

SELcoaching Method

Demonstration of Deprogramming phase

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Four phases of SELcoaching Method



Demonstration of the 2. Deprogramming Phase

- Questioning on the 4 levels (*offering questions and answers about Selfmobility's elements*); Each further level grounds on previous level
- Individual (client/participants) choose answers according to given instructions
- Method is purposed for individual, but it can be also used in group(s)
- Method reminds similarly to sort of 'mind quiz/maze
- At the end, individual (client/participants) get certain number of points inside table WORK FORM (from 0 – 40); more points – very likely better insight of the method
- Method is often followed by clarification-education intervention (*during process or after the demonstration, depending on actual situation/needs*)

WORK FORM	Selfmobility POTENTIAL	Selfmobility MISSION	Selfmobility VISION	Selfmobility DRIVING QUESTION	Points under levels
FIRST LEVEL OF QUESTIONING A1 – A4 Points: 0 - 4	A1- Your answers: _____ _____ Points:	A2- Your answers: _____ _____ Points:	A3- Your answers: _____ _____ Points:	A4- Your answers: _____ _____ Points:	
SECOND LEVEL OF QUESTIONING B1 – B4 Points: 0 - 8	B1- Your answers: _____ _____ Points:	B2- Your answers: _____ _____ Points:	B3- Your answers: _____ _____ Points:	B4- Your answers: _____ _____ Points:	
THIRD LEVEL OF QUESTIONING C1 – C4 Points: 0 - 12	C1- Your answers: _____ _____ Points:	C2- Your answers: _____ _____ Points:	C3- Your answers: _____ _____ Points:	C4- Your answers: _____ _____ Points:	
FOURTH LEVEL OF QUESTIONING D1 – D4 Points: 0 - 16	D1- Your answers: _____ _____ Points:	D2- Your answers: _____ _____ Points:	D3- Your answers: _____ _____ Points:	D4- Your answers: _____ _____ Points:	
ALL POINTS 0 – 40					

Process steps of Deprogramming Phase:

1. Addressing and finishing first level of questioning
2. Display of correct results by coach
3. Coach (if needed) offers clarification about revealed results
(possible interaction with client/participants).
4. Starting with second level of questioning *(and so on to the last-fourth level of questioning)*
5. The coach estimates at the end whether the client/participants achieved a sufficient level of understanding regarding their deprogramming of thinking behavior. If potentially yes, the coaching (or educational) process moves to the Essence phase, which is a further phase inside the SELcoaching method.

DEPROGRAMMING phase

FIRST LEVEL OF QUESTIONING
A1 – A4



A1: How do you implement your potential?

Instruction: Choose 3 the most relevant answers in your case!

Mark	Answer
A1-1	Through the professional development of my profession
A1-2	To attend conferences and other events in my professional field
A1-3	To actively participate in the professional association as a member or volunteer
A1-4	Being able to define professional content where I feel strongest
A1-5	To monitor the professional practices that have proven to be of a high ethical standard
A1-6	Through professional success in the organisation I am working for
A1-7	By participating in local leisure activities
A1-8	The discovery of a completely new activity for me to do in my spare time
A1-9	To find out already during school whether I am educating for one or more professions
A1-10	That I occasionally participate in professional discussions through unformal channels.

A2: How do you implement your mission?

Instruction: Choose 2 the least relevant answers in your case!

Mark	Answer
A2-1	To test the effectiveness of unformally acquired knowledge and skills
A2-2	To discover the most suitable profession for me, if my education is not naturally related to this profession
A2-3	Link my theoretical knowledge to organisational work processes
A2-4	Participate in the promotion of my profession to a wider audience
A2-5	Encouraging personal responsibility among employees in a public institution
A2-6	To promote the independent, professional and high quality operation of our organisation
A2-7	To promote the phenomenon or needs in the local community that I manage to identify beforehand
A2-8	To achieve excellence in the implementation of individual leisure activities
A2-9	By supporting older family members
A2-10	Choosing people with whom relations could become closer and more friendly.

A3: How do you implement your vision?

Instruction: Choose 3 the least relevant answers in your case!

Mark	Answer
A3-1	By completing the desired formal education
A3-2	Through the consolidation of personal maturity
A3-3	Through the achievement of professional excellence
A3-4	Through personal responsibility in professional work
A3-5	Helping to illuminate and critique social conditions
A3-6	With successful professional work in the organisation
A3-7	To strive for the constant development of the quality and innovation of our services or products
A3-8	Through more intense involvement in individual leisure activities
A3-9	Through designing and introducing innovative leisure activities
A3-10	By reviving the meaning of life.

A4: How do you implement your driving question?

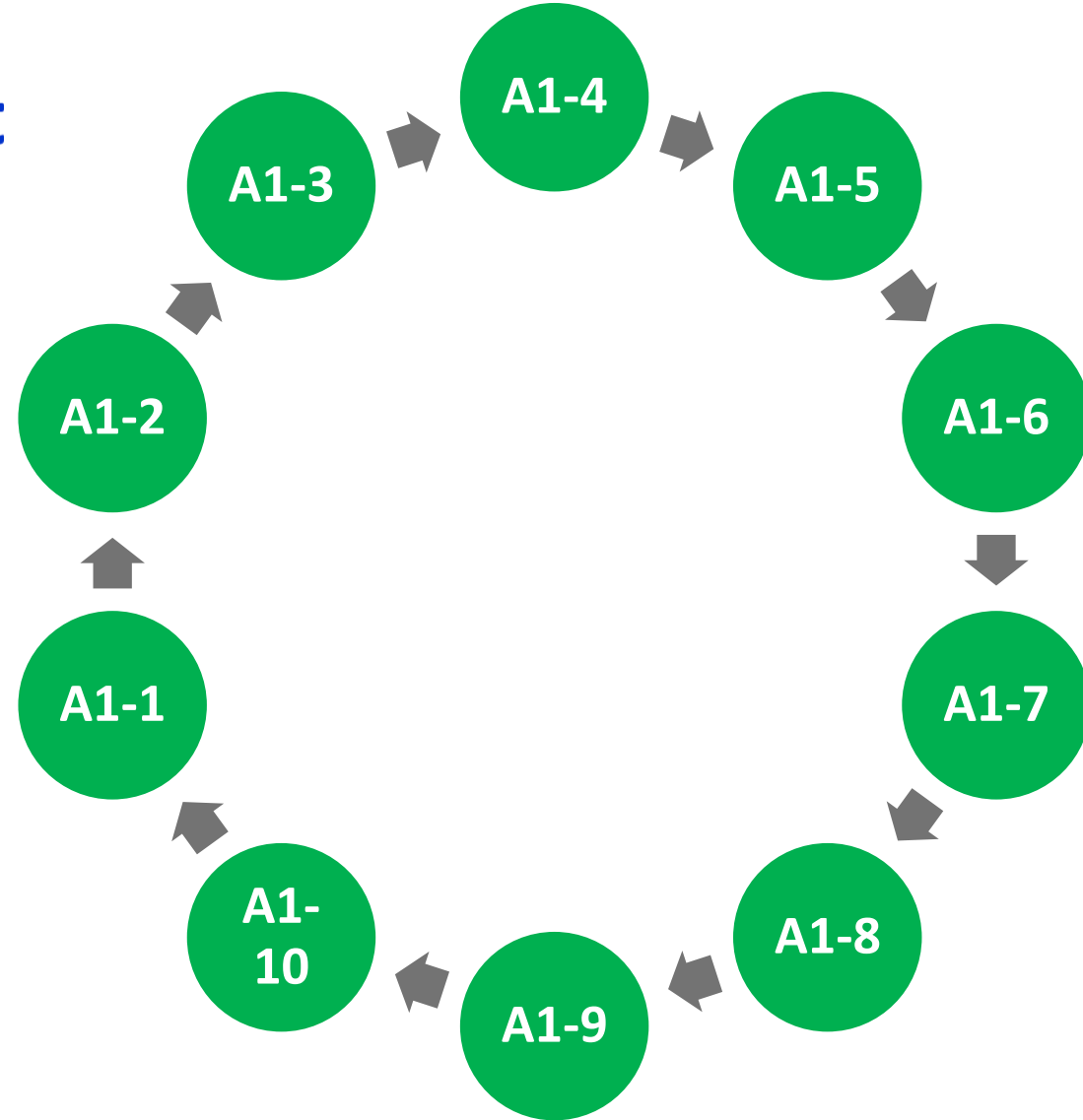
Instruction: Choose 2 the most relevant answers in your case!

Mark	Answer
A4-1	To assess the realistic possibilities of career development within my desired profession
A4-2	To choose an aspect of my professional career that is a priority and to consolidate it
A4-3	Prioritising my creativity over working hard
A4-4	To choose a flexible workplace where I am constantly moving
A4-5	To choose a completely routine and predictable workplace
A4-6	To get involved in a youth political organization at the national level
A4-7	To strengthen relations with fellow citizens through local activities in my spare time
A4-8	To actively encourage local people in the direction of local development initiatives
A4-9	To join online friendship through existing social networks
A4-10	To educate myself about the role and importance of spiritual principles in living humanly.

A1- How do you implement your potential?

Instruction: Choose 3 the most relevant answers in your case!

RESULT: The most relevant answers are all, but you needed to pick 3 of them.



