

Journey with Intuition and Creativity to Transformation

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This is a summary of your ideas generated at the June 5, 2009 ICF Metro DC Conference. I will let you know when our JICT Image Product is available. It will consist of 72 evocative images and questions including the ones we played with together. I wish you many wonderful journeys using images with your clients! *Jane Kerschner* (jane.kerschner@verizon.net; JICTImages@blogspot.com)

IMAGES ARE GREAT TO:

- Explore difficult, emotional team or individual issues in wholly fresh and safe ways.
- Access and release unexpressed: ideas, emotions, stories, and possibilities.
- Find connections with each other and appreciate unique perspectives of each other.
- Reframe, conflict situations: Innovate, play, create something/solution that incorporates diverse perspectives/images/materials/resources, etc.
- Infuse fun in the coaching process.
- Process transitions from: stuck to unstuck, dark to light, from unprepared to prepared.
- Shift to the right brain in responding to key powerful questions
- Take a break from the present moment or use when you, the coach, are stuck.
- Get clients to use words, phrases they may not normally use.
- Great for clients who are overly analytical. For example: Use with a group of scientists to explore being present and engaging in meaningful dialogue to strengthen their communication skills and awareness of different perspectives. Help them stretch cognitively and emotionally. Use scientific images to explore what they see beyond their 'work'.

IDEAS FOR FINDING IMAGES:

- Visit the National Gallery of Art with your clients. Have them select images that inform them about ways to view their challenges. (Take home the postcard-sized pictures.)
- Give everyone on the team disposable cameras. Have them find images that help them address the team's challenge.
- Ask your client to spend the week taking pictures of what speaks to him. Have them email you the picture(s) and/or bring it to your next session. Debrief/process and discuss it.
- Have the client create his/her own set of images.
- Have client take images/pictures to see what images they are noticing and what 'speaks' to him or her.
- Ask your client to find a picture of someone they admire/respect. Talk about it.

USING MORE THAN ONE IMAGE OR IN A SERIES:

- Coach or therapist selects 2 images. Have client imagine how to get from #1 image to #2



image. Create a road map that identifies obstacles between the two places on the road map and explore how to overcome each obstacle.

- Client selects two images to capture where she is today, where she wants to be in the future.
- Ask a team to put images together to tell a fun story or how to solve a problem.
- Have individuals in a group pick two images – one for where they are now and one for where they want to be. Partner with another person and discuss, then process as a group.
- Select images that express past – present – future.
- Select images that express the public and private self.
- Choose a picture that represents a client’s preferred future, optimistic future, pessimistic future, and most likely future.
- Pick an image at random and describe what they see as a way to start a coaching session. Select a second card and describe what they see at the end of the coaching session. Then describe the ground taken in the coaching session based on what they saw in the first image vs. what they saw in the final image.

PHONE BASED CLIENTS:

- Send photos via e-mail for clients to use during coaching session.
- Send a client a pack of 20 photos in their welcome packet to use in your work together.

USING IMAGES WITH TEAMS TO:

- Make succession plans, develop a shared vision, enhance strategic planning, develop a shared vision, manage and resolve conflict
- Challenge a team to value diversity of perspectives among the team members.
- Ask team members to tell a story about a picture to help them get more comfortable and give them practice in telling stories in the workplace.
- Ask a group to identify pictures that reflect how they see themselves as leaders – evoking elements of leadership in domains beyond technical competencies.
- Generate deeper conversations within a team - How is this image like your team? The listen for their hopes and fears.

USING WITH COUPLES/FAMILIES:

- Help two individuals in conflict mediate to an agreed approach or to develop some strategies for getting along.
- When a client is angry or frustrated with someone, ask him or her to select a picture that represents the OTHER person’s perspective. See if that shifts their emotion/perspective.
- Have them pick a picture that speaks to their relationship. Use the image to initiate the conversation about what’s going on for them.
- Encourage communication and resolve conflicts within the family, step-families, and couples.



USING IMAGES BETWEEN SESSIONS:

- Use an image as a focal point for a vision board – start with one image, see and describe it and then deepen the visual (story) over the period between one coaching session and another.
- Use to close a session. Take one or two for self-reflection between coaching sessions.

QUESTIONS:

- Values work – how does this picture represent your life?
- How does this picture represent your current life issue?
- What does your future self say about this picture?
- What will inspire/anchor you in the 'new' way of life?
- What does success look like through this image?
- What does this image look like from several different perspectives?
- What do you feel when you look at these images?
- Which image makes you feel: scared, intimidate, inspired, empowered....?
- How is this image like your career? What image would you like for your career? (Career development)
- Get clients to focus on their passions – what really 'turns you on'?

CHOOSE AN IMAGE TO:

- Tell a story as an introduction to your work with a new client.
- Share as client and coach what each of you see in an image in order to deepen the openings available to both to you.
- Ask a client to state 3 questions that they would like to find out about an image.
- Express what they see as their greatest or biggest block right now.
- Help a client develop some stretch goals for himself.
- Ask what the image does to their current situation.
- Explore and define values.
- Ask what an image says about the future self.
- Help when a client is stuck or session is stuck - draw from photo box (as a prompt) to bring a client to the unspoken meaning or uncovered meaning that s/he cannot articulate.
- Choose a picture that represents your greatest strength and/or your greatest fear.

