

Mastering Inner & Outer Game: Coaching Strategies for Anxiety, Confidence & Growth

Quick recap

The meeting focused on exploring the concepts of inner and outer game in coaching, with Annie explaining how inner game addresses mental processes and beliefs while outer game deals with observable behaviors. Participants discussed various strategies for managing anxiety, building confidence, and overcoming inner barriers, including techniques like visualizing scenarios, using mantras, and gradually adapting to new habits. The session concluded with discussions on coaching techniques and modeling processes, emphasizing the importance of conscious awareness and teaching methods for personal development.

Summary

Inner and Outer Game Concepts

Annie led a discussion on the concepts of inner and outer game, explaining that while outer game focuses on observable behaviors and strategies, inner game addresses the invisible mental processes and beliefs that drive actions. She emphasized the importance of working on inner game first, as it naturally leads to improvements in outer game. Participants shared their interpretations of the terms, with James highlighting the role of conscious strategies in outer game and motivation in inner game. Annie noted that these concepts originated in sports coaching, where great coaches focus on both mental and physical aspects of performance.

Overcoming Inner Barriers in Coaching

Annie discussed the importance of addressing the inner game in coaching, emphasizing that clients often face low-level fear and self-doubt that hinder their progress. She highlighted the need for coaches to help clients identify and work through these underlying issues rather than labeling them as lazy or perfectionist. Annie encouraged participants to reflect on their own experiences of overcoming inner barriers, and Gary shared his strategy of confidently diving into new situations to quickly learn and adapt.

ADHD and Anxiety Management Strategies

Annie and Gary discussed strategies for managing anxiety and building confidence, particularly focusing on how individuals with ADHD approach learning and problem-solving. Annie introduced the concept of "reparenting" as a tool for soothing anxious parts of the mind, while

Gary shared his realization that high-functioning ADHD clients often learn by diving into tasks rather than following a structured learning path. They explored how people manufacture anxiety and emphasized the importance of recognizing and understanding these mental patterns to gain control over them.

Adapting to Discomfort Gradually

James discussed his practice of taking cold showers to become more comfortable with discomfort, which Annie linked to a brain module that grows when facing challenges. They explored the importance of pacing oneself when adopting new habits, with Annie advocating for a gradual approach to avoid resistance and maintain engagement. James shared his experience of adapting to exercise routines post-retirement, and Annie emphasized the value of finding the right intensity level (between 4 and 6 out of 10) to stay motivated and avoid burnout.

Mastering the Inner Game of Anxiety

Annie discussed the concept of inner game, emphasizing the importance of mapping and understanding the invisible aspects of our mental processes. She shared insights on how to work with anxiety, including techniques like visualizing worst-case scenarios and using NLP methods to counteract negative thought patterns. Gary contributed by explaining how he creates vivid, immersive movies of potential negative outcomes and uses techniques like reversing or replacing these images to manage anxiety. Colleen mentioned using mantras as a tool for managing her inner game.

Anxiety Management and Inner Game

Colleen shared her personal strategy for managing anxiety and limiting beliefs by creating mantras aligned with her values of love, joy, and bold courage. She described using these mantras to guide her actions and maintain focus on her true identity as a co-creator of evolutionary expansion. Annie discussed common inner game schemas, including catastrophizing and idealism, and shared her approach as a recovering catastrophizer, emphasizing the importance of becoming conscious of these patterns to refine and teach them.

Coaching Techniques and Success Tools

Annie led a discussion on coaching techniques, emphasizing the importance of conscious awareness in personal development and teaching. She introduced a game where participants would share tools for success, both outer game (tangible results) and inner game (mental and emotional techniques), and explained how to model these processes. The session concluded with participants being assigned to breakout rooms for a 10-minute exercise to practice sharing their own success tools and techniques.

Process Modeling for Enhanced Learning

The group discussed the importance of modeling and teaching processes to increase awareness and understanding, with Annie emphasizing the value of breaking down intuitive skills for better teaching and learning. Alex shared his experience using mindfulness practices in

engineering lectures to help students experience inner game changes before learning outer concepts. The discussion concluded with Annie highlighting the significance of identifying incongruence as a tool for trust assessment and coaching, suggesting that scanning for discordant behaviors can provide deeper insights into others' true selves.