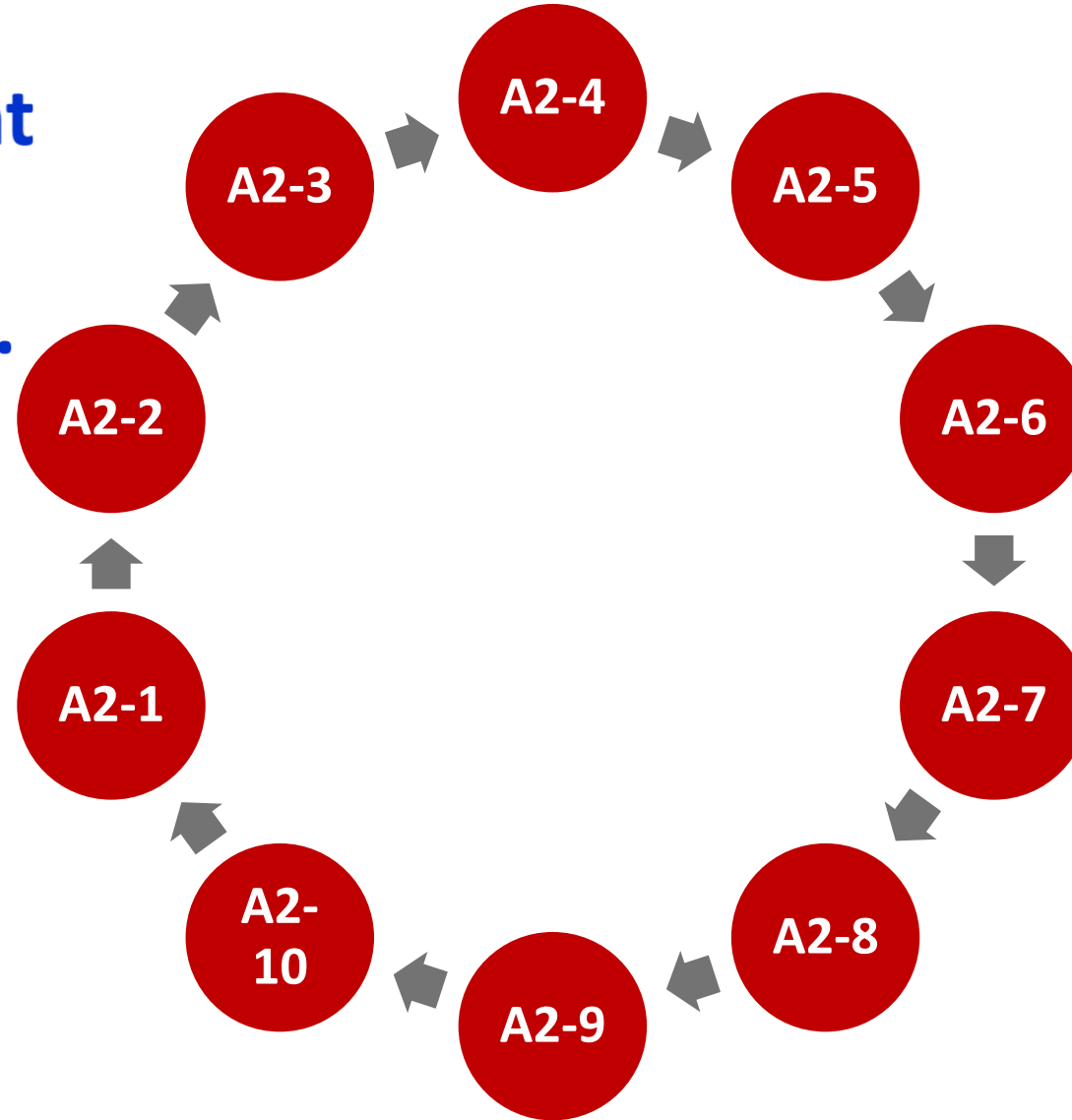
Successful result: 1 point

Not successful result: 0 points

A2- How do you implement your mission?

Instruction: Choose 2 the least relevant answers in your case!

RESULT: The least relevant answers are all, but you needed to pick 2 of them.



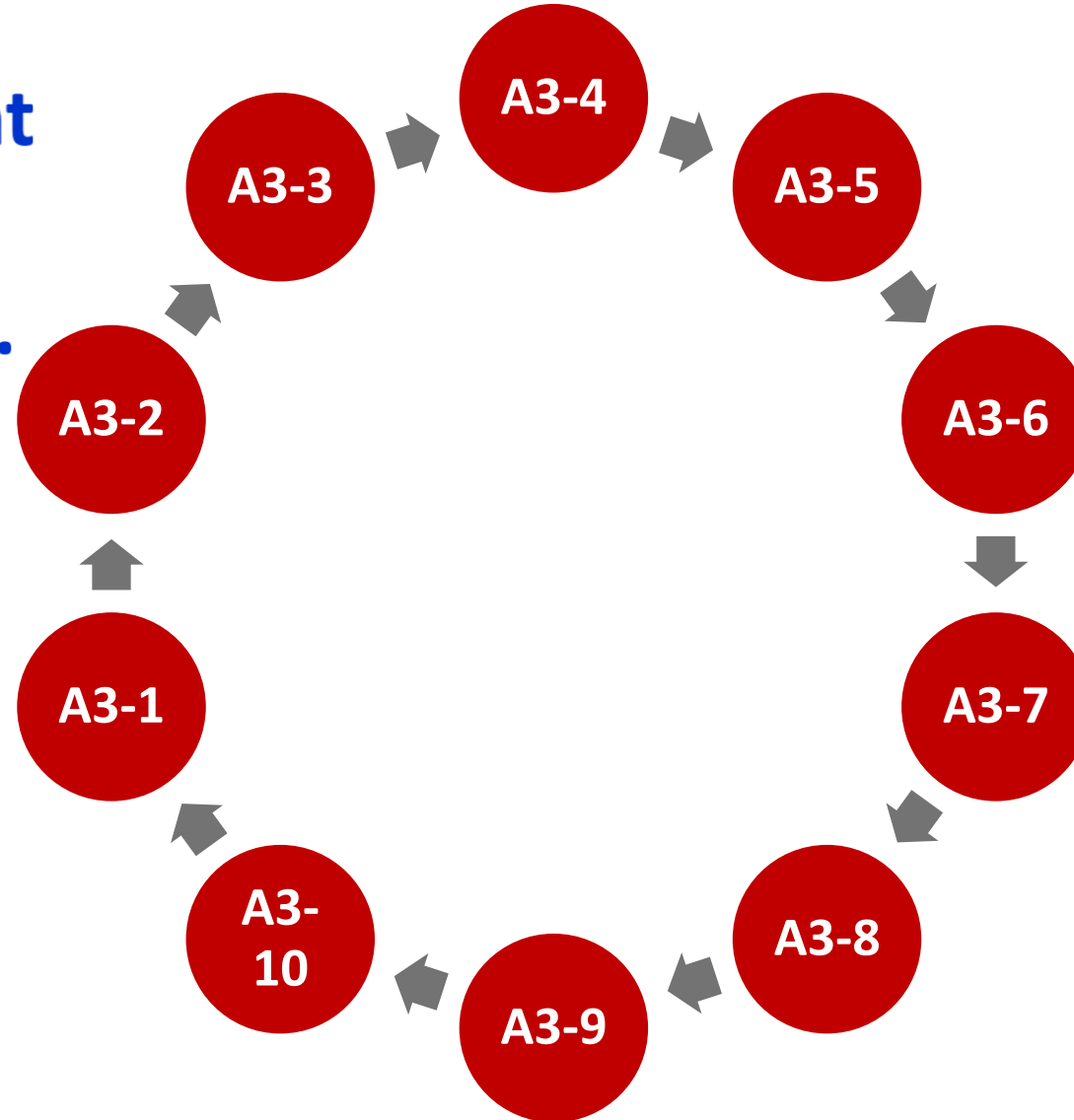
Successful result: 1 point

Not successful result: 0 points

A3- How do you implement your vision?

Instruction: Choose 3 the least relevant answers in your case!

RESULT: The least relevant answers are all, but you needed to pick 3 of them.



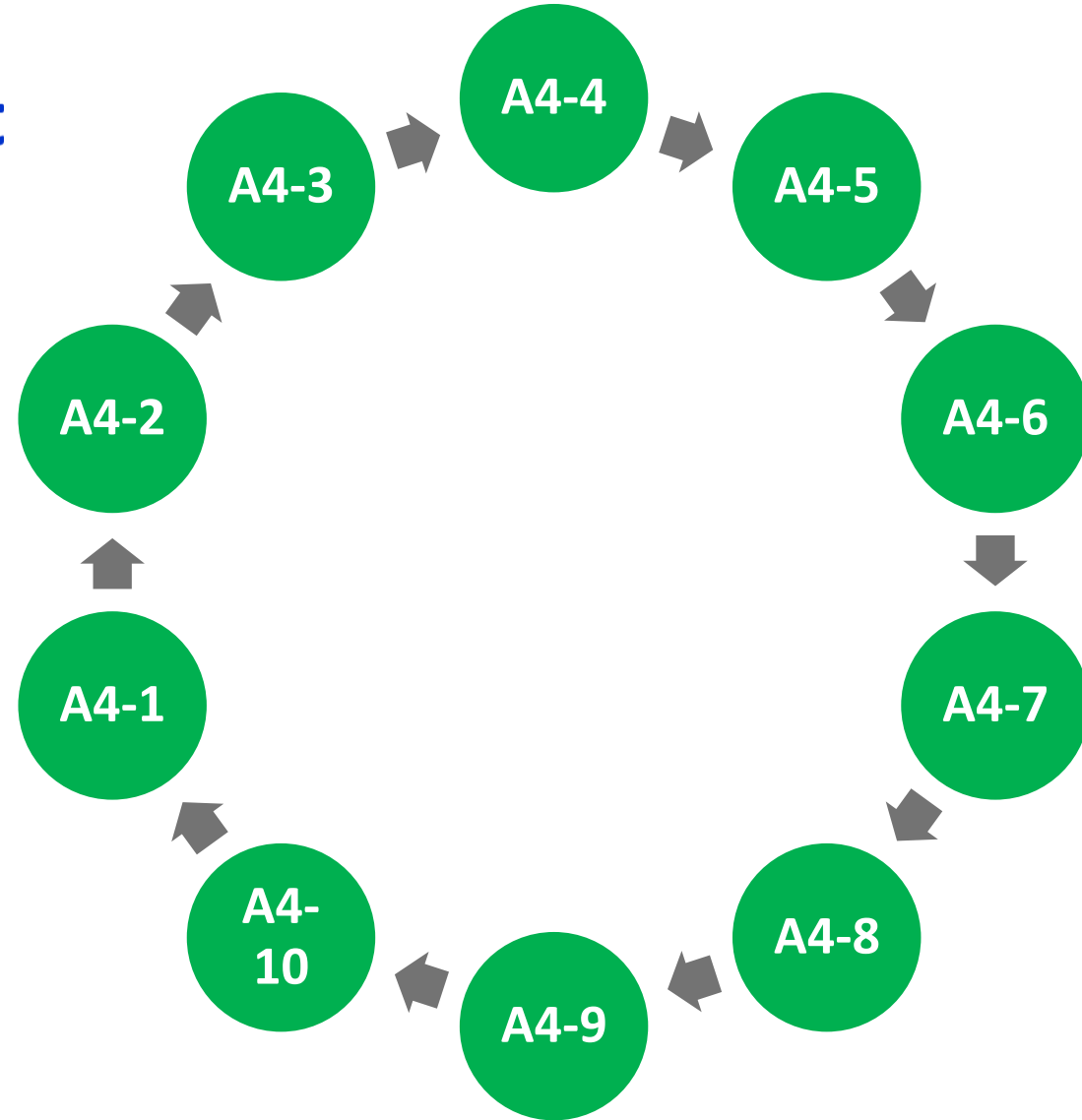
Successful result: 1 point

Not successful result: 0 points

A4- How do you implement your driving question?

