

Solution-oriented scientific coaching for beginners

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Solution-oriented scientific coaching

Knowing human being is essential with coaching. We are born with 7 intelligences. Howard Gardner defined these 7 or even 8 human intelligences developing disabled people.

By first knowing your favorite intelligences, you then adapt better to others to end up guiding them with positive intuitions then adapted, then solution-oriented.

Solution-oriented scientific coaching

We think and research scientifically :

- Making hypothesis through dialogue
- Testing and linking, meditating and politicizing
- One day a higher hypothesis to the others comes with its multiple intelligences
- We have to check this hypothesis with science
- This higher hypothesis is either for beginners or experts

Solution-oriented scientific coaching

Beginner who learns a new passion :

- Tests and links in his mind.

- His meditating mind sends him back an answer.

It is then enough to be in a beginner's situation.

Ideas fascinating the beginner come.

The enthusiast beginner can easily coach a beginner.

He learns to learn in order to know his own psychology through others.

Solution-oriented scientific coaching

Which makes it possible to link in his mind :

- Dialogue
- Meditation
- Tranquility that allows creative dreams
 - Music (To learn or listen to)
- Architecture (Building around yourself)
- Poetry (Understanding your emotions)
- Writing as soon as the desire comes
 - Telling our projects (Politics)

Creating a workshop

An exciting theme prompts a slide show.

We introduce it to a small group who ask questions and lead us to our future.

Being yourself allows you to be funny to relax by improvisation.

We're improving his slideshow.

Projects may come up.

We can adapt it on Sozi and Inkscape if we think it's beautiful.

Creating a workshop

Improvising :

Dialoguing on a piano and with someone

Story reading, slaming or improving workshop

Communication, culture, expression at university

Politicize yourself (discussing and creating projects)

Going to a beginner or pro band

Creating a video-show

We create a slideshow, for example, and then we show it to beginners. Then we record it in a group. It's about placing a microphone next to those who are talking, filming. We clap our hands to be able to synchronize the two.

We can edit with KDE'N Live, Open Shot or Audacity.

Creating a video-show for teenagers

The teenager chooses his domain that he believes or will be interesting for him.

He gets himself as a beginner. That is, he asks what the beginner wants. The teacher helps him. The teacher offers the teenager to write as soon as his desire comes. They write together or not.

Creating a video-show for teenagers

Teacher looks for the "multiple intelligences" of teenager, which makes him want to engage.

The 7 Multiple Intelligences: Howard Gardner.

Each intelligence found corresponds to ways of leading.

Creating a show for adults

It's about taking a domain adult wants to explore.

It's about always linking a little more so that the beginner understands.

Meditation and rest, if the passion is engaged, will make the adult accessible to beginner.

Teacher knows that beginners want and must be interested in the most hidden intelligences.

Creating a show for adults

For the show,

If we think that we know domain too well, we can start from the end of the presentation, which must be understood without the rest.