

Next Level Coaching Tools Session 2 – Summary

Benefits of this tool

- Uncover hidden things in your life that are causing you frustration and pain so you can address them and eliminate them
- Let go of things that are holding you back so you can be more effective, achieve more, and avoid failure
- Improve your relationships by reducing stress by identifying and eliminating persistent annoyances in your life
- Free up mental and emotional energy so you can be your best self, be effective and productive, be happy and healthy, and have more power and influence in your life

Mental Models Used In This Training

- Triune Brain
 - Physical, Emotional, Mental
- BE MERI (Triune Brain overlaid with Inner Game/Outer Game)
 - Body, Emotions, Mind
 - Environment, Relationships, Ideas
- Oversolution
 - Going beyond what is necessary to solve a problem. This helps ensure the problem gets solved and it stays solved.
 - An example of really valuable oversolution is "Preppers," people who consciously prepare for disasters. When the coronavirus hit, preppers already had 6 months of food, water, and toilet paper saved up. So they weren't stressed and worried because they had over-prepared. So there can be great value in the practice of "oversolution."

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Main Content

- We all have things in our lives that annoy us and frustrate us, what I call “tolerations.” These tolerations are actually very big attention leaks. They are slowing us down and stopping us from achieving our goal. They use up physical, emotional, and mental energy, and by discovering them and addressing them, we can free up a lot of energy that we can then use for a higher purpose.
- To ensure we address our “tolerations” in an effective way, I like to do something called “oversolutions,” doing more than what is necessary to solve the problem. And I want to thank Thomas Leonard for the terms “tolerations” and “oversolutions.”
- So by identifying your tolerations and then implementing oversolutions, you will free up a lot of energy that you can then repurpose to achieve your goals, and help your clients achieve their goals.”

Exercise

- Take out the tool that says “Tolerations and Oversolutions.” You can use either a printed version or a digital version on your computer.
- Each of us has areas of our lives where we feel that we are wasting precious time, energy and effort.
- Start out by identifying where you have friction in your life because you're tolerating something.
- Next put in place an “over solution”, meaning a solution that more than solves the problem.
- Begin with the physical levels of Body and Environment. Then move to the Emotional and Relationship level. And finally, your Mind and Ideas. Get creative to free up attention for use in other areas of your life.
- Go ahead and fill in every box on your printed exercise.

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When working with clients:

- When you walk your client through this exercise, make sure you go through the BE MERI model and hit all 6 major areas of life: Physical, Emotional, Mental, and Environment, Relationships, and Ideas. See if you can find at least one “toleration” in each of these 6 areas.
- Give your clients the opportunity to complain when doing this exercise. Many people do not feel safe complaining to other people. For this exercise you want your client to feel safe complaining because you want to let them fully express their frustrations and get it all out.
 - When your client does fully express their frustrations, listen for a sense of release or relief from your client. They will feel better after they have shared what is frustrating them most in life, and you have compassionately listened and held space while they complained.
- This tool is even more effective when you have done Tool #1, The Ultimate Scenario, with your client in a previous coaching session.
- Your client’s Ultimate Scenario can serve as a powerful motivation for them. It can help them see how valuable their time is, which can then be the motivation they need for them to take action and implement oversolutions for their tolerations, so they can free up time and energy to achieve their Ultimate Scenario.
 - Once your client implements their oversolutions, they can refocus and reinvest that time and energy back into achieving their Ultimate Scenario.

Resources

- The Portable Coach, by Thomas Leonard