**Claire and Sarah – Clean Language Practice**

**Angela’s Feedback**

**Claire coaching Sarah**

 Well done for getting in there and going first, when as you say, you were out of practice!

 You did a lot of things very well, asked some good CL questions some of the time, and overall seemed to have a good sense of what to explore and where to go, but as you said at the end, you were not always finding the right question to get you there.

 It sounded like a great session though, as Sarah really gained something useful, and your discussion at the end seemed to open up a lot of great learning for both of you!

I will give you some very specific feedback, not so either of you start thinking too much about the right question, but to help you realise there is often a lot more to follow up on if you really listen to what’s being said. I think it would be very useful for you to listen back to the recording and notice all the metaphors that came up along the way.

The more you practice the questions, they will very quickly become more natural and automatic, which as Sarah says, is really freeing because then you can concentrate totally on the coachee’s journey.

Initially Sarah describe inner confidence as being different from outer confidence and stressed that it is on the inside.

 Straight away she has given you a location! But you don’t know where inside.

 You asked “What kind of confidence is that inner confidence?” which was perfectly good question to ask.

 You could have wrapped in the ‘inside’, and asked “And when inner confidence is on the inside, is there anything else about that inner confidence?” so directing attention inside.

 And then “Whereabouts inside is that inner confidence?”

You asked a few “Is there anything else?” keeping it very open, which is good when you are not sure where to go, and it did work!

 And, possibility when you are more relaxed with the questions you would notice more the metaphors that Sarah was using that you could have asked about and so focused Sarah’s attention more specifically on those.

Sarah said “Picking up on signals intuitively” – what kind of picking up?

You did ask a great question “What kind of completely there?”

 Sarah described totally committed, totally absorbed, both of which are feelings (or perhaps ‘states of mind’) that with further exploration may have had a physical sensation attached to them. Also she said “Shutting all of that out” about the chatter. So here we have a resource that Sarah uses to stop the chatter. “What kind of shutting?” “Is there anything else about shutting all of that out?” And that’s shutting out like what?” you may have got a metaphor that again could have had a location, that may have helped strengthen it.

 As the session went on Claire, I noticed you got better at repeating back Sarah’s words before asking your question, and that definitely helps, it holds the coachee in their own experience, and also gives you some time to think about the next question to ask.

 At some points you veered away from Clean Language to ask “What does that feel like?” which isn’t clean. Better to pick up on the words given. In fact just before this Sarah said:

 “Wanting to drill down on that…confidence to drill down…on more sensitive…to drill down on.” Spot the metaphor! If used three times, it must be worth exploring: “What kind of drill down is that?”

 When you asked “Whereabouts is that confidence?” Sarah was able to locate it in two places, heart and head, which was incredibly useful to her, so a great question to ask here.

 And you followed up well with “And that confidence in your heart, does it have a shape or size?” Sarah established a lot of detail: Big and red and beating very strongly.

 Again you followed up well to try and get a clear metaphor “That’s like what?” and the whole question was very well delivered and well structured.

 Sarah said she didn’t know if it was like anything, but ‘beating strongly’ represented the confidence strength.

 So here it would have been well worth exploring ‘beating strongly’ some more. “What kind of beating strongly?” “Is there anything else about “beating strongly?” which all would have focused Sarah’s attention on the beating and possibly helped her become aware of more, as the metaphor developed.

 You asked “What else do you notice about it?” The clean version would be “Is there anything else about all of that?”

 Sarah said it ‘flows through my body’ which implies a possible feeling. “What kind of flow?” etc etc

 Again you moved away from Clean, possibly unsure where to go. You asked if the metaphor of the heart was a useful one. Sarah said it’s “remembering that it’s there” again it may have been useful to pick up on ‘remembering’, as it appears to be a useful resource, and after asking a few questions you may have got some qualities that you could try and locate.

 Sarah also said “The heart’s got to push back more, turn the strength of the pump up” this is excellent, a strategy in metaphor, that if developed could be strengthened.

 “What kind of push back?” “What kind of ‘turn’ when you turn the strength up” etc etc. There could have been a couple of great metaphors to explore and uncover here.

 You did a great job of exploring the negative, and as Sarah said that was not necessarily the best place to go. Now, sometimes you have to explore the negative when there is nothing else to go on, but actually there was a whole load you could have asked more about. Your exploration was fine, but I caution you if you were to use with a ‘real’ client there is a danger of amplifying the negative as you get the coachee to focus their attention on it.

 That wasn’t the case with Sarah, it did sound as though it was useful for her to understand more about what was going on inside, especially as she already had the half-developed resource to turn the strength up and for the heart to push back.

 I do think your discussion at the end was very useful to have. There is a Clean Language version of “When heart pushes back, how does head feel?” which is “When heart pushes back, what happens to head?” BUT it would be best to ask when you have developed ‘push back’ a little further with “What kind of” and “Is there anything else?”.

 The reason we practice these questions first is that they are the mainstay of Clean Language and the most useful to learn ‘off by heart’ to begin with.

 The other suggested question “How can you turn the pump up stronger when head is in control?” I think the answer to that would have naturally emerged if you just focused Sarah’s attention on the metaphors ‘push back’ and turn pump up’ using the basic Clean Language questions you had.

 Okay, lots of feedback there because the session raised a lot of valuable points! I will cover some of this in more depth in the class tomorrow. All in all Claire you did well and I am sure now you have had a practice next time you can be cleaner and the questions will flow better.

**Sarah coaching Claire**

Overall I think this was a very good session, probably helped by the learning you had both experienced with the first session, but I don’t want to take anything away from you Sarah, it was exceptionally good, well done.

 Claire is very metaphorical, which makes her a pleasure to work with, although as she said that can be a challenge to know what metaphor to focus on, and again you did really well.

 I agree with Claire’s comment at the end, it almost doesn’t matter what you choose to focus on, just that you go for it and stick with it long enough for something to develop. The important stuff tends to be repeated in one way or another, so if you miss it first time around, the coachee will say it again, as long as you stay clean..

 At the start you used “What kind of” and “Is there anything else about” questions to explore what Claire said, focusing firstly on the clearly metaphorical lapping sea.

 Claire gave you a rich description and there was much to choose from for your next question, and you went with playfulness, one of the last things Claire said, which was great, it sounded like a resource.

 Claire gave another metaphor of the lighthearted dance, and when explored she gave some useful verbs like ‘encouraging’ and ‘invitation’ which could have been explored further, however you went for the physical sensation of gentle shifting of weight and this seemed spot on.

 Then energy – and whereabouts? Which also worked very well.

 You were able to stay clean throughout, repeating back enough of Claire’s words to help hold her in the experience without too much delay before your next question.

 You asked “Whereabouts is that impact?” which lead to the wings and the groundedness, again a great example of how powerful the ‘whereabouts’ questions can be.

 A couple of times you asked “That’s like what?” when you already had quite a rich metaphor, but still they revealed more insights.

 You helped Claire learn a whole bunch more about the pillar and stuck with that really well.

 We ended up with Claire having her back rested against that pillar in the sunshine, and the surface of her tingly and sparkly. What a marvellous resource to call upon!

 Again some great discussion at the end, with Claire’s insight about the visuals were quite clear already, but it was connecting to the physical sensations that really made everything come alive for her.

Thanks both of you for giving the exercise such energy and commitment!