



## 3 Vital Questions® Coaching Methods Course: Transforming Drama to Designing Dreams

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These days it seems everyone is being hit by drama, both personally and professionally. Our coaching clients are often stressed out and stuck in drama. We coaches get stuck, too. We desperately need a simple, yet profound method to free us and our clients from the dreaded drama that keeps everyone from being their best selves.

When coaches and their clients shift their focus from problems to outcomes, something amazing happens in the coaching relationship. Reactive drama is transformed into results and dreams that really matter. Coaches and their clients become collaborative, engaged and resilient. They welcome change as the fuel that empowers great outcomes.

### What You Will Learn

3 Vital Question is a new coaching method you can count on to liberate yourself and your clients from reactive drama in the face of the rapid changes that mark today's increasingly complex modern lifestyle. Create a bigger vision of yourself as a coach as you learn how to empower your clients to become more resilient, collaborative and trusting of themselves and others. In addition to receiving a firm foundation in the 3 Vital Questions and Power of TED\*® frameworks, you will also learn:

- How the Problem Mindset is an “anxiety management system” and not a problem-solving system;
- The 5 Step Reframe process to transform the problem-reactive mindset that keeps your clients trapped in disempowering thoughts, emotions and behaviors;
- How to create your Coach Vision to clarify and inspire your role as a coach, so that you don't get triggered by unresolved stories that could draw you into to the Problem Mindset and Dreaded Drama Triangle (DDT) with its roles of Victim, Persecutor and Rescuer;
- How to apply the latest neuroscience research findings relevant to empowering your clients to break free from toxic patterns of drama and unleash their full creative energies;
- How to spot your clients “readiness to change,” using Prochaska's change model and how to adjust your coaching to meet clients where they are, rather than where you think (or hope!) they should be;
- The 3 Vital Questions 5 Step Action Planning model that supports your clients to take generative and creative steps that will support them to transform their old patterns of drama;

- The 5 Coaching Miscues that, if not understood and redirected, may undermine your coaching brilliance;
- The 8 Principles and Insights for partnering with your client as they cultivate their Creator essence and bring forward their best self; and
- How to use The New SOS (Self Observing Self) system to identify your personal self-regulating practices that cultivate your inner wisdom and ability to be present with your clients, despite anxiety or stressful situations.

## An Overview of the Course

This course teaches the coaching concepts embedded in David Emerald's groundbreaking books, *The Power of TED\** (*\*The Empowerment Dynamic*) and his newest book, *3 Vital Questions: Transforming Workplace Drama*.

Once you register, you will receive lifetime access to our E-Course: *3 Vital Questions--Applying the Power of TED\** (*\*The Empowerment Dynamic*) to Work and Life. The E-Course includes 8 units of 100% self-paced mobile friendly content, a 30-page workbook filled with coaching exercises and 18 video presentations by David Emerald. With the visual learner in mind, the E-Course is built upon an easy to use platform with engaging graphics. Unit by unit larger concepts are broken down into easy to understand material so you will gain a strong foundation in the core concepts of 3 Vital Questions.

The second component of this powerful course includes 8 live Zoom sessions facilitated by Donna Zajonc, Master Certified Coach. Participating coaches will build upon what they learned in the E-Course, engage in provocative dialogue and dig deep into the coaching competences that are behind the 3 Vital Questions and Power of TED\* frameworks. In each live session coaches will learn from one another, participate in live coaching demonstrations and experience a new vision for their coaching. The combination of the E-Course, and the live 90-minute Zoom sessions, results in a rich blended learning experience.

The live, 90-minute Zoom sessions will be held on **Thursdays** on the following dates with two time options for each day (you select the best time each session to suit your schedule). Choose from either 8:30 to 10 AM Pacific Time or 3:30 to 5:00 PM Pacific Time (note that we change from Daylight to Standard time after the October Sessions):

- Oct. 10, 17 and 24
- Nov. 7, 14 and 21
- Dec. 5 and 12

All live Zoom sessions are facilitated by Donna Zajonc, who has been the director of learning and coaching services for the Power of TED\* and 3 Vital Questions for over ten years. The live sessions will be recorded if you are unable to attend or wish to review them again. However, to receive continuing education credits from the International Coach Federation (ICF), attending live at least 5 of the 8 sessions is essential to receiving the credits.

**Register and complete payment by August 31 and receive a \$150 savings and the early bird price of \$745. After Aug. 31 full price is \$895. The class is limited and is guaranteed to fill quickly.**

The price includes life-time access to our 3 Vital Questions E-Course (a \$299 value), your personal 30-page workbook embedded inside the E-Course and 18 “mini videos.” In addition to the E-Course, there will be 8 live Zoom calls (90 minutes each) available within 24 hours if you missed the live sessions or wish to view them again. As part of the live Zoom calls, participating coaches will receive additional exercises and articles written specifically for those registered for this course.

**[CLICK HERE TO REGISTER](#)**

## **Requirements**

1. An experienced coach who embraces continuous learning and open to a new coaching process that will take you and your clients to a whole new level of coaching;
2. A state-of-the-art computer with a camera and a willingness to be on video, and
3. Either previous experience with the 3 Vital Questions and/or Power of TED\* or, if new to these frameworks, you are willing to read one or both of David Emeralds books prior to the beginning of the live video sessions.

## **ICF CE Credits**

This course is approved by ICF for 20 CE credits: 13 of which are Core credits and 7 are Resource hours.