

Communication Discovery Cards

The uses for our image cards are endless. Following are some ideas to get you started.

Use	Instructions
Ice Breakers	Options or ideas: <ul style="list-style-type: none"> • Choose an image that represents a hobby or interest of yours. Something you love to do. • Choose an image that represents a “bucket list” item for you. • Choose an image that represents your greatest accomplishment or something you are proud of. • Choose a topic that you would illustrate a point in the workshop or an experience you would like them to have.
Coaching questions: “A moment of	Find an image that reflects one of the following: “A moment of <ul style="list-style-type: none"> • Joy • Peace • Fun • Reflection <p>Ask – why? (Asking Why – deepens the experience and allows discovery of the Purpose)</p>
Identify Meaning	<ul style="list-style-type: none"> • Have people choose a card from the deck without knowing which card they will select. Ask questions: <ul style="list-style-type: none"> ○ How does this image reflect a quality you have? ○ What does this card represent to you? ○ What do you like or dislike about the image? ○ How does it represent something you want more of / less of in your life / work?
Values Discovery:	<ul style="list-style-type: none"> • Choose a picture that represents some of the core values in your organizations – the way you want to be treated and the way others should treat you. • Choose a picture that represents what your company is really good at. • Choose an image that represents something your company might improve or develop more.
Perceptual Shift	<ul style="list-style-type: none"> • Choose images that reflect a different perspective. Look at images that reflect another person’s point of view or other options available. For example, if you were to ask your best friend what are your greatest qualities, what images would that friend choose?

Creating a Coaching Experience	<ul style="list-style-type: none"> • Explore a coaching question in more depth. When a person picks a couple of images that represent what they really want – you may ask some probing questions such as : <ul style="list-style-type: none"> ○ Where and When do you want this? ○ What do you want to do? ○ How will you get it? ○ Why is this important to you? ○ Who are you when you have it?
Identifying Action Steps	<ul style="list-style-type: none"> • A person may be at a place to know what they want and now need to move forward on that next step. Have a person select some images that represent that next step they need to take.
Balance	<ul style="list-style-type: none"> • This exercise is helpful in exploring the areas of life / work that need to be balanced. Draw a large circle on a page and divide it into sections. Each section can represent a component of life / work that impacts a person's balance. • Select images that represent a section of the areas the person would like to explore. • Ask questions about what they might want more of / less of in those areas.
What's working for me?	<ul style="list-style-type: none"> • Choose an image that represents something that works in your life right now. • Choose an image that represents something that is not working right now. • Choose images that represent what you want to instead. • What actions will you take?

General Inquiry Questions:

When you ask someone to choose a card – you can explore it more by asking some of the following questions:

- Why did you choose the card?
- What story does it represent?
- How does this card reflect your current situation?
- How does this card reflect your desired future?
- How can this card be even more relevant?
- What do you want instead?
- How does this serve you or others well?