

The
MAGIC
Happens
in the
Silence

*A guide to the
art of reflective coaching*

By Rosie Nice

Images
to accompany the audiobook

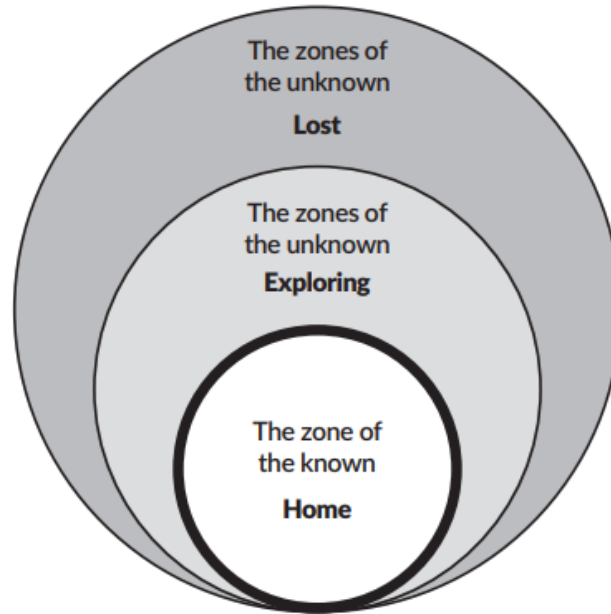
Page 19: Past, Present and Future Me

Past
Me

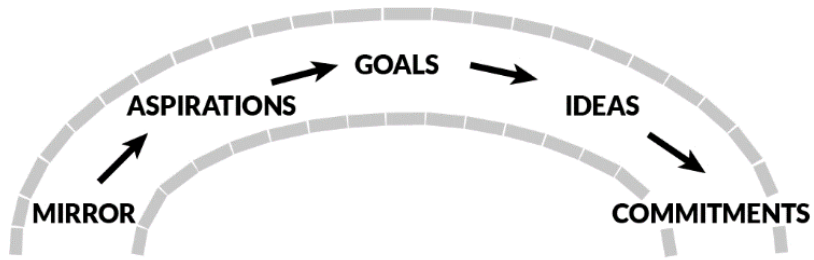
Present
Me

Future
Me

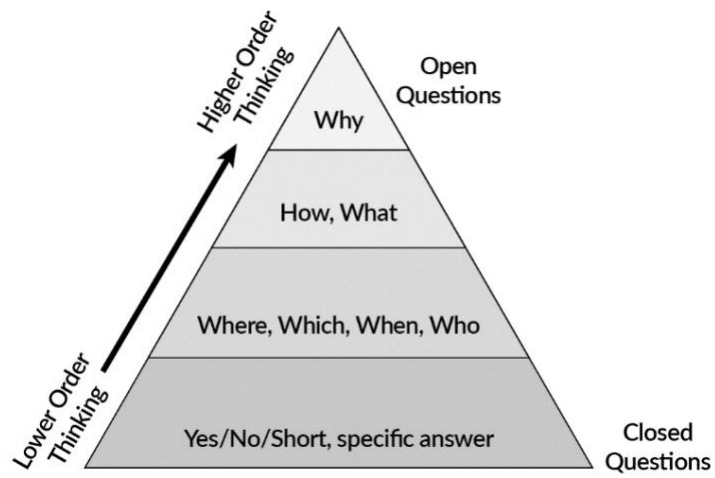
Page 25: Leaving the zone of the known



Page 42: The Five Stages of The MAGIC Methodology

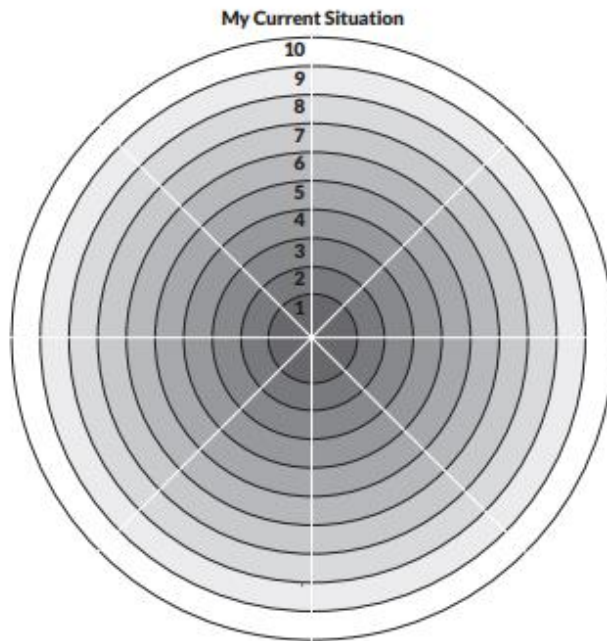


Page 51: Using open questions to stimulate higher order thinking



Page 66: Question 1: The MAGIC Wheel

	<i>Area of focus</i>	<i>Level of satisfaction (0–10)</i>	<i>Comment</i>
1			
2			
3			
4			
5			
6			
7			
8			



Page 74: Mirror: Question 2: Your personal flight path

		EXPERTISE	
		LOW	HIGH
ENTHUSIASM	HIGH	Exploring	Flying
	LOW	Parking	Coasting

Page 86: Mirror: Question 3: Identifying your core values

EXERCISE: Identifying your core values

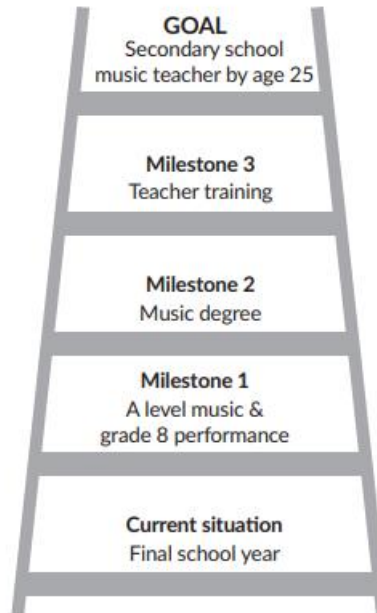
Here is a list of values:

Achievement	Co-operation	Experience	Individuality
Adventure	Creativity	Expertise	Integrity
Authenticity	Curiosity	Fairness	Intelligence
Authority	Daring	Faith	Love
Autonomy	Decision making	Fame	Loyalty
Balance	Dedication	Family	Making a difference
Beauty	Democracy	Flexibility	Money
Belonging	Directness	Freedom	Optimism
