

EO DEEP DIVE FORMAT

		Scheduled Coaching	Open Coaching
Opening	Moderator <ul style="list-style-type: none"> ▪ One word open (optional) ▪ Reminder: listen for own value & confidentiality ▪ Assign member roles (timekeeper, scribe, process observer) 	2 Minutes	2 Minutes
	Coach <ul style="list-style-type: none"> ▪ Communication Starter <ul style="list-style-type: none"> ▪ Connect to how presenter is feeling, 10 seconds ▪ Presenters' core topic 	3 Minutes	
Deep Dive	Presenter <ul style="list-style-type: none"> ▪ Prepared <i>or</i> Open Coaching 	Up to 15 Minutes	Up to 15 Minutes
Experience Share	All (except presenter) <ul style="list-style-type: none"> ▪ Q&A (only if necessary) ▪ Silent reflection ▪ Experience sharing – resonant, single event 	30 – 40 Minutes	20 - 30 Minutes
Close	All <ul style="list-style-type: none"> ▪ Forum take away <ul style="list-style-type: none"> ▪ Personal insights (not about presenter) ▪ Presenter closes with their personal learning ▪ One word close 	5 – 10 Minutes	5 - 10 Minutes
TOTAL TIME		60 Minutes	* 40 - 60 Minutes

* **Open Coached** Deep Dives are most time efficient when they are Q1 topics, top of mind for the presenter or some context has been shared with the forum previously.