

#ImagineME

#PictureME #MetaME & #CoachME Cards plus...
Milestone Workshops Enjoy experimenting!



ImagineME

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Why ImagineME ?



The ImagineME Card Deck is for L&D, OD, Coaching & Therapy professionals, to partner with 'Thinkers' as individuals, teams & groups, to deepen understanding, create impactful results, manage transition, think metaphorically, see perspectives, use courageous conversations, champion, focus systemically, analyse retrospectively, & strategise.

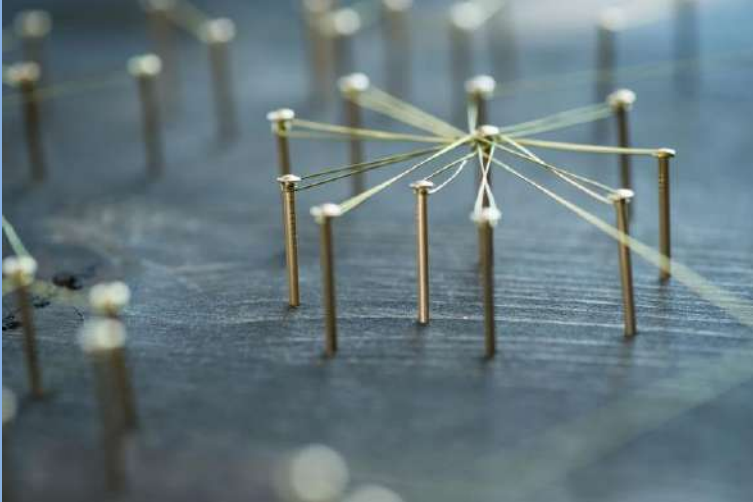
The diverse range of pictures provoke connecting with experiences (cognitively, emotionally, somatically...).

The random words evoke generative thinking, & the questions elicit curiosity. They provide the 'Thinkers' with space to deepen understanding, increase resilience, & create 'can-do' actions.

Those facilitating learn too!

"Professionals globally have found this easy-to-use tool is powerful yet playful for self discovery & for working with other 'Thinkers'. The dynamic 'how-to' instructions provide a range of uses... workshops allow for deeper experiential dives... Enjoy!"

MetaME[©]



PictureME's Purpose

The PictureME images are used to discover metaphors and their meaning, whilst connecting with their messages.

The following suggested activities are really a taster of our deep-dive experiences on the ImagineME workshops. The cards can be used with 'self', with the coach or therapist, in pairs, triads or to a whole group.

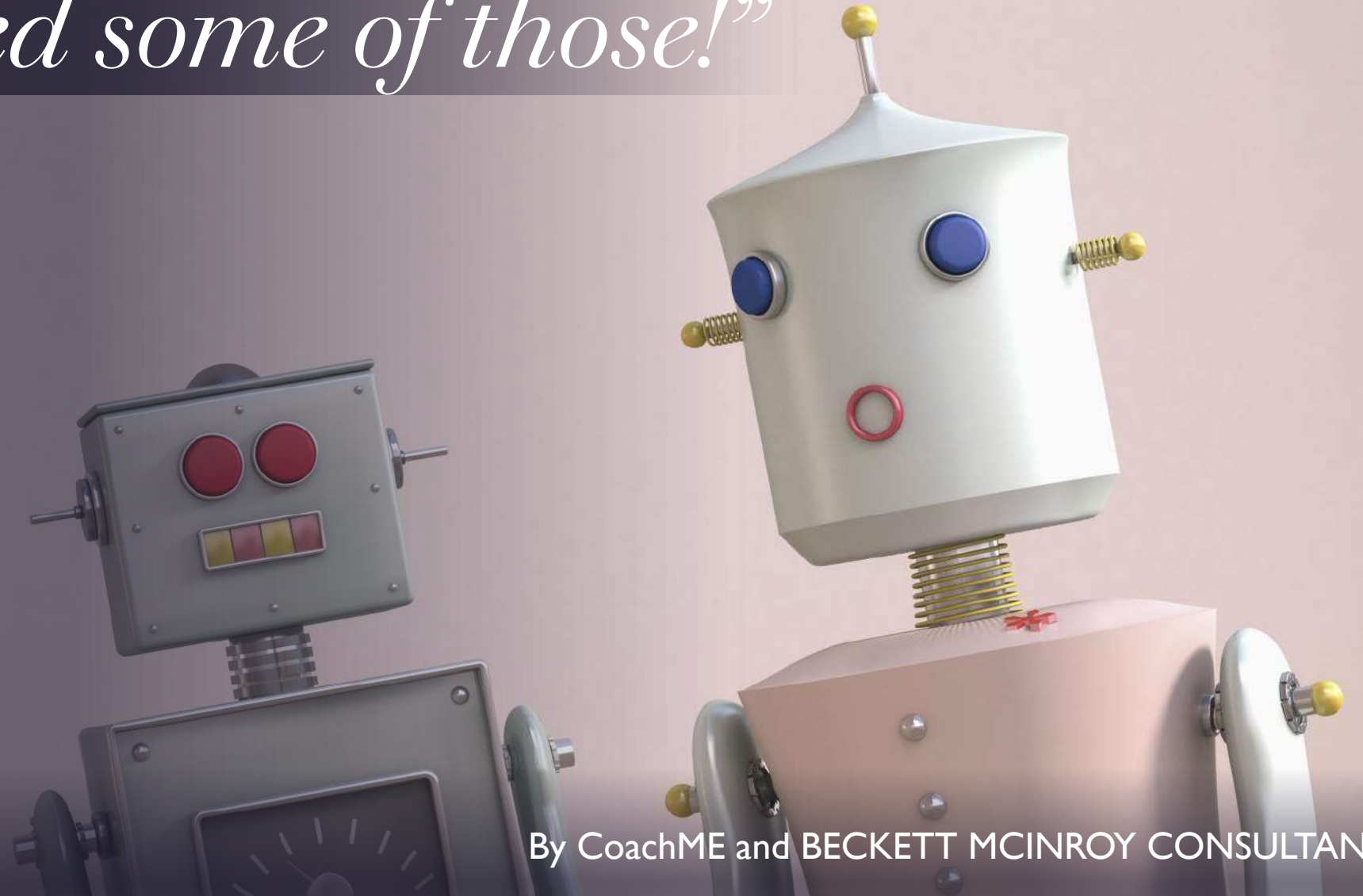
The MetaME Random Words cards are created to be used on their own, with the PictureME Image cards, and also with the CoachME Model and questions. Consider what each word provokes, ways they provide resonance or dissonance with the PictureME images, which words can be combined or deleted.

