



COACHING DEFINED

- Distinguishing / Empowering / Adding Speed and Power
- Action Based
- Ontological – The study of Being
- Listening and Speaking
- Environment – Action – Results
- Coach the conversation in the way of the person's commitment
- Clients are healthy, whole, and well
- Coaching is based on projects
- Deals with the present only as it is in the way of action towards future commitments
- Based on client's commitments and values
- Balance of life is paramount
- Deals with the past as access to breakthroughs in creating future
- Has clients practicing new skills, tools, language, and learning
- Based on the client's choices, not the coaches' will
- Does not interrupt the client's process
- Listens to thoughts, feelings and body sