

SPIRITUAL JUMPING

(a Buddhism inspired coaching session)

Purpose of the process:

examining suffering as a development opportunity

Randomly or openly select three cards and work according to the following order >>>

1. Where do I have a hard time in letting go?

**2. What could help me do that?
What is the source of my optimism?**

**3. What is the challenge I am facing?
What is my lesson?**

This process map was developed by:

Ravit Nachum, a coacher



POINTS OF YOU

The Coaching Game

<http://www.thecoachinggame.com>