Caring	Discovery	Friendship	Passion
Charity	Diversity	Fun	Quality
Clarity	Duty	Growth	Respect
Collaboration	Empathy	Harmony	Security
Community	Energy	Health	Self-growth
Compassion	Enjoyment	Honesty	Stability
Competition	Environment	Humour	Status
Connection	Ethics	Imagination	Teamwork
Contribution	Excellence	Inclusion	Variety
Control	Excitement	Independence	Wellness

Page 101: ASPIRATIONS: Question 4: Finding Harmony



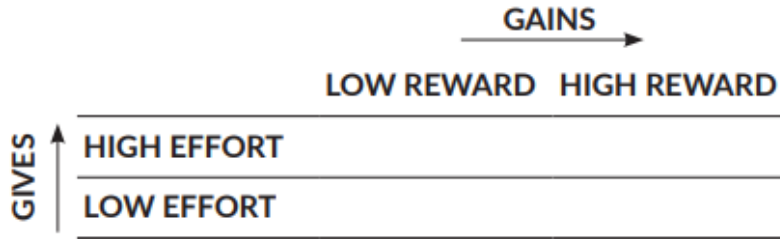
Page 142: GOALS: Question 8: Breaking goals into milestones



Page 150: GOALS: Question: The Eisenhower Matrix

Urgent and important	Not urgent and important
Urgent and not important	Not urgent and not important

Page 174-176: IDEAS: Question 12: The Gives vs the Gains Matrix



		GAINS	
		LOW REWARD	HIGH REWARD
GIVES	HIGH EFFORT	Timewasters High effort, low reward Top Tip: Don't be a busy fool (as my granny used to say)!	Stars High effort, high reward Top Tip: Well worth the effort but don't embark on too many of these at once as it could be overwhelming.
	LOW EFFORT	Distractions Low effort, low reward Top Tip: Don't get distracted by the low effort required by these tasks, if they don't deliver rewards either.	Easy wins Low effort, high reward Top Tip: What's not to like? Tick these off your list with a sense of satisfaction!

