The 4D's of Appreciative Inquiry and adapting to meet the coachee's needs

Discovering and remembering our individual strengths

- What are your unique strengths?
- What is the gold amongst the ashes?

Envision the future...

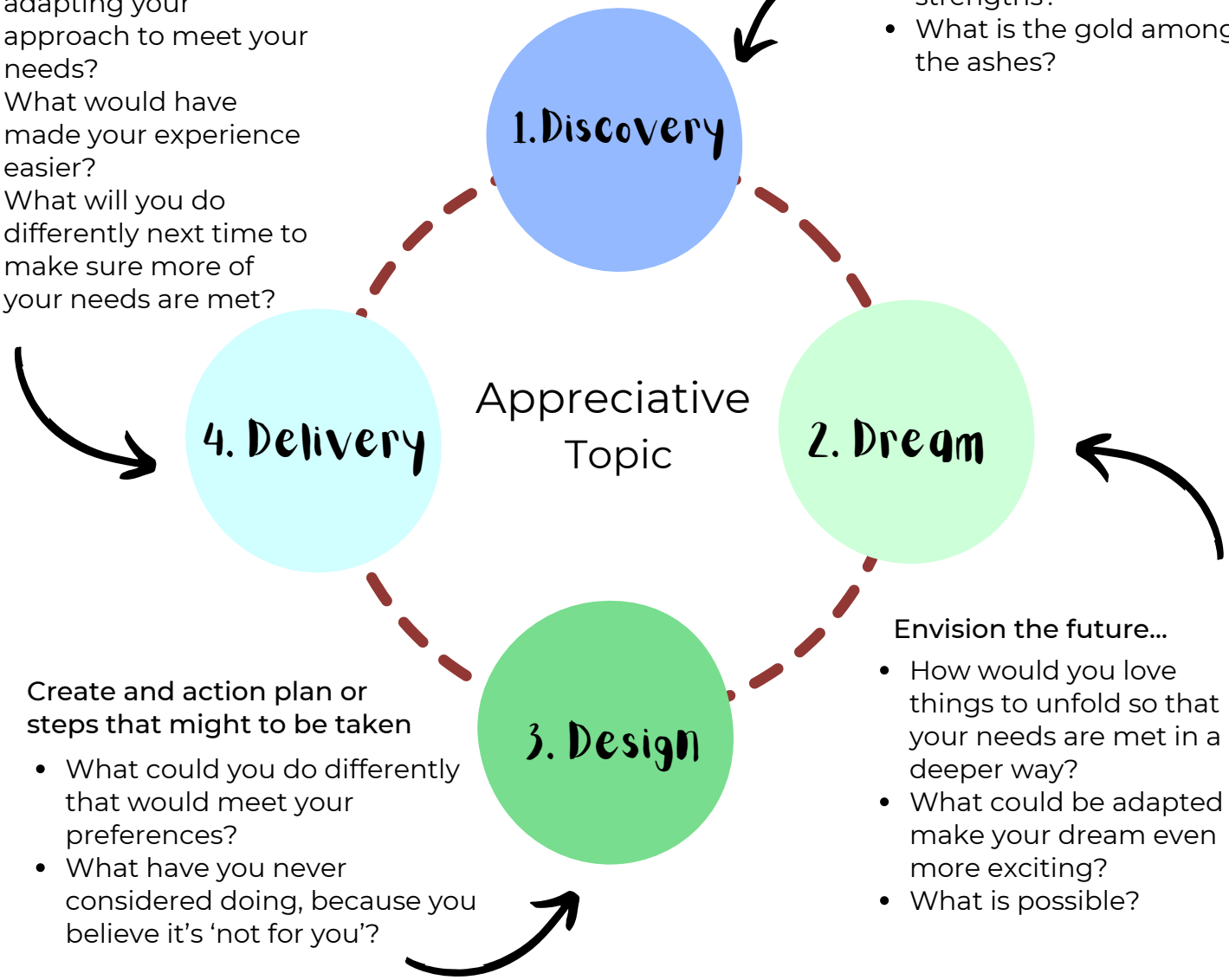
- How would you love things to unfold so that your needs are met in a deeper way?
- What could be adapted to make your dream even more exciting?
- What is possible?

Create and action plan or steps that might to be taken

- What could you do differently that would meet your preferences?
- What have you never considered doing, because you believe it's 'not for you'?

Implementing the plan through action

- On reflection, what do you notice about adapting your approach to meet your needs?
- What would have made your experience easier?
- What will you do differently next time to make sure more of your needs are met?



- Discovery: Sometimes we can have had challenges which help us to identify our strengths
- Dream: Opening up to making the dreaming process inclusive of their needs, keeping flexibility and adaptation in play.
- Design: Explore how we can limit ourselves and put ourselves into small boxes
- Destiny: Just noticing what worked and what didn't work, and identifying how we can use this information to adapt our approaches going forward.