



IRISH LIFE COACH INSTITUTE

4 Cs of Change© Group Exercise

(Designed by Adrian Mitchell from the Irish Lifecoach Institute in 2006)

This psychodynamic group exercise is designed to provide a deep and lasting understanding of the nature and impact of Life Cycles of Change in our lives. It is used in association with a presentation of the 4Cs of Change Model designed in 2004 by Adrian Mitchell and Eoin McCabe from the Irish Lifecoach Institute

A minimum of 7 people should be involved in the exercise. The main role is the “client” who is the centre point of the exercise. The client will act out the different zones in the middle of the group as the zones’ impact on the client are voiced. There are 4 voices representing each of the zones with each voice sitting at equidistant points from one another. After each voice has spoken out the impact of the cycle on the client three times in a measured and serious tone and manner, another voice (Facilitator), the Voice of LIFE, calls out a version of what the voice of the cycle said in a more personable tone and manner. This is LIFE calling on the client to move with the FLOW of LIFE.

The FLOW of LIFE is represented by all others in attendance (within reason!). They will move slowly in a clockwise direction on the outer boundaries of where the action is taking place and they continue to do this throughout the drama. They are representing the universal forces of LIFE that never stop moving. This is happening on a universal level and an internal level within each person.

After the exercise is completed the Facilitator will take feedback from all involved and all watching. This should allow the facilitator to explain the 4 Cs of Change in a very powerful way as each participant’s experience of the exercise will add more to the understanding of the zones and indeed the life cycles.



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The Comfort Zone

Your life is on “automatic pilot”

It is routine

It is habitual

It is repetitive

It is boring

It is stale

You are unchallenged

Instructions to class volunteer:

(You are the voice of The Comfort Zone)

Read the above out loud 3 times, pausing briefly between readings, directing it at the client in the middle



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The Comfort Zone

Things used to be good, but not anymore

The “zip” has gone out of your life

You are frustrated

You are focusing on distractions

You are creating distractions

You look at the people around you, and feel it must be
their fault

You indulge in retail therapy

You are thinking of buying a new car

You are talking about moving

You don't like the way you are feeling

You are uncomfortable

To be read out by Facilitator (Voice of LIFE)...



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The Challenge Zone

You feel challenged to make changes

You have a lot of self doubts

You are experiencing a lot of fear

You are experiencing panic

You are confused

You are uncertain

Trust issues have come up for you

You have self esteem issues

You have self belief issues

Instructions to class volunteer:

(You are the voice of the Challenge Zone)

Read the above out loud slowly 3 times, pausing briefly between readings, directing it at the client in the middle



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The Challenge Zone

You know you need to do something about your life

You are thinking of getting a coach

You are nervous about your future

You are beginning to panic

To be read out by Facilitator (Voice of LIFE)...



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The Creative Zone

You are feeling better about your life

You are creating new things in your life

You seem to be more self confident

Other people see changes in you

You are positive to be around

You are full of hope

Instructions to class volunteer:

(You are the voice of the Creative Zone)

Read the above out loud slowly 3 times, pausing briefly between readings, directing it at the client in the middle



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The Creative Zone

You are still attending your coach

You are refining your vision

You are developing goals

You are creating action plans

You are assessing and evaluating your skills and your
resources

You are noticing your responses

You are changing your behaviour

Your life is looking much better

You feel much better

Other people are noticing this as well

You continue to explore and expand your ideas

You feel confident about life

To be read out by Facilitator (Voice of LIFE)...



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The Content Zone

You are feeling great about your life

You have created your dream

You have confidence in life

You believe you can do anything you want

You have a better understanding of yourself

You feel content

Instructions to class volunteer:

(You are the voice of the Content Zone)

Read the above out loud slowly 3 times, pausing briefly between readings, directing it at the client in the middle



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The Content Zone

You are now enjoying the fruits of your labour

Life feels good

You have a new positive sense of perspective

You feel better about yourself as a person

You feel you can create anything you want

You have confidence in life

Allow yourself to bask in the glory of your new creation

Realise you can make your dreams come true

To be read out by Facilitator (Voice of LIFE)...