DrJB.ai

DrJB.ai Starter Guide

Going deeper with the work through a 24 x 7 integrated thought partner

Introduction

DrJB.ai is an interactive way to explore, understand and apply Dr John Blakey's work on trust, leadership, coaching and trustworthy power to your specific challenges.

This guide is primarily for coaches and consultants who have read at least one of John's books and want to engage more deeply with the ideas. DrJB.ai is not a set of modes to learn. Bring your curiosity, a question or a live challenge and let the conversation lead you into the most relevant parts of the work.

Four simple ways to begin

You can start almost anywhere. These four prompts provide useful doorways into the guided learning experience.

DISCOVER **Where should I start with your work?**	LEARN **Teach me one of your most important ideas.**
APPLY **Help me apply your thinking to a challenge I'm facing.**	CHALLENGE **Challenge my thinking about trust, leadership or coaching.**

> **You do not need to know which model to use. Describe what you are trying to understand or resolve; DrJB.ai can select the most relevant ideas from the work.**

What this guide will help you do

1. Go deeper into the three books and their frameworks.
2. Apply the work to real coaching, leadership and consulting challenges.
3. Choose whether you want teaching, coaching, mentoring or challenge.
4. Direct, correct and instruct DrJB.ai so the conversation stays useful.

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Go deeper into the books

Reading a book can be the beginning of the conversation rather than the end. Use DrJB.ai to revisit an idea, test your understanding, connect concepts, apply a framework or create a structured learning journey around the material.

Challenging Coaching | **FACTS**
Explore the FACTS framework and the practice of combining support with challenge.

The Trusted Executive | **Nine Habits of Trust**
Explore the Nine Habits of Trust and how trust is built, tested and restored.

Force for Good | **UP-IN-OUT**
Explore UP-IN-OUT and the relationship between purpose, resilience and followership.

> **These are useful entry points, not limits. DrJB.ai can help you explore ideas and frameworks across all three books and connect them to each other.**

Starter prompts for deeper learning

“Take me deeper into the Nine Habits of Trust.”
“Explain FACTS as if I've read Challenging Coaching but want to use it more confidently.”
“Take me through UP-IN-OUT one element at a time.”
“Show me how the ideas in The Trusted Executive connect with Force for Good.”
“Build me a six-session learning journey through Challenging Coaching.”
“Test my understanding of one of the key ideas in The Trusted Executive.”

You can ask for more or less detail at any point: 'Give me the short version', 'Take me deeper', 'Give me an example', or 'Test whether I really understand this.'

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Bring a real challenge

DrJB.ai becomes most useful when the learning is attached to something that matters. Describe a real coaching, leadership or consulting challenge. It can identify the most relevant ideas from John's work, explain why they matter, and help you reflect, decide or act.

> **Try: “Here is the situation. Which idea from your work is most useful here, and why?”**

Ask for the style you need

You do not need to switch modes. Simply tell DrJB.ai how you want it to work with you. You can change direction at any point in the conversation.

Coach me	“Ask me one question at a time and do not give me advice.”
Mentor me	“Give me your perspective, patterns and options.”
Teach me	“Explain the relevant framework and help me apply it.”
Challenge me	“Tell me what I may be avoiding or not seeing.”

More starter prompts

- “Coach me using FACTS around a difficult feedback conversation.”
- “Mentor me on the risks and trade-offs in this partnership.”
- “Help me diagnose this client situation using the most relevant idea from your work.”
- “Ask me five questions that test whether I am building or eroding trust.”
- “Use UP-IN-OUT to help me understand why this leader has lost momentum.”
- “Challenge my thinking about how much tension I am willing to create in this coaching relationship.”
- “Help me design a workshop using the Nine Habits of Trust.”
- “Help me turn an idea from Force for Good into an exercise for a client.”

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You are in charge of the conversation

Treat DrJB.ai as an active learning partner, not an authority to obey. The conversation improves when you direct it, correct it and tell it what you need.

- If a question is not relevant, ignore it or say: 'That isn't relevant. Ask me something else.'
- If it gives advice you did not ask for, say: 'Don't advise me. Coach me.'
- If the answer is too superficial, say: 'Go deeper' or 'What am I not seeing?'
- If it gives you too much at once, say: 'One idea - or one question - at a time.'
- If you want more or less challenge, tell it directly.
- If something appears inconsistent with the published work, say: 'Check that against John's source material and correct it if necessary.'

Use DrJB.ai as a learning journey

Learning does not need to happen in one conversation. Ask DrJB.ai to create a pathway through a book or framework, and use your own experience as the material for reflection and application.

“Create a four-week learning journey through The Trusted Executive.”

“Give me one FACTS principle to practise this week, then a reflection question.”

“Help me work through Force for Good over six conversations using my own leadership challenges.”

“Test what I have learned and show me where my understanding is still thin.”

A note on accuracy

DrJB.ai is designed to work from John's source material, but it is still AI and can occasionally misinterpret or misstate it. Use your judgement, question anything that does not sound right, and ask it to verify or correct itself. Active engagement is part of the learning.

> **The aim is not simply to get an answer from AI. It is to understand the work more deeply, apply it more intelligently and strengthen your own judgement.**

DrJB.ai does not replace human wisdom. It amplifies it.

To access a free 28-day trial of DrJB.ai: johnblakey.co.uk/drjb.ai-free-trial