Instruction: Choose 2 the most relevant answers in your case!

RESULT: The most relevant answers are all, but you needed to pick 4 of them.



Successful result: 1 point

Not successful result: 0 points

WORK FORM	Selfmobility POTENTIAL	Selfmobility MISSION	Selfmobility VISION	Selfmobility DRIVING QUESTION	Points under levels
FIRST LEVEL OF QUESTIONING A1 – A4 Points: 0 - 4	A1- Your answers: A1-3, A1-5, A1-7... <hr/> <hr/> Points:	A2- Your answers: <hr/> <hr/> Points:	A3- Your answers: <hr/> <hr/> Points:	A4- Your answers: <hr/> <hr/> Points:	Min points: 0 Max points: 4

After revealing the
results on
questioning A1-A4

- **COACH, IF NEEDED, OFFERS CERTAIN CLARIFICATION, ACCORDING TO EMERGED SITUATION AT CLIENT /PARTICIPANTS**
- **IN THE CASE THAT AN INDIVIDUAL USES THIS EXERCISE AS SELF-COACHING WITHOUT A COACH, THIS STEP CANNOT TAKE PLACE.**

SECOND LEVEL OF QUESTIONING

B1 – B4

B1: From where do you know for existence of the term 'potential'?

Instruction: Choose 3 answers that are completely wrong for you and the other participants!

Mark	Answer
B1-1	While reading a book many years ago, I came across the term <i>potential</i>
B1-2	I invented the term <i>potential</i> by chance
B1-3	I came across the term <i>potential</i> online
B1-4	I came across the concept of potential while taking a survey in secondary school
B1-5	I heard about the term <i>potential</i> from my parents' stories
B1-6	I learned about the term <i>potential</i> from a great lecturer years ago
B1-7	I came up with a term <i>potential</i> and explained it to others through my online blog
B1-8	Through the work organization where I work, I learn about my <i>potential</i>
B1-9	Through chance meetings or observations, I learn about the matter of my <i>potential</i>
B1-10	I came up with the term <i>potential</i> and looked for a book with content related to my term.

B2: From where do you know for existence of the term 'mission'?

Instruction: Choose 2 answers that are completely wrong for you and the other participants!

Mark	Answer
B2-1	I get an idea of my <i>mission</i> from the donated books
B2-2	Through reading daily newspapers, I discover the meaning of my <i>mission</i>
B2-3	I am informed about the specifics of the term mission by following specialized magazines
B2-4	I got the opportunity to write something about the term <i>mission</i> , which I imagined some time ago
B2-5	During the interview with the head of the work organization, I think about the importance of <i>mission</i>
B2-6	I came up with the term <i>mission</i> myself, and I covered it professionally in a reputable professional magazine
B2-7	Through a book recommended by a teacher/professor I heard about term <i>mission</i>
B2-8	Through an honest conversation with friends or acquaintances, I discover my <i>mission</i>
B2-9	Through teachers and colleagues, I discover my <i>mission</i>
B2-10	Through participation in various psychological and career tests, where I shed light on my <i>mission</i> .

B3: From where do you know for existence of the term 'vision'?

Instruction: Choose 2 answers that are completely wrong for you and the other participants!

Mark	Answer
B3-1	My favorite teacher/professor teaches me about the importance of my <i>vision</i>
B3-2	Because my friends know me well, they can suggest a lot about my <i>vision</i>
B3-3	I myself know about the term <i>vision</i> and, at the appropriate moment, I also introduced this to my parents
B3-4	I listen to my superior's advice about my <i>vision</i>
B3-5	I became aware of the importance of <i>vision</i> through listening to an online lecture
B3-6	I look for a book on career development and learn about the importance of <i>vision</i> there
B3-7	I come across an article in a scientific journal about the importance of our <i>vision</i> for the modern individual
B3-8	I created a new term, called it a <i>vision</i> , and integrated it into my organizational work
B3-9	When I meet a homeless person, I think about his life path in the light of the individual's <i>vision</i>
B3-10	A random passer-by measured me with his eyes and predicted the <i>vision</i> I would have.

B4: From where do you know for existence of the term 'driving question'?

Instruction: Choose 1 answer that is completely wrong for you and the other participants!

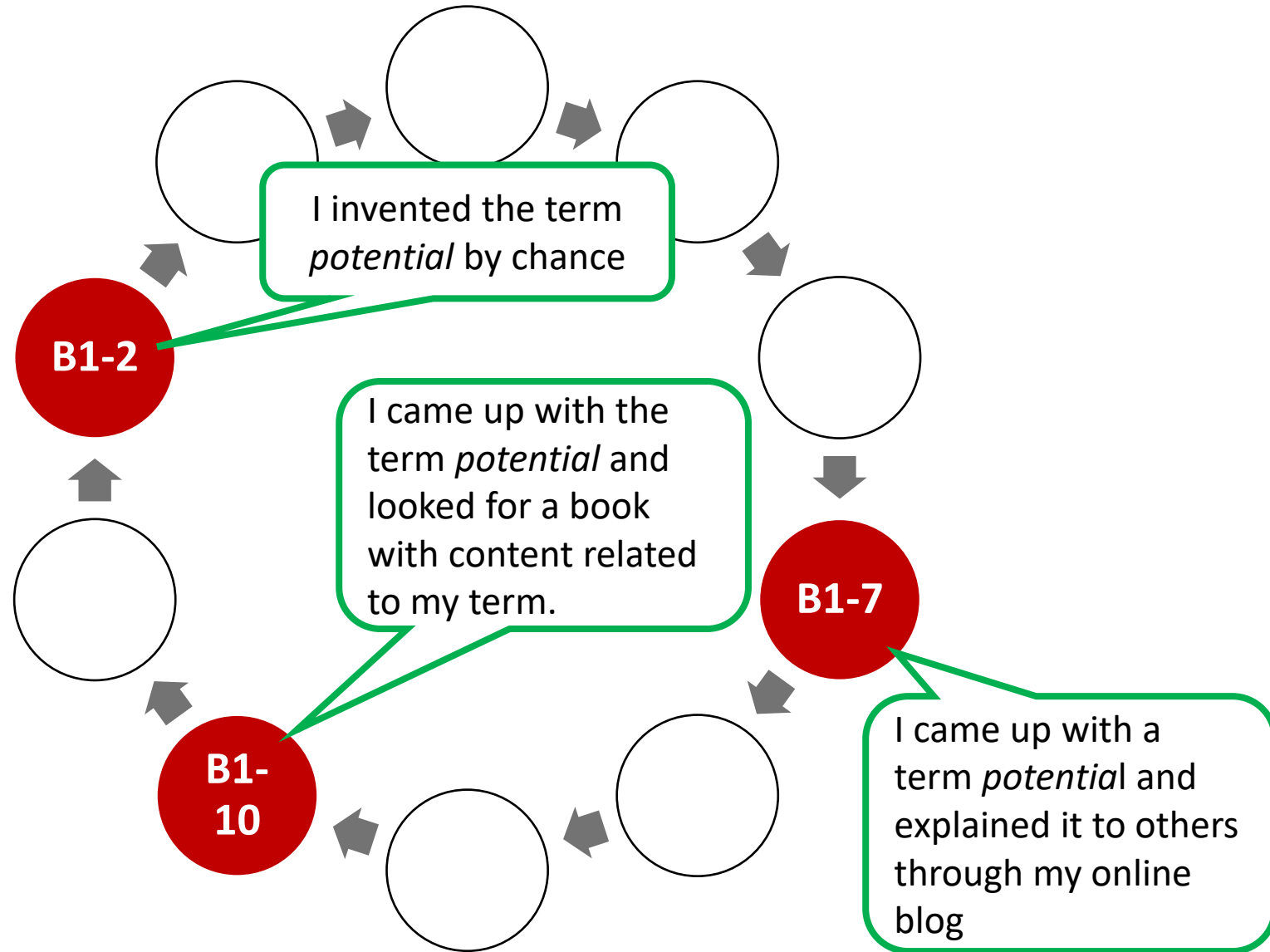
Mark	Answer
B4-1	Through surfing the web I get information about the importance of having my <i>driving question</i>
B4-2	By following the daily newspaper, I come across articles about the need to have one's <i>driving question</i> in life
B4-3	I borrow the book that most accurately illuminates the importance of finding one's <i>driving question</i>
B4-4	Through various lectures, I get an insight into my <i>driving question</i>
B4-5	I came up with a term <i>driving question</i> , gave it a name and promoted it through a virtual online network
B4-6	A fortune teller tells me the meaning of my <i>driving question</i>
B4-7	In the dilemma of my <i>driving question</i> , I listen to the advice of a colleague
B4-8	My friends know more clearly than I do what question is driving me in life
B4-9	I understand the meaning of driving question from the content of the lecture
B4-10	News programmes with a lot of apocalyptic flair make me think about my driving question of life.

B1- From where do you know for existence of the term 'potential'?

Instruction: Choose 3 answers that are completely wrong for you and the other participants!