The CoachME Model provides a framework for thought as it can be used to address specific areas such as SKILLS or BEHAVIOURS needed for you to act as required, and TRANSITION PLANNING can support you in considering setbacks and dependencies

Generatively thinking with others, co-creating solutions together is at the heart of the model for RESULTS.

What do you need to share with your people?

*“Pictures...
We’ll need some of those!”*



By CoachME and BECKETT MCINROY CONSULTANCY

Ladder.



Glass.



By CoachME and BECKETT MCINROY CONSULTANCY

Nut.



By CoachME and BECKETT MCINROY CONSULTANCY



Sand Castle.



By CoachME and BECKETT MCINROY CONSULTANCY

Clock.



By CoachME and BECKETT MCINROY CONSULTANCY

LEGO Bricks.



By CoachME and BECKETT MCINROY CONSULTANCY



Blades.



By CoachME and BECKETT MCINROY CONSULTANCY



Bob.



By CoachME and BECKETT MCINROY CONSULTANCY

Plug socket.

Switched on.



By CoachME and BECKETT MCINROY CONSULTANCY

Hook.



By CoachME and BECKETT MCINROY CONSULTANCY



Lady.

By CoachME and BECKETT MCINROY CONSULTANCY



Mask.



Winter.



By CoachME and BECKETT MCINROY CONSULTANCY

“The way to get started is to quit talking & begin doing.”

- Walt Disney





Section One

Arriving

Arriving Idea I

Carefully choose an image card.

- What image represents why you are here?
- What's important about this image (session)?
- What are you curious about when looking at the image?
- Which picture represents where you want to be at the end of the workshop or therapy or coaching session?



Arriving Idea II

Randomly choose an image card.

- What is it about this image that represents your intention for the session?
- What's important about this image (intention)?
- In the image (and beyond it – even what can't be seen), what part of the image is the impact this session will have on you (others in the systems you live/work etc.)?
- What do you need to have happen for a successful session?



Arriving Idea III

Choose an image card that represents you grounded and open to learning (experimenting).

- What do you notice first about this image?
- What's the grounding influence?
- What are you aware of whilst holding this card?
- What's 'grounded' to you?
- In the image, what supports your learning?





Section Two

Getting Curious

**To learn about others in a group, team,
family...**

Choose an image which is linked to something
about yourself which nobody here knows
about you...

- Which image says something about you?
- Which two images represent contrasting parts of who you are?
- Which image speaks to your dreams?

Getting Curious I

To start a conversation about a topic...

- Which image depicts something you know about this topic?
- Which images helps to explain how you feel about this topic?
- Which images brings out what more you need to know about this topic?
- Who took this picture?
- What would you like to ask them?
- What's out of sight?

Getting Curious II

To develop a vision of the future...

Choose an image that resonates in terms of where you are right now.

- What are you experiencing when examining the image?
- Where are you experiencing that in your body?

Choose an image that promotes a future-focus.

- What's that about?
- What's important?
- What results are needed?
- What's one step that can be taken?
- What will that bring to you (the team, the project, your community)?
- What ways will you navigate setbacks (and dependencies)?