Page 181: COMMITMENTS: Question 13: A Template for Action

Goal 1: Your goal here

What	Why	When
What is your goal?	Why is this a good goal for you now?	When will you achieve it by?
What will you achieve?	How does it link to your wider aspirations and goals?	Set a specific deadline for each milestone along the way.

How

How will you achieve it? What's your plan?

List the key milestones along the way and the activities you will undertake to achieve them.

Milestone 1: Your actions, plans and priorities

Target date:

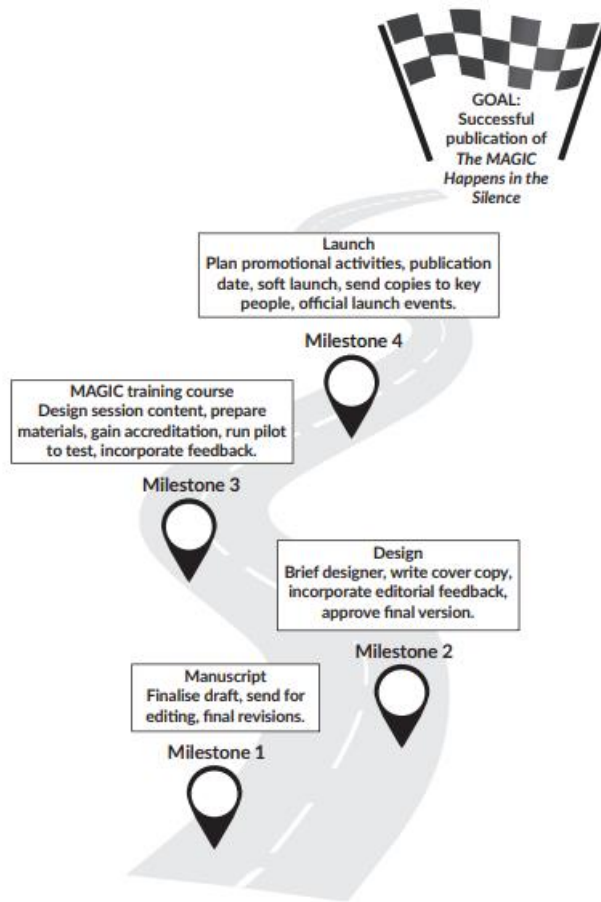
Milestone 2: Your actions, plans and priorities

Target date:

Milestone 3: Your actions, plans and priorities

Target date:

Page 185: COMMITMENTS: Question 13: Generating a Road Map



Page 188: COMMITMENTS: Question 13: Overcoming Barriers & Obstacles

Potential barrier/ obstacles	Likelihood of occurrence <i>(unlikely/ possible/ likely/certain)</i>	Scale of impact if it occurs 1 (<i>minor</i>)- 5 (<i>catastrophic</i>)	Possible solutions

Page 210: How To Use MAGIC To Build A Coaching Programme

Suggested plan for an hour-long session

In an ongoing coaching programme, the approximate flow of an hour's session could look like this:

Open	10 minutes	Welcome, check-in, rapport building. How are they? What's new?
Review	10 minutes	What can they remember from last time? What were their actions? What progress have they made?
Theme	30 minutes	Agree the theme for today, depending on where you are in the MAGIC process. Ask lots of questions, listen well, agree some outputs.
Close	10 minutes	Recap key points from the session. What are their main takeaways? What is the first thing they will do when they leave today? What did they find the most useful part of today's session? When will you meet again?