RESULT: Completely wrong answers are following:

Successful result: 2 points
Not successful result: 0 points

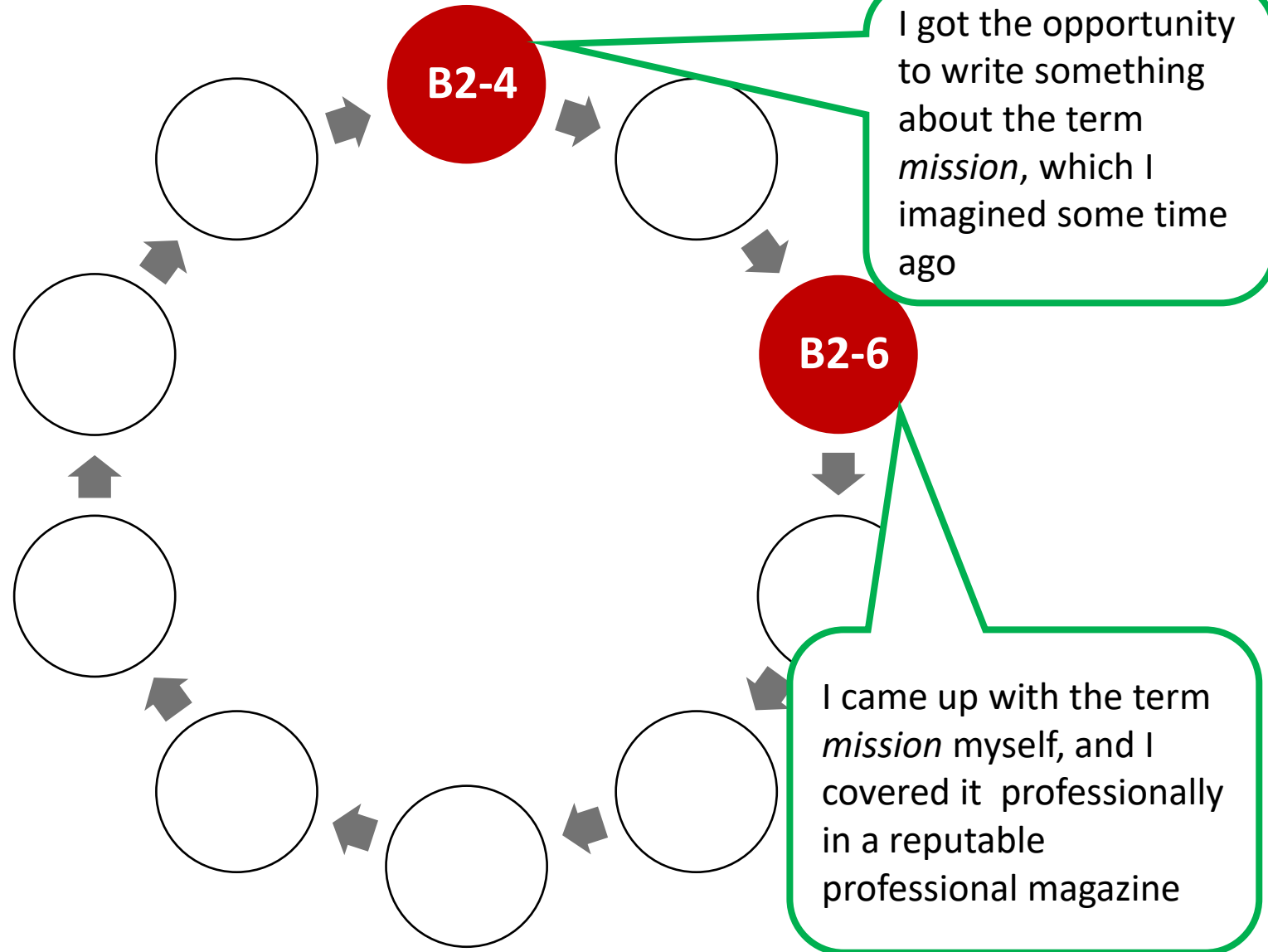


B2- From where do you know for existence of the term 'mission'?

Instruction: Choose 2 answers that are completely wrong for you and the other participants!

RESULT: Completely wrong answers are following:

Successful result: 2 points
Not successful result: 0 points

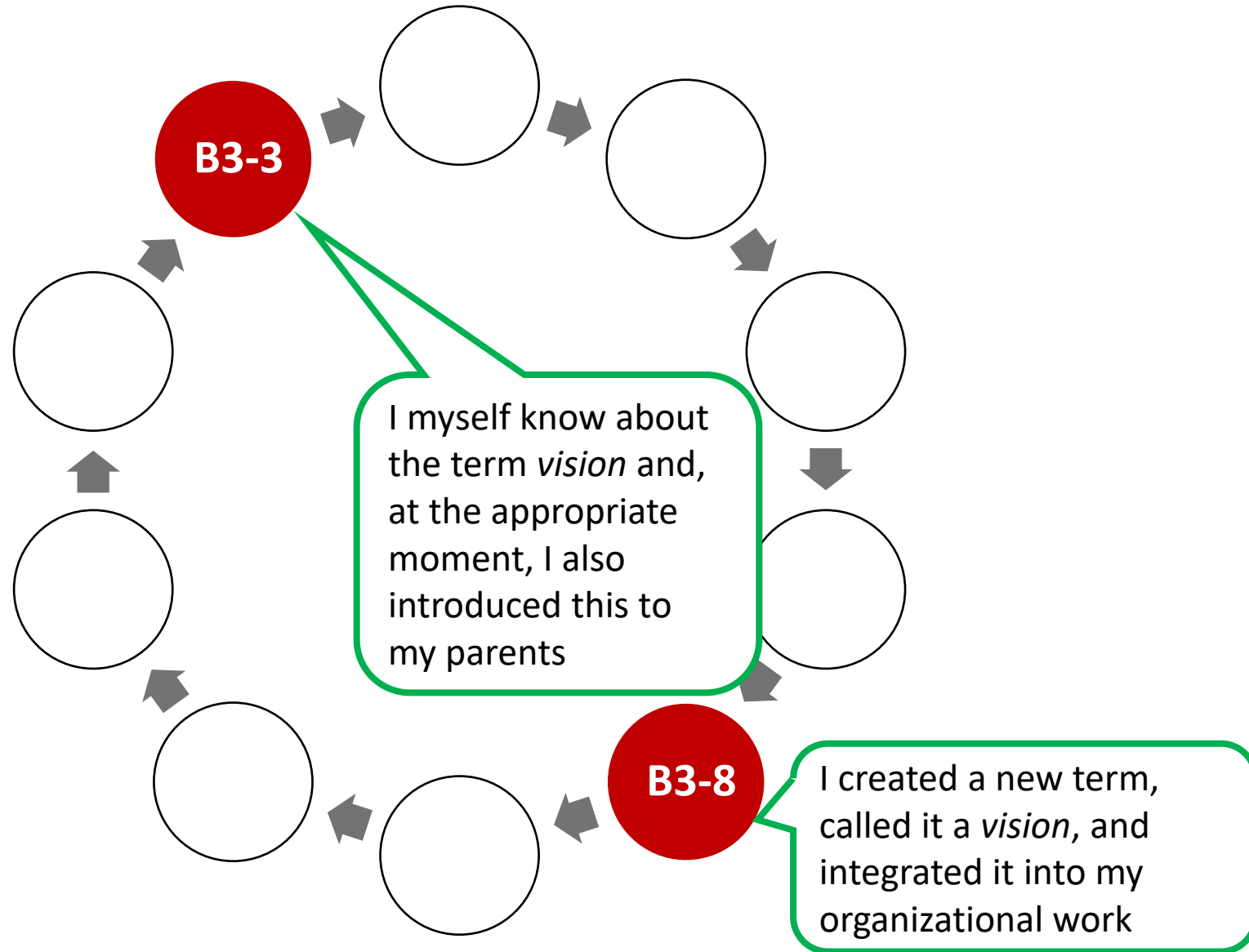


B3- From where do you know for existence of the term 'vision'?

Instruction: Choose 2 answers that are completely wrong for you and the other participants!

RESULT: Completely wrong answers are following:

Successful result: 2 points
Not successful result: 0 points

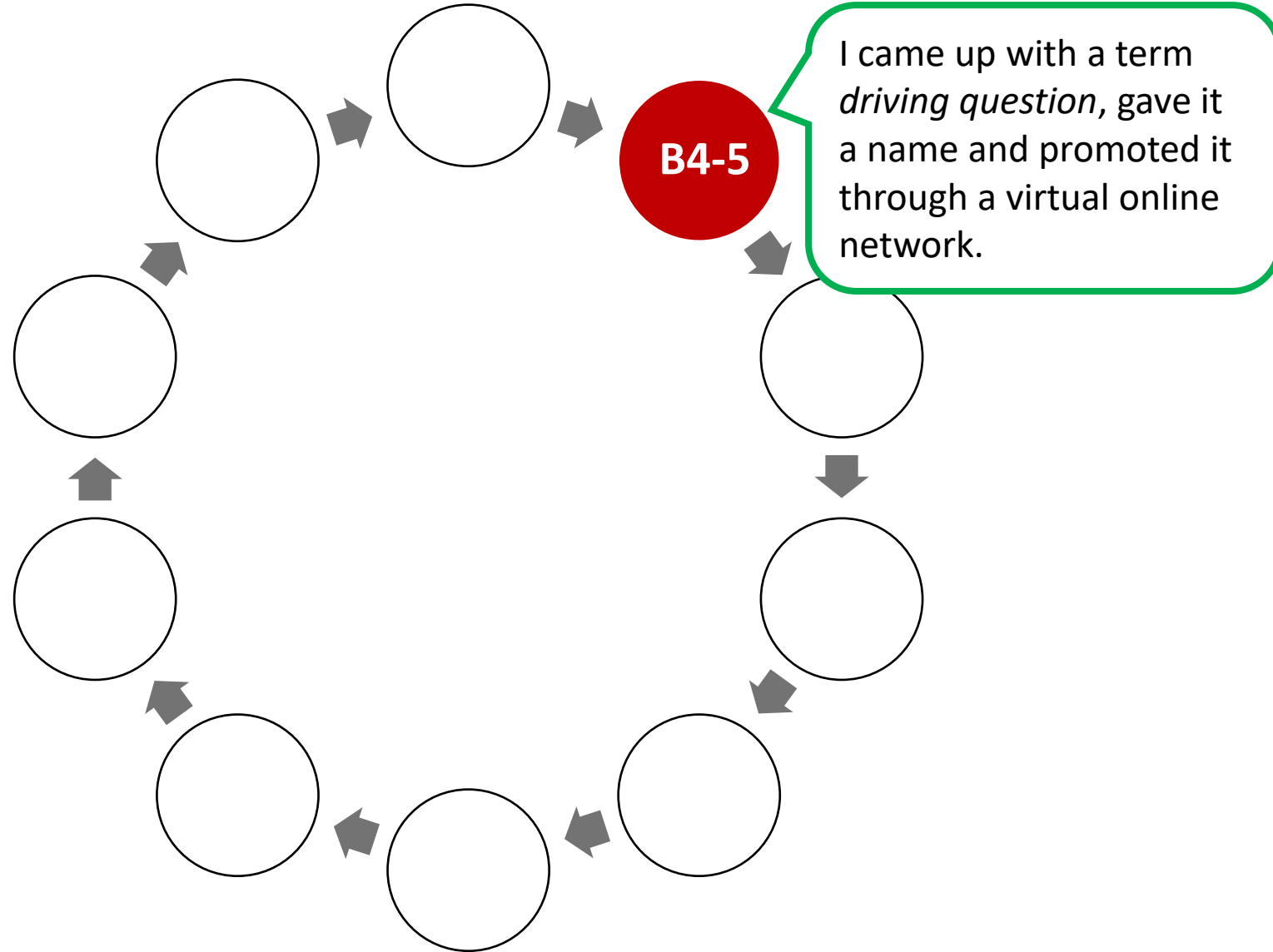


B4- From where do you know for existence of the term 'driving question'?