Getting Curious III



Section Three Experimenting

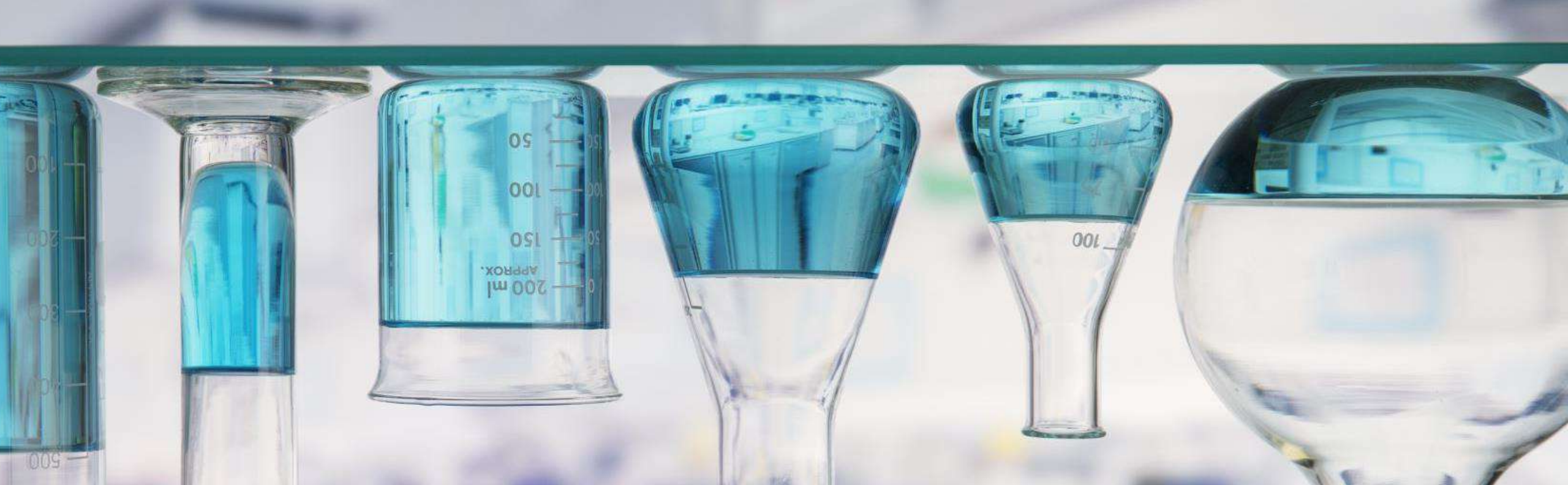


Experimenting I

To give feedback

To choose an image card that represents for you a characteristic of the person you wish to give feedback to...

- What impact needs to be created from this feedback?
- What message really needs sharing?



Experimenting II

To develop creative responses to a problem

Choose an image card at random and note 10 words that spring to mind when you partner with it...

Play with applying each of these words to your problem.

- What ways do they enable you to shed new light on it?
- What ideas do the image and pictures together generate?
- (What words have others in the group considered? And what's there for the shared learning?)

Experimenting III

Choose an image to represent your feelings during that exercise...

Choose an image to represent something you learned as a result of that experience...

Choose an image to represent how the team operated during that activity...

- What was helpful during the learning experiment?
- Which picture best reflects this?
- What are you noticing, cognitively (emotionally, somatically)?



Section Four Closing

Closing

To close a session

Choose a card that represents something you are taking away from this experience...

- What specifically will you embed in your practice as a leader (coach, teacher, parent...)?

Choose a card that represents something you would like feedback on...

- What specifically do you want to receive feedback around?
- What's the learning?
- What's the message from this image?



The Co-creation of..

Dr Clare Beckett-McInroy



ICF Registered Mentor Coach & Master Certified Coach, EMCC Master Practitioner & Accredited SUPERvisor, Systemic Team Coach, Coach Trainer, Psychometrist, Author, Agile Certified Coach.

Sameera Ali Baba



ICF PCC & Registered Mentor Coach, CoachME Certified Systemic Executive & Team Coach, CoachME Director of Learning, Scrum Master II.

...the most memorable and impactful way to discover PictureME, MetaME & CoachME

- Reflect...
- Realign...
- Recreate...
- Resource...
- Retrospect...
- Revolutionise...



ImagineME ImmersionME Milestones – ‘the workshops that rock!’

Our ‘ImagineME Milestones’ provide 16 hours training on the tools, are created at different progressive levels providing 14 ICF CCE.



<https://beckett-mcinroy.com/product/imagineme-milestones-the-workshops/>

Coming soon 'How to' slides for #MetaME and #CoachME

MOMENTUM



SYSTEMIC LENS



FIELD AWARENESS

CELEBRATION



Backwards

Splash

Co-create

MetaME

What ways can you ask the help of others to support momentum?

What ways will you create forward momentum?

Who are you 'being' whilst moving forward?

What ways will you work with agility? Iteratively?

CoachME

Purchase your ImagineME Cards



<https://beckett-mcinroy.com/product/imagineme-cards/>



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