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TECHNOLOGY ENHANCED COACHING

Vision Boards Go Digital



A vision board is a simple yet powerful visualization tool that activates the universal law of attraction to begin manifesting your dreams into reality. Many people attribute the concept of a vision board to the concept of law of attraction but a vision board can also be a way of demonstrating what is important in your future in a visual display.

Coaches have long been fans of vision boards and the use of vision boards with coach clients can enhance the coach practitioner's practice. Vision boards can be created with a poster board, magazines, a pair of scissors and glue- or a cork board and thumbtacks. The process involves cutting and pasting or tacking images that represent what a person wants to manifest in their future. The process of searching and cutting

out images can be seen as a focusing activity as a person envisions with intention.

Now with technology, vision boards can be created online using a formal vision board program like [StepOne Vision Boards](#) or [Catalog of Dreams](#). Marcia Turner has written a book, *The Complete Idiot's Guide to Vision Boards* (see For the Love of Books column in this issue) and offers a chapter on online vision boards. She says,

Although you can see your online vision board only on a screen—computer, Blackberry, or phone, for example—the process required to prepare it mirrors that of a physical board. In both cases, you contemplate your priorities and set goals, gather images that reflect the life you aim

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to create for yourself, couple them with inspiring quotes and sayings, place the components on a board of some type, and then hang or place it somewhere you will regularly see it and reflect on it.

With technology everywhere and becoming an integral part of our lives, coming up with new ways to offer tried and true coaching techniques becomes more and more necessary. Translating vision boards from poster board and magazine cut outs to the digital screen is one such example. We must also keep in mind that our clients may already be creating something akin to a vision board through their own creative avenues online like [Polyvore](#) and [MyScrapNook](#). Finding out how clients are using websites such as those mentioned here can help us coach our clients to success.

Many people are also using online programs to create collages that contain emotional content both positive and negative. It is important not to confuse collage images or pictures that a person might place in an online scrapbook or pictures with positive affirmations and quotes on their Facebook wall with a vision board. Even though these efforts may be a way for someone to view the world from a positive lens, a vision board is a dedicated process- one that is even mindful and contemplative for some.

A vision board can help our clients find focus, establish goals, name their dreams and clarify what is important. A vision board is intended to be a positive and uplifting reminder to the person about what they are working toward.

REFERENCE

Turner, M. (2009). *The complete idiot's guide to vision boards*. Alpha Books: NY, NY.

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