with anything that comes to you or say pass if the question does not resonate. Let me know when you are ready.

What challenges do you see?
What secret stops you cold?
What cue have you missed?

What do you believe?
What is your future worth?
What inner strength will you unleash?
What is your gutsiest move?

WOULD YOU LIKE FEEDBACK? If yes, share observations, not judgments or advice. Use phrases like these: "I heard ..." or "I sensed that you might be ..." or "I noticed that you didn't talk about ..."

TAKE TIME NOW TO WRITE DOWN IN YOUR JOURNAL ANYTHING THAT YOU WISH TO RETAIN.

Created by Jeanne Loehnis, Inward Journey Life Coach, Speaker, Facilitator, Author
Songs For Your Spirit, LLC
www.SongsForYourSpirit.com