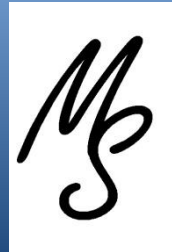




Masterful Questions

Presented by Michael Stratford MCC, BCC



What we're up to today

1. Debrief last week's outflow
2. Check in with questions regarding reminder email
3. Curiosity distinctions
4. Dive into Subtraction
5. Demos of techniques
(as many as time allows)
6. Your next subtraction



Debrief

What is rippling through personal ecosystem after last week's session?

What did you experiment with/apply and what happened?

What are you still curious about?



Debrief

What if any questions do you have regarding the types of questions clarified in the reminder email?

1. Either/Or
2. Trap
3. Time Travel
4. Quegesstions
5. Sugar coating/TMI



Curiosity

We are trained away from our natural curiosity



Curiosity

The two levels

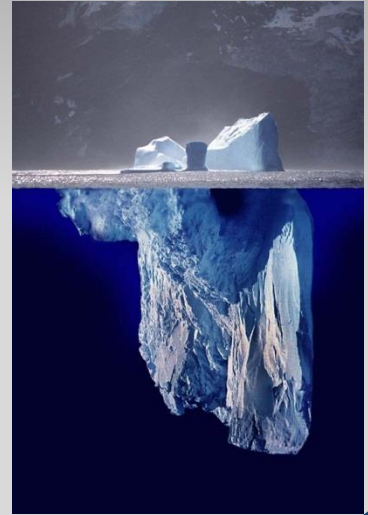
Surface

What do I need to know to solve the problem

Depth

Who are they?

What's really at work here?



Tool Time for Subtraction (GAP)



Tool Time for Subtraction *(SANYAMA - Demo)*



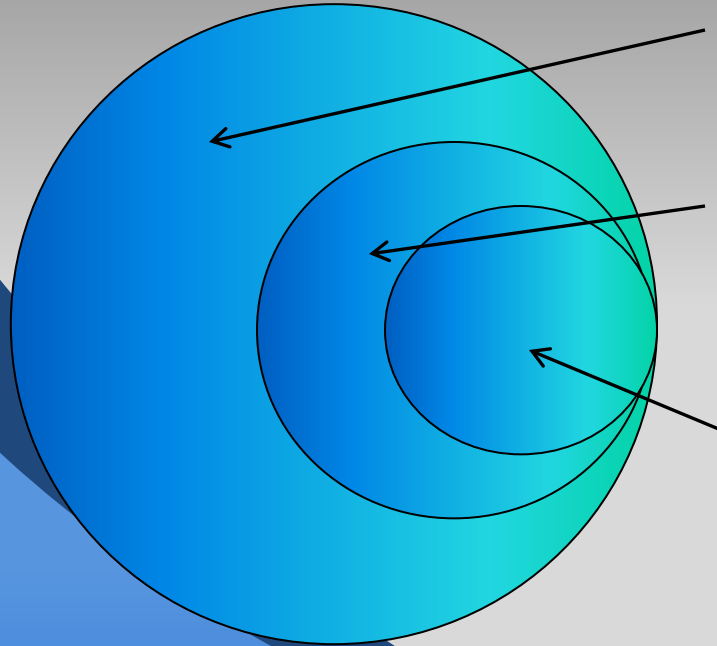
Tool Time for Subtraction (CORE)



Tool Time for Subtraction (SEE)



Deep Questioning



#1 Presenting Situations –
Specific Issue or Group of Issues

#2 Reason Behind the Situation –
Underlying Hunger, Fear/etc

#3 Source of the Situation – Self-
Definition, Core Beliefs

*Time for Practice
(Deep Questioning)*



Demo

The tools for subtraction



GAP



WAIT



SEE



CORE



SANYAMA

Taking it Forward

What is presenting itself as your next evolutionary challenge?

What experiment or exercise will you take on to advance yourself?

What might stop you from following through on initiating your own 'upleveling'?

