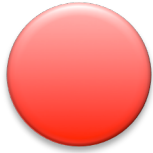


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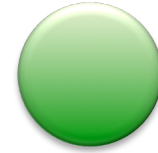


"Success is doing what you said you'd do consistently, with Clarity, Focus, Ease and Grace" -Maria Nemeth



Red Lens • Green Lens

Used with the Four Boxes



Our conclusions have an effect on whether we see someone through a red lens or a green lens. One way to observe that we have a conclusion around someone is to observe and notice whether we see them through a red lens or a green lens:

The Green Lens – People are Heroes

The person I am with...

- 🏠 Is a hero on a hero's journey. They are whole and complete.
- 🏠 Has their own answers.
- 🏠 Has goals and dreams and wants to make a difference.
- 🏠 Has loved ones and is loved
- 🏠 Is a contribution to me in some way.
- 🏠 Deserves that I interact with them with Dignity and Respect. (The way I want to be treated)

The Red Lens – People are Schmucks

The person I am with...

- 🏠 Is damaged and has something wrong with them that needs to be fixed.
- 🏠 Doesn't have their own answers.
- 🏠 Requires that I have their answers and my job is to fix them.
- 🏠 Is not committed to the matter of his or her own life.
- 🏠 Has no dreams or goals.
- 🏠 Is a drain on me

The red lens view is all about "me." It's my life looking at their life and drawing conclusions. The green lens requires less effort in that you don't have to "be the solution" and it is really the heart of compassion. What would your experience be with someone you saw through the green lens? How would you begin to act around them?

Seeing someone through the green lens doesn't mean you ignore bad behavior. It's about shifting the focus and how you act when you encounter that behavior.

Reflection:

1. What do you notice about the energy around the Lenses?
2. How do you show up with someone when you see him or her through the red lens?

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