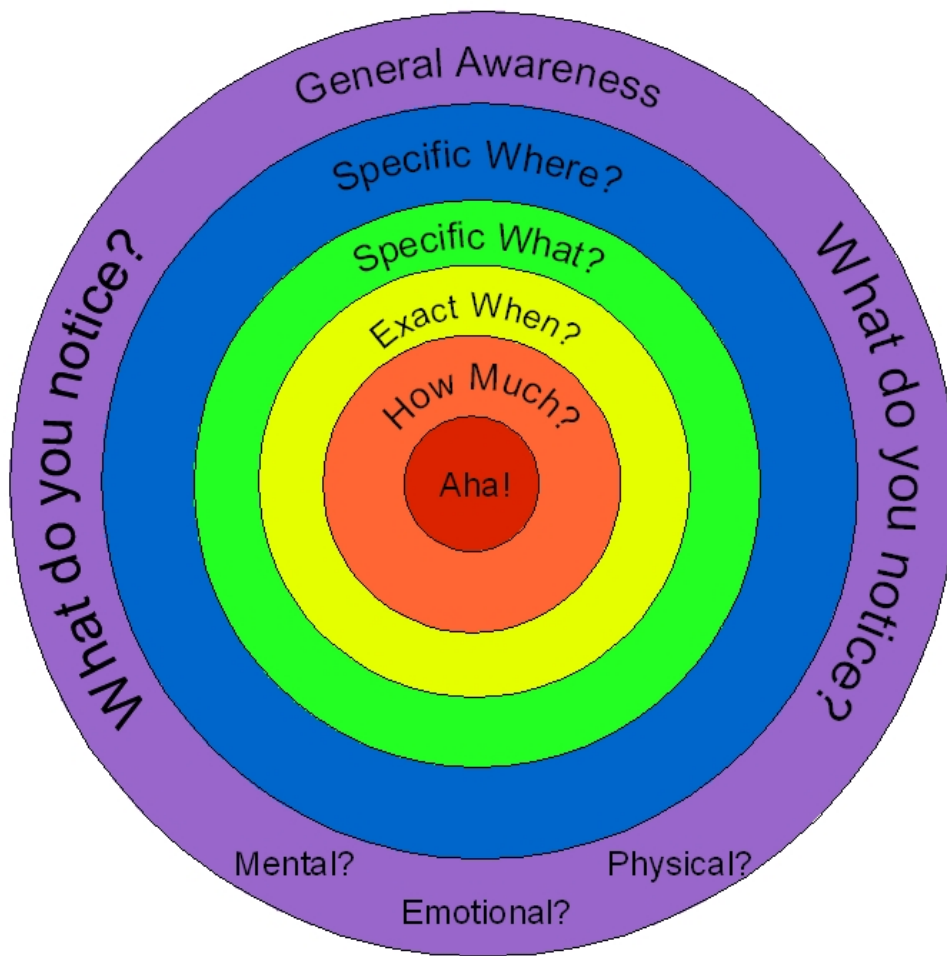


The Awareness Raising Bull's Eye.



Instructions

The Awareness Raising Bulls-Eye was developed as a tool to help coaches on our courses to keep on track with asking key simple questions to enable the student to stay focussed and in awareness mode. The questions are in the order which Tim Gallwey used for one of his examples in 'The Inner Game of Golf'. However, when using the Bulls-Eye this order is not set in stone.

As a guide:

1. Start on the outside of the Bulls-Eye with 'What do you notice?' This ensures that you get a starting point from the student's awareness.
2. Get more information about what they've noticed using the 'Specific Where', 'Specific What' and 'Exact When' questions in whichever order feels appropriate. The 'specific what's' are critical variables in Inner Game terminology that can be observed with a good chance of increasing performance and giving the student insights and learning.
3. When you have something specific of interest to the student that they can monitor at a specific time frame during repetition of an activity, then work out the best way to measure 'How Much?' (this could be a scale of 1-10, saying 'lots, average, a little', saying 'yes' when they notice the specific thing that's being monitored, or any variation that works for the student).
4. Set up the best way for the student to perform the activity and allow them to monitor in awareness mode. Check that both you and the student are being non-judgemental about what is being observed.
5. AHA! The process of monitoring in awareness mode can produce spontaneous improvement in performance and/or insights and learning for the student - Bull's-Eye!
6. If there is an 'AHA!' moment, check with the student if their goal has been achieved.
7. If there is no 'AHA!' or if there's more to do to reach the goal - simply go back to the outside of the Bulls-Eye and start over, coming up with new critical variables to monitor. 'What else do you notice?'...