Instruction: Choose 1 answer that is completely wrong for you and the other participants!

RESULT: Completely wrong answer is following:

Successful result: 2 points
Not successful result: 0 points



WORK FORM	Selfmobility POTENTIAL	Selfmobility MISSION	Selfmobility VISION	Selfmobility DRIVING QUESTION	Points under levels
FIRST LEVEL OF QUESTIONING A1 – A4 Points: 0 - 4	A1- Your answers: A1-3, A1-5, A1-7... _____ _____ Points:	A2- Your answers: _____ _____ Points:	A3- Your answers: _____ _____ Points:	A4- Your answers: _____ _____ Points:	Min points: 0 Max points: 4
SECOND LEVEL OF QUESTIONING B1 – B4 Points: 0 - 8	B1- Your answers: B1-4, B1-6, B1-9... _____ _____ Points:	B2- Your answers: _____ _____ Points:	B3- Your answers: _____ _____ Points:	B4- Your answers: _____ _____ Points:	Min points: 0 Max points: 8

After revealing the results on questioning B1-B4

- **COACH, IF NEEDED, OFFERS CERTAIN CLARIFICATION, ACCORDING TO EMERGED SITUATION AT CLIENT /PARTICIPANTS**
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THIRD LEVEL OF QUESTIONING

C1 – C4

C1: What is your potential?

Instruction: Choose 2 answers that are completely correct for you and the other participants !

Mark	Answer
C1-1	The ability to create information from the obtained data
C1-2	Developed ability to behave appropriately towards others in various current situations
C1-3	Ability to pay bills with intellectual capital
C1-4	Developed values for the development of society and the promotion of our national consciousness
C1-5	The ability to find a balance between experiencing and expressing emotions
C1-6	The ability to capture the present moment
C1-7	The ability to be aware of own mental states
C1-8	The ability to combine social and natural science knowledge in a meaningful way
C1-9	The ability to concentrate fully on the task at hand
C1-10	The ability to physically perceive the immediate environment

C2: What is your mission?

Instruction: Choose 2 answers that are completely correct for you and the other participants !

Mark	Answer
C2-1	Striving to discover own societal role
C2-2	Seeking spiritual answers to earthly questions
C2-3	Striving to balance emotional and mental states
C2-4	Efforts to spread values throughout the social community
C2-5	Striving for a virtual body weight
C2-6	Efforts to accommodate the diversity of cultural and religious practices
C2-7	Advocating for social institutions to become recognised and professionalised
C2-8	Striving for 25 hours of daily thinking
C2-9	Striving to develop more balanced interpersonal relationships
C2-10	Promoting the green development paradigm

C3: What is your vision?

Instruction: Choose 1 answer that is completely correct for you and the other participants !

Mark	Answer
C3-1	Strengthen knowledge of my own character habits
C3-2	To study the relationship between morality and human conscience
C3-3	Become more constructive and critical of how governmental and public institutions are run
C3-4	Achieve a greater capacity for positive thinking
C3-5	To achieve a deeper understanding of what are those virtues and values that are universal to human beings
C3-6	The discovery of the emotion that is the cause of my greatest problems
C3-7	In the future, I intend to look more actively for organic food
C3-8	Define three key things in the next year that are worth living and fighting for
C3-9	Achieving spiritual growth of over three metres in a few years
C3-10	Clarify in yourself the understanding of the meaning of metaphysics and the quantum leap.

C4: What is your driving question?

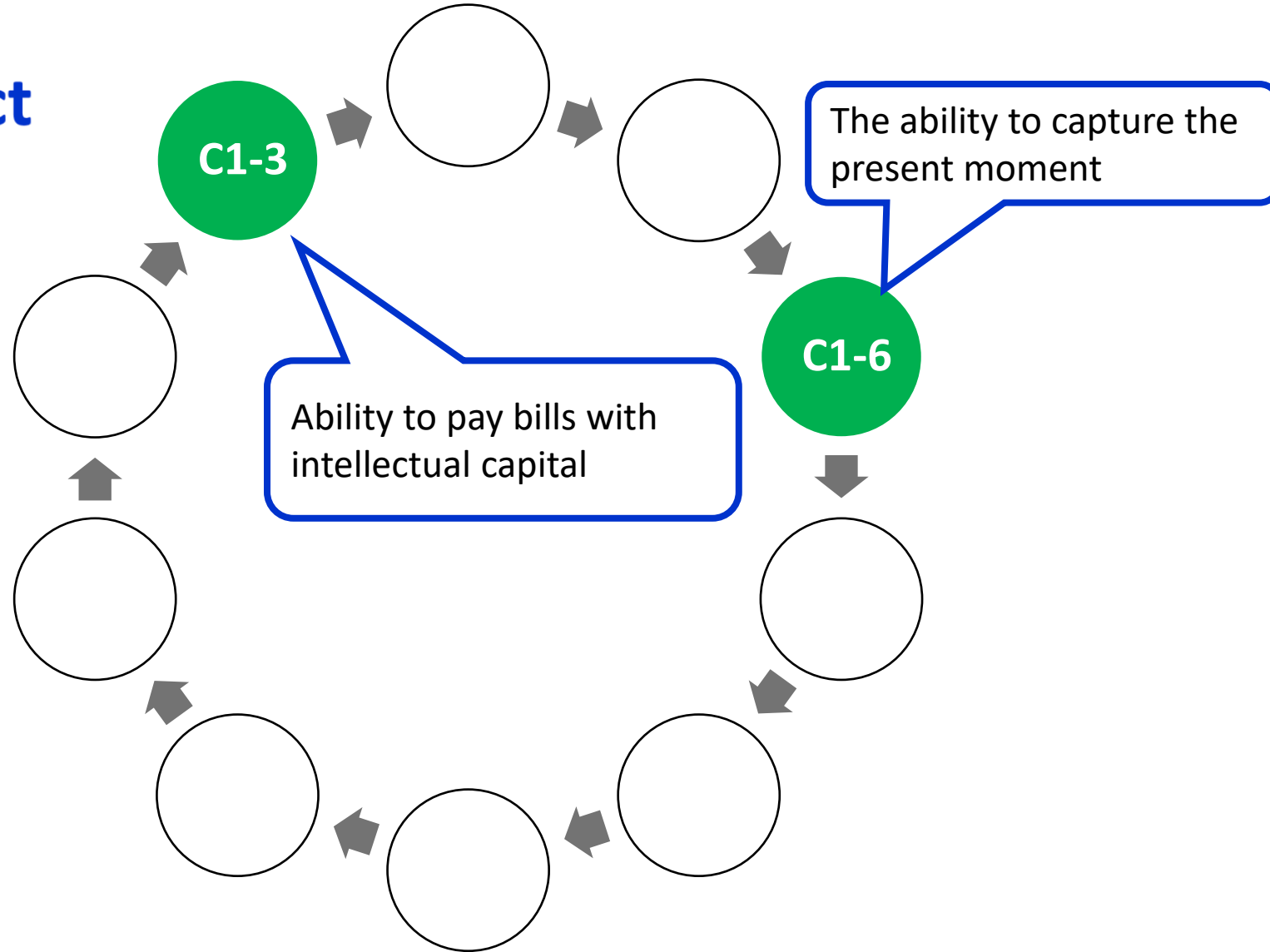
Instruction: Choose 1 answer that is completely correct for you and the other participants !

Mark	Answer
C4-1	How can I persuade others to like and respect me more?
C4-2	How to set a clear boundary that I don't want something?
C4-3	Which bank has the most secure bank vault for happiness?
C4-4	Have I fulfilled my first major wish in life?
C4-5	Do I respect the values according to my current circumstances and interests?
C4-6	How can I find peace within myself?
C4-7	Why are there always wars, when in principle we all reject violence?
C4-8	Is it better to give food to the poor or to help them produce enough food for themselves?
C4-9	Does it seem necessary to decide on small local issues at the central level?
C4-10	Does the positive way I live my life affect the attitude of others towards me?

C1- What is your potential?

Instruction: Choose 2 answers that are completely correct for you and the other participants !

RESULT: Completely correct answers are following:



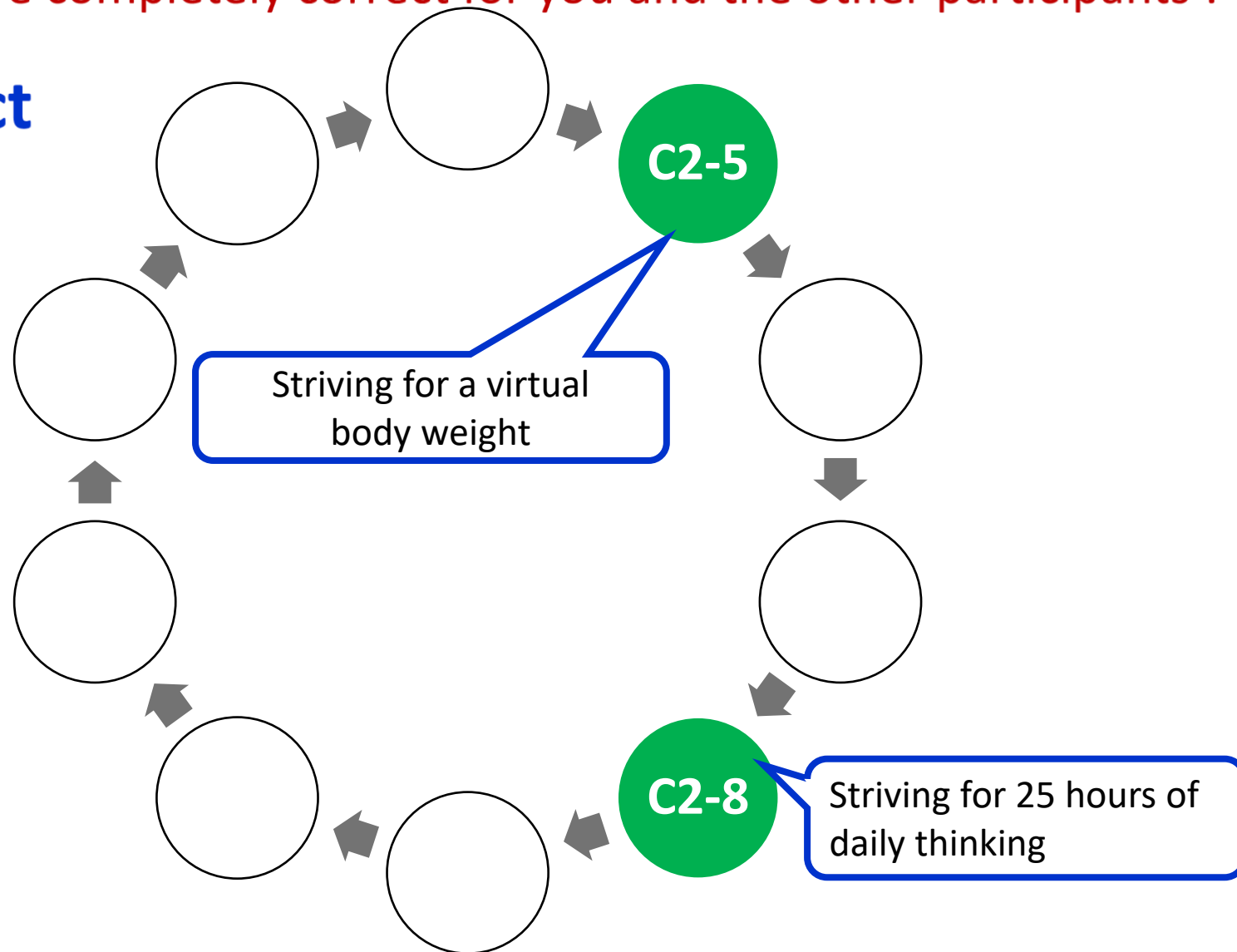
Successful result: 3 points

Not successful result: 0 points

C2- What is your mission?

