

S:DISS-X Introduction — Summer Sprint Orientation

This introductory session established the purpose, structure, and philosophy behind the S:DISS-X Summer Sprint. Mike J explained that S:DISS-X is a practical helping framework built around seven forms of inquiry that support more generative, developmental helping. Rather than relying on interrogation, premature advice, or rigid scripts, S:DISS-X focuses on selective inquiry, contextual fit, and meeting people where they are.

The session introduced several foundational ideas students will encounter throughout the program, including Johari's Window, IMULL, RightACTION, actionable help, humaning, beginner's mind, and the role of AI-assisted practice. Mike emphasized that the course would be highly experiential and that AI would serve as a safe practice partner for demonstrations and learning labs.

A major theme of the session was codification: turning practical helping experience into structured, teachable, reusable knowledge. Students were shown how transcripts, AI prompting, after-action reviews, and practice reports could become source material for future learning systems and AI-assisted coaching models.

The session also clarified important canon updates, including referring to PING, PROBE, PROMPT, PERMIT, PERTURB, PAUSE, and PACE as seven forms of inquiry rather than seven skills. Overall, the introduction framed S:DISS-X as both a practical helping methodology and a long-term developmental learning system.