

ICF CONVERGE

OCTOBER 23-25, 2025 • SAN DIEGO

LEGO® SERIOUS PLAY® - Session Builds & Sharing and Coaching Activities

Build Prompt 1 – Skill Build – Learning your LEGO & How you build is...

Time: ~3:30mins

Bricks: Use whatever LEGO you desire to build from the prompt, and remember, like everything else that is stated, it is merely a suggestion. You are the instructions. There is no wrong way to build.

Prompt: Build a...

Share Out: Use *Thinkering* Styles Activity, mark an 'X' on each continuum and then join in the activity

Build Prompt 2 – Story Build – As a coaching professional, where do I come from?

Time: <5:00mins

Bricks: Take your larger plate, **start building on one side** AND don't forget to add Minifigure You!

Prompt: Reflect and build a response to: **As a coaching professional, where do I come from?**

Suggestion: Get metaphorical! A brick can be a building block AND it can be anything you want it to be!

Build Prompt 3 – Building on our Collective Intelligence

Time: 5:00mins

Bricks: Set aside your previous build. Use your black 4x6 stud plate, and the bricks from the bag on the table, build your response to the prompt.

Prompt: As a profession, what does the future look like for us?

NOTE: Build in singular ideas/one topic per plate. Have a 2nd idea? Grab another small 4x6 plate provided

CAPTION: Using the cards provided, in a few words or a phrase, caption each build and place underneath.

Build Prompt 4 – Story Build – As a coaching professional, where am I going?

Time: <5:00mins

Bricks: Continue building on the same plate, modify your build without changing the meaning of the bricks AND don't forget to move Minifigure You, if you desire.

Prompt: As a coaching professional, where am I going? Reflect on a future desired state for yourself as a coaching professional. Whether this is a physical shift in doing or an emotional/ cognitive shift in being (or both doing & being!), **build yourself thriving in that future state** with all the feels!

Brief Liminal Spaces Coaching Exchange

Time: ~9:00mins each way

Coachee: You are free to move, remove or add any bricks during any point of the reflective activity

Coach: Be curious. Ask simple questions about them and their minifigure. *Bricks can talk if you ask them.*

LEGO® SERIOUS PLAY® - Liminal Spaces Coaching Framework Questions

Ask this Q first: **What have you created? Take no more than 2 minutes and tap and talk us through it...**

What ideas, sensations or stories surfaced when you built your ARTifact? **And what do you notice now?**

What is the relationship between you/What Is & What If? **What do you notice about what is happening?**

What **challenges**, in your control, exist between What Is and What If?

Before sharing, consider picking up an unused brick(s) to signify it? And how might you let them go?

What **core values or generative beliefs or resources** will support you to get where you want to go?

Before sharing, consider picking up a brick(s) to signify it? How does it feel to hold this in your hand?

Would you like to add these or change your build to better depict this? **And what do you notice now?**

What needs to change to feel as though you could move closer to What if?

What does **one step closer** look like for you? Consider adjusting the build to show this step closer.

If your final ARTifact had a title or statement, what is it? *Write it down on a card?*