Instruction: Choose 2 answers that are completely correct for you and the other participants !

RESULT: Completely correct answers are following:



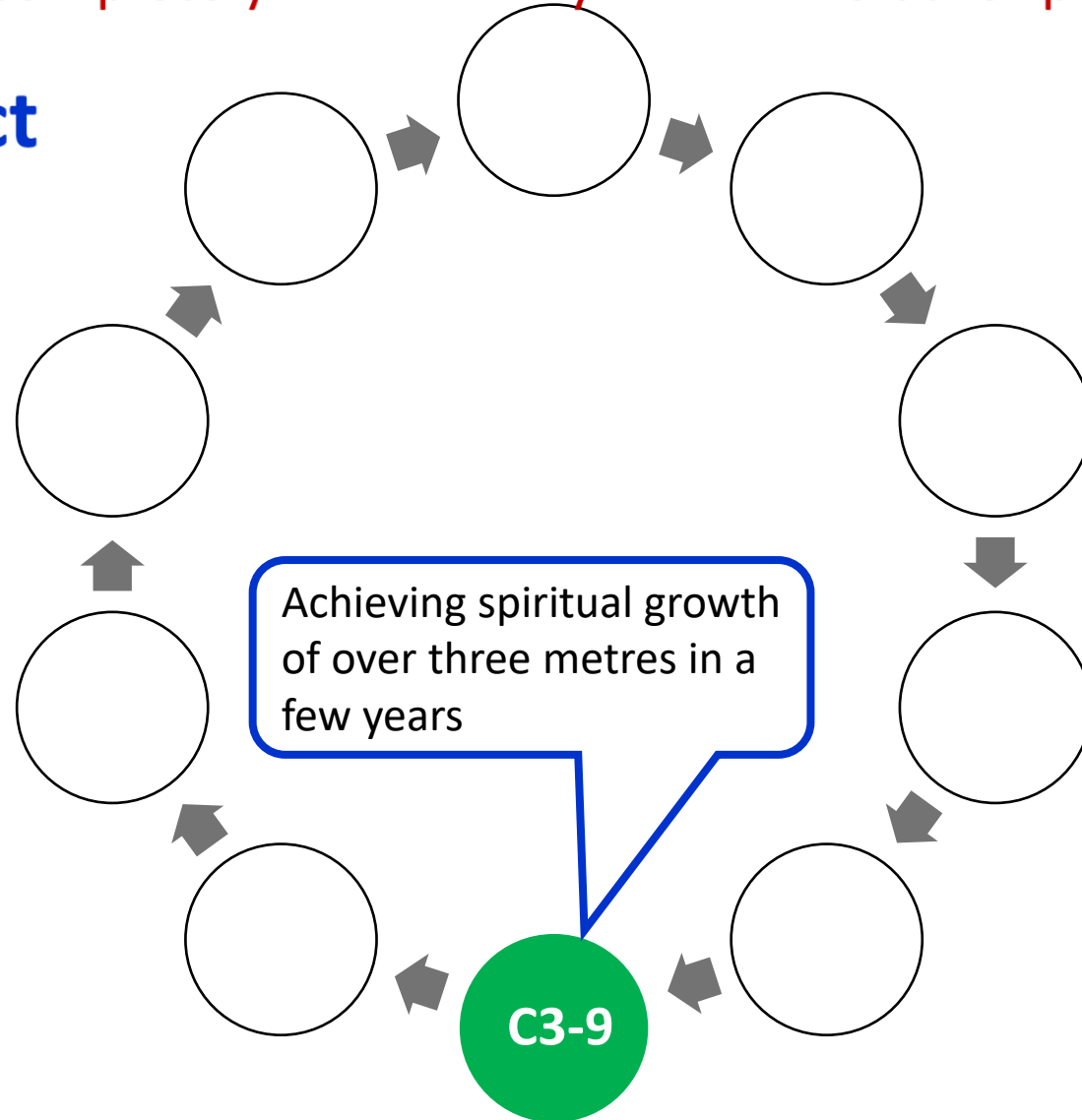
Successful result: 3 points

Not successful result: 0 points

C3- What is your vision?

Instruction: Choose 1 answer that is completely correct for you and the other participants !

RESULT: Completely correct answer is following:

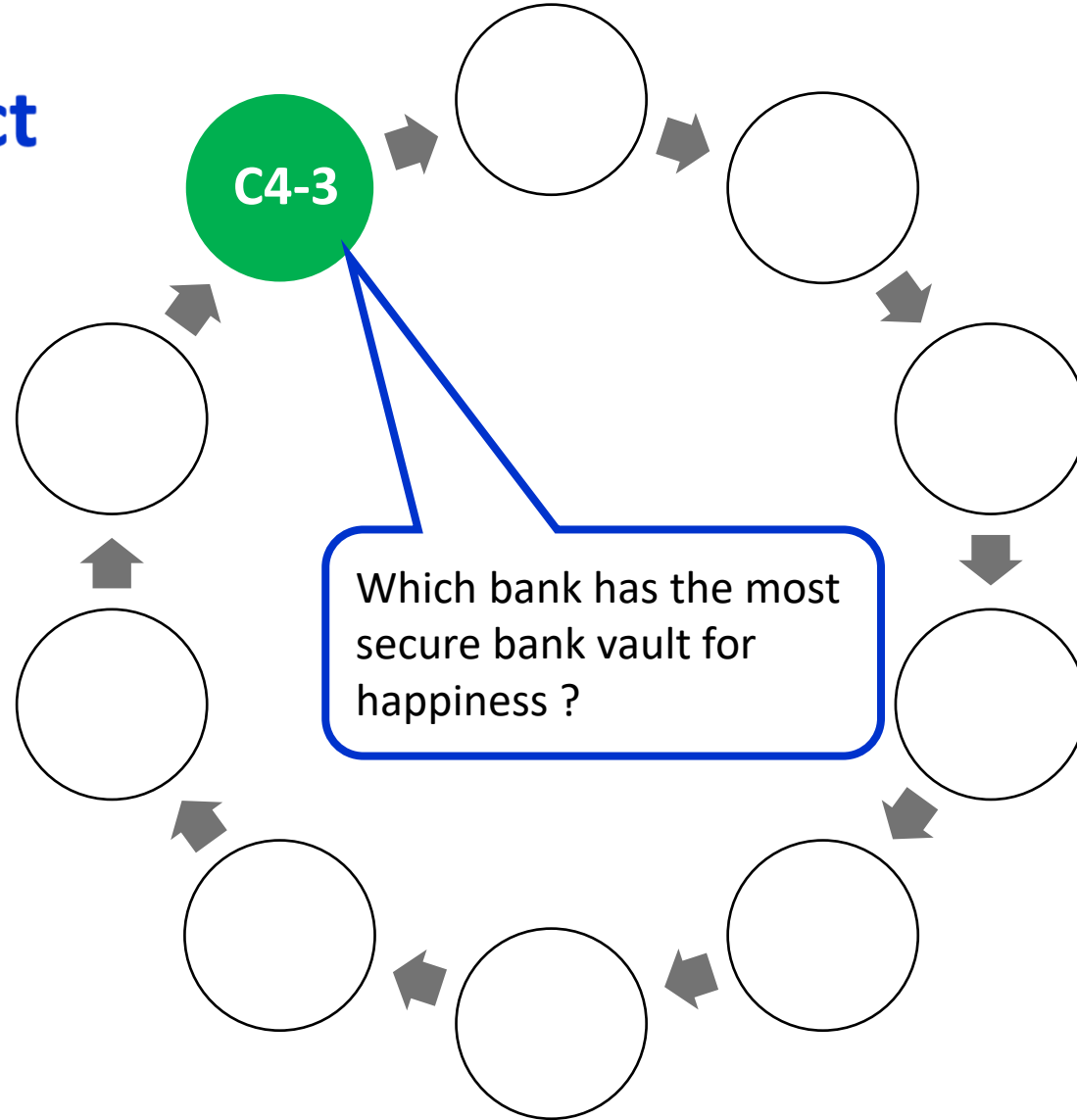


Successful result: 3 points
Not successful result: 0 points

C4- What is your driving question?

Instruction: Choose 1 answer that is completely correct for you and the other participants !

RESULT: Completely correct answer is following:



Successful result: 3 points

Not successful result: 0 points

WORK FORM	Selfmobility POTENTIAL	Selfmobility MISSION	Selfmobility VISION	Selfmobility DRIVING QUESTION	Points under levels
FIRST LEVEL OF QUESTIONING A1 – A4 Points: 0 - 4	A1- Your answers: A1-3, A1-5, A1-7... _____ _____ Points:	A2- Your answers: _____ _____ Points:	A3- Your answers: _____ _____ Points:	A4- Your answers: _____ _____ Points:	Min points: 0 Max points: 4
SECOND LEVEL OF QUESTIONING B1 – B4 Points: 0 - 8	B1- Your answers: B1-4, B1-6, B1-9... _____ _____ Points:	B2- Your answers: _____ _____ Points:	B3- Your answers: _____ _____ Points:	B4- Your answers: _____ _____ Points:	Min points: 0 Max points: 8
THIRD LEVEL OF QUESTIONING C1 – C4 Points: 0 - 12	C1- Your answers: C1-5, C1-8... _____ _____ Points:	C2- Your answers: _____ _____ Points:	C3- Your answers: _____ _____ Points:	C4- Your answers: _____ _____ Points:	Min points: 0 Max points: 12

After
revealing the
results on
questioning
C1-C4

- **COACH, IF NEEDED, OFFERS CERTAIN CLARIFICATION, ACCORDING TO EMERGED SITUATION AT CLIENT /PARTICIPANTS**
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FOURTH LEVEL OF QUESTIONING

D1 – D4

D1: How do you implement your potential?

Instruction: Choose 3 the most relevant answers in your case!

Mark	Answer
D1-1	To be able to define individual professional content where I feel professionally strongest
D1-2	Through activities in the local community
D1-3	To discover a completely new activity for myself in which I can get involved in my spare time and free time
D1-4	To familiarise myself with educational content that I have always been interested in
D1-5	Encouraging healthy lifestyles among older family members
D1-6	Putting my all potential into practice by doing all sorts of housework
D1-7	Make a list of all the possible careers that correspond to the training I have received
D1-8	Through the integration of acquired school knowledge in the work organisation
D1-9	To take part in the creation of methods of co-operation with related professions and other professions
D1-10	To bring out my personal qualities within the profession itself.

D2: How do you implement your mission?

Instruction: Choose 2 the most correct answers in your case!

Mark	Answer
D2-1	To develop individual professional dimensions in which I can rely to a greater extent on my natural gifts
D2-2	To participate in the promotion of my profession within wider target audiences
D2-3	Bringing more humanity into my professional work
D2-4	By promoting public institutions and their role
D2-5	Through the activation of social responsibility in the working organisation
D2-6	To increase participation in my current leisure activities
D2-7	Neglecting things or activities that no longer seem important to me
D2-8	That I carry out my work carefully, responsibly and to the highest possible quality
D2-9	Helping older family members with normal daily tasks
D2-10	Through the development of new friendships and acquaintances.

D3: How do you implement your vision?

Instruction: Choose 4 the most correct answers in your case!

Mark	Answer
D3-1	To achieve a high professional qualification
D3-2	To test and strengthen personal virtues by working in a work organisation
D3-3	Spending every day trying to improve my troubled personal relationships
D3-4	Mastering the basic skills needed to communicate with each other
D3-5	Creation of a plan for the future development of the working organisation
D3-6	Promotion of the identification of problem phenomena in the social community
D3-7	Foundation of a new non-governmental organisation
D3-8	To refresh and deepen the sense of involvement in individual leisure activities
D3-9	To identify all the most important decisions I have made in my life so far
D3-10	To prepare myself for new challenges in life.

D4: How do you implement your driving question?

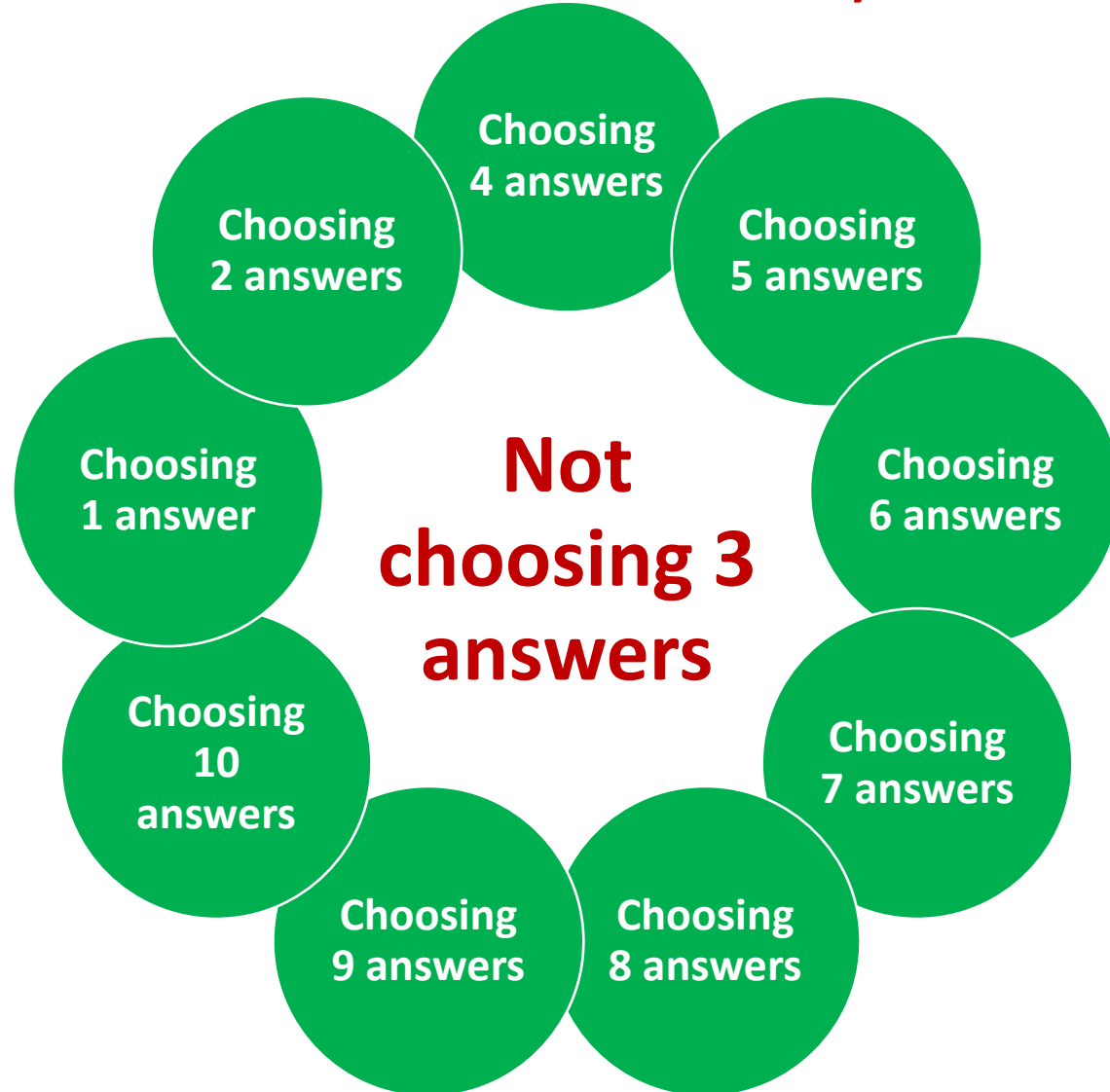
Instruction: Choose 1 the most correct answer in your case!

Mark	Answer
D4-1	To educate myself on things I cannot learn at school
D4-2	Balancing financial and professional benefits
D4-3	To assess the realistic possibilities for career development in my chosen profession
D4-4	Deciding on career steps within the current work organisation
D4-5	Defining work for myself as a source of necessary income or as a means of self-expression
D4-6	Find my favourite local activity in the local community
D4-7	That by learning about the world and history, I learn to behave in new ways and broaden my horizons
D4-8	Through the determination of the ideal type of housing
D4-9	To make a conscious decision to meet more interesting people
D4-10	To look more consciously at the current anchor on which the current path of life rests.

D1- How do you implement your potential?

Instruction: Choose 3 the most relevant answers in your case!

RESULT: The most relevant answers are following:



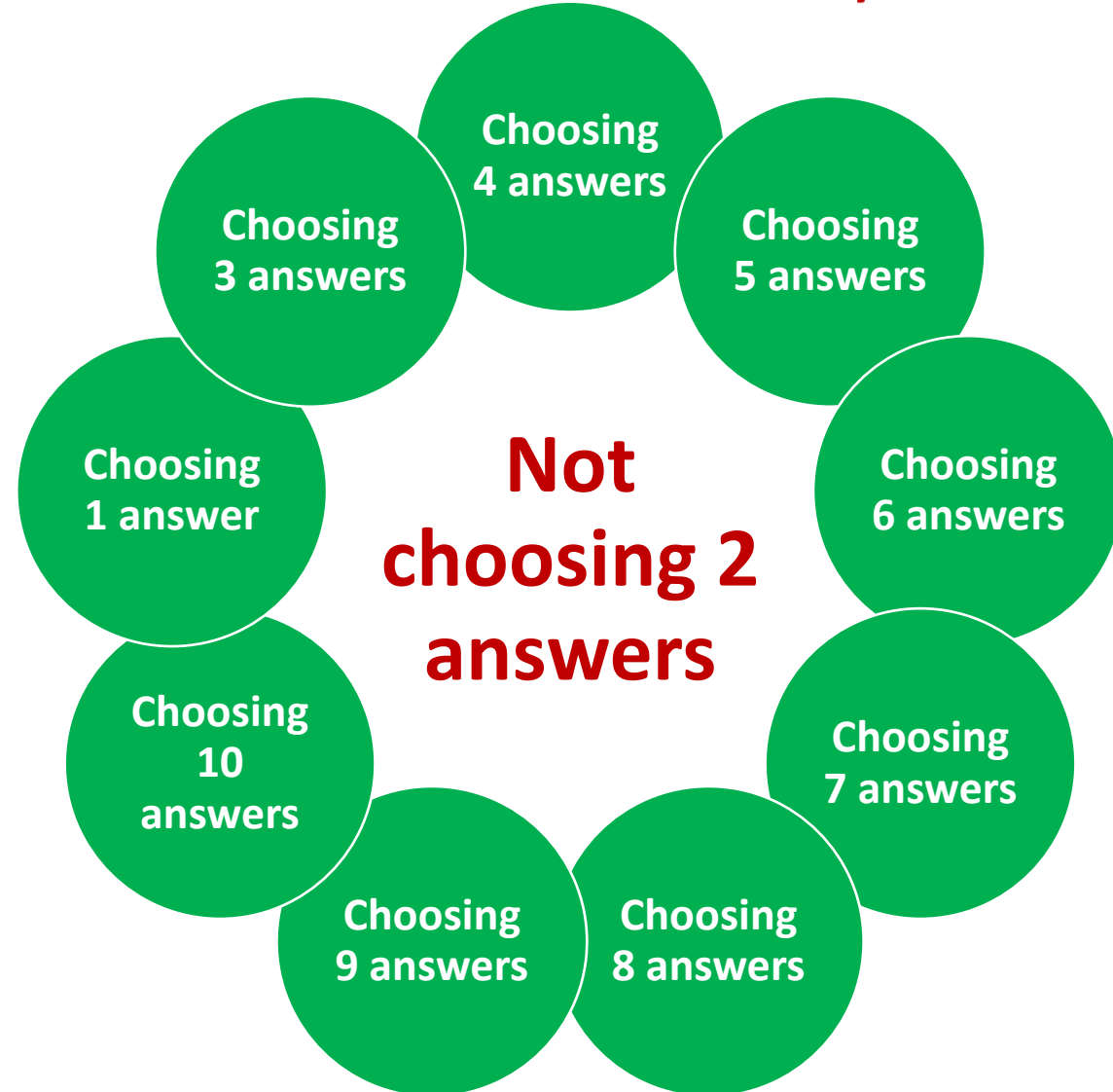
Successful result: 4 points

Not successful result: 0 points

D2- How do you implement your mission?

Instruction: Choose 2 the most relevant answers in your case!

RESULT: The most relevant answers are following:



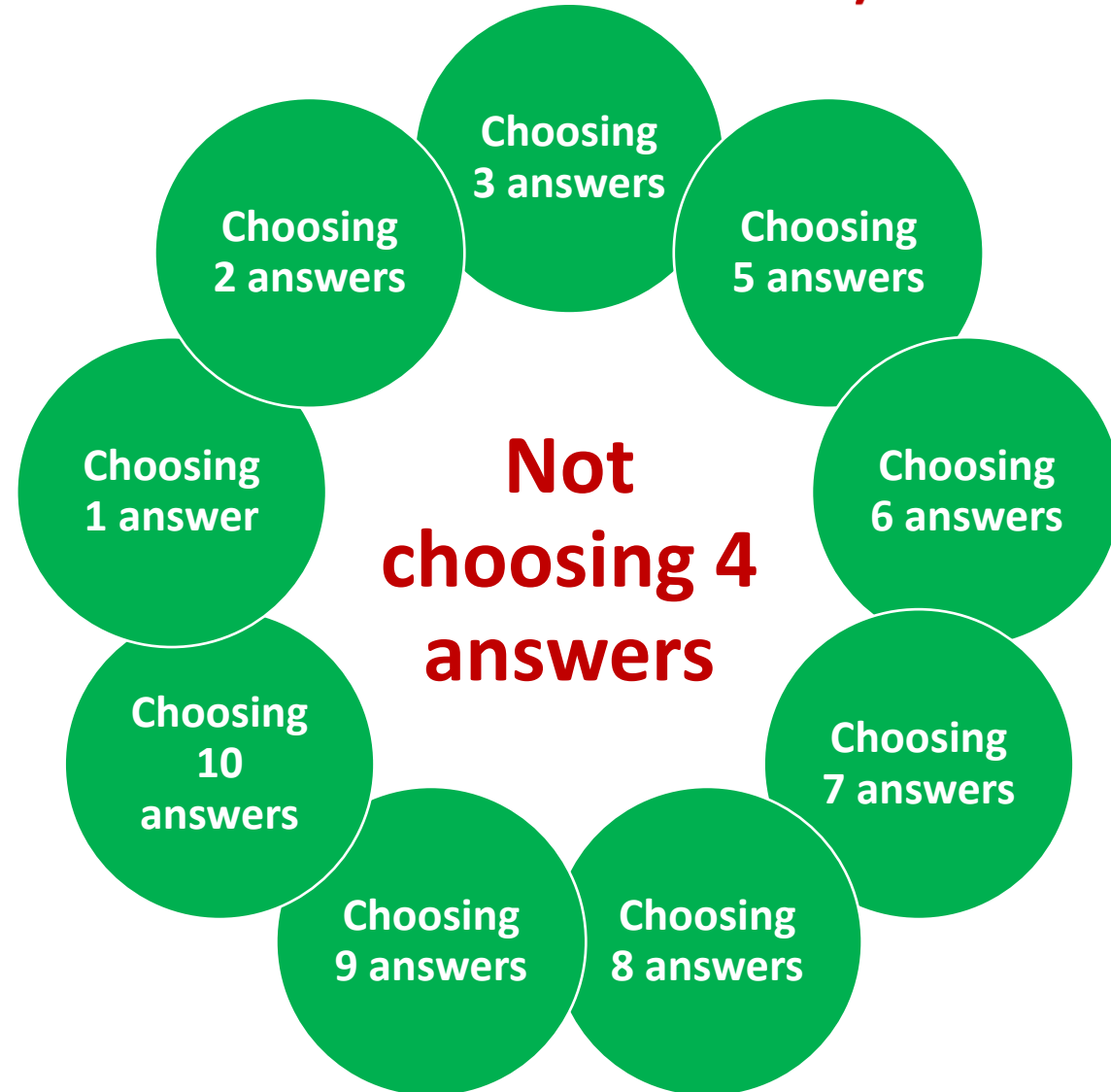
Successful result: 4 points

Not successful result: 0 points

D3- How do you implement your vision?

Instruction: Choose 4 the most relevant answers in your case!

RESULT: The most relevant answers are following:



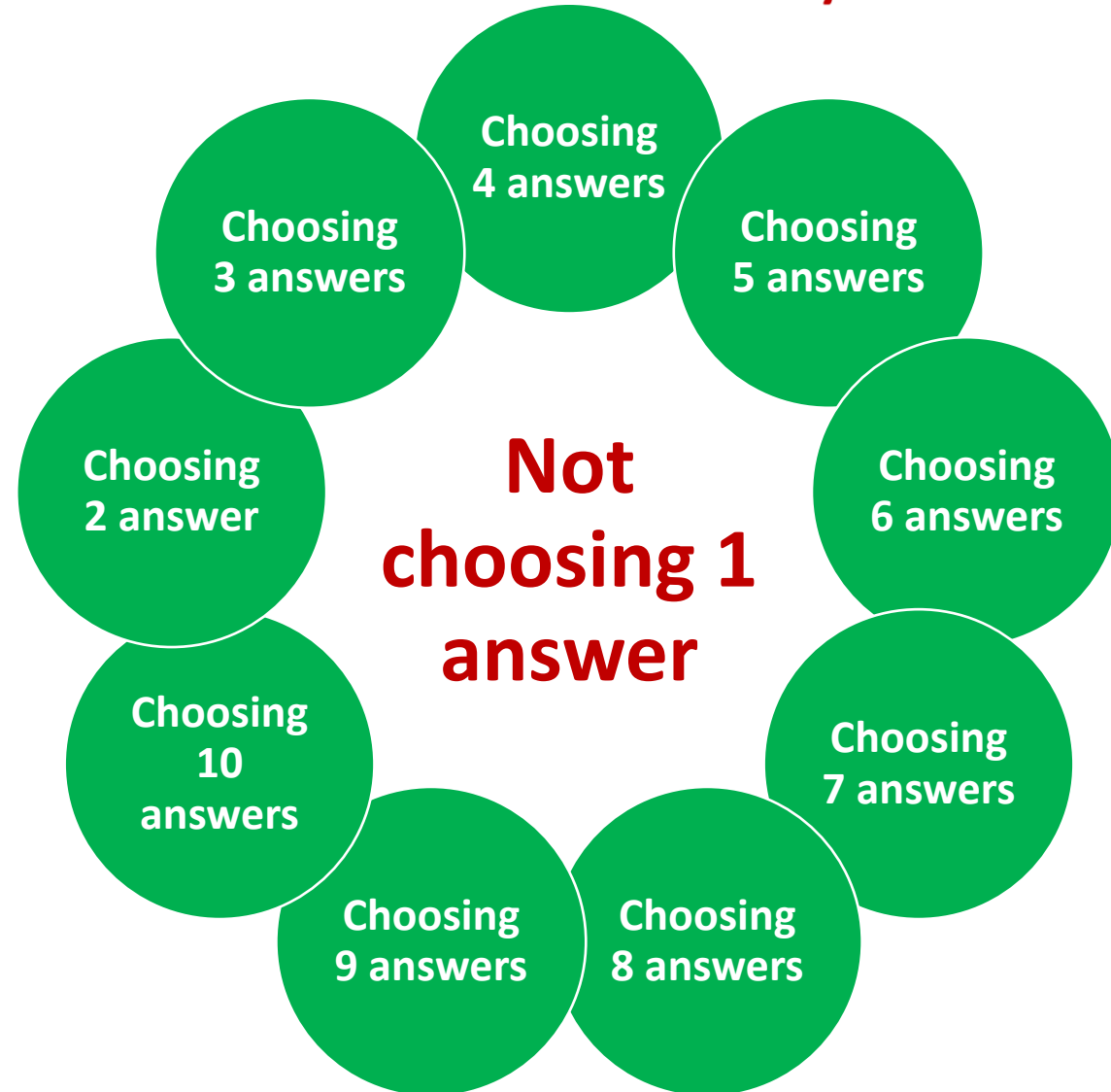
Successful result: 4 points

Not successful result: 0 points

D4- How do you implement your driving question?

Instruction: Choose 1 the most relevant answer in your case!

RESULT: The most relevant answer is following:



Successful result: 4 points

Not successful result: 0 points

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SECOND LEVEL OF QUESTIONING B1 – B4 Points: 0 - 8	B1- Your answers: <u>B1-4, B1-6, B1-9...</u> _____ _____ Points:	B2- Your answers: _____ _____ Points:	B3- Your answers: _____ _____ Points:	B4- Your answers: _____ _____ Points:	Min points: 0 Max points: 8
THIRD LEVEL OF QUESTIONING C1 – C4 Points: 0 - 12	C1- Your answers: <u>C1-5, C1-8...</u> _____ _____ Points:	C2- Your answers: _____ _____ Points:	C3- Your answers: _____ _____ Points:	C4- Your answers: _____ _____ Points:	Min points: 0 Max points: 12
FOURTH LEVEL OF QUESTIONING D1 – D4 Points: 0 - 16	D1- Your answers: <u>D1-4, D1-5, D1-6...</u> _____ _____ Points:	D2- Your answers: _____ _____ Points:	D3- Your answers: _____ _____ Points:	D4- Your answers: _____ _____ Points:	Min points: 0 Max points: 16

After revealing the
results on
questioning D1-D4

- **COACH, IF NEEDED, OFFERS CERTAIN CLARIFICATION, ACCORDING TO EMERGED SITUATION AT CLIENT /PARTICIPANTS**
- **IN THE CASE THAT AN INDIVIDUAL USES THIS EXERCISE AS SELF-COACHING WITHOUT A COACH, THIS STEP CANNOT TAKE PLACE.**

Level of questioning	1. Question	2. Question	3. Question	4. Question	All points
1. Level A1 – A4	1	1	1	1	4
2. Level B1 – B4	2	2	2	2	8
3. Level C1 – C4	3	3	3	3	12
4. Level D1 – D4	4	4	4	4	16
All points	10	10	10	10	40

Resulting of
all 4 levels of
questioning

Score: The more points you score, the more likely you are to understand the logic behind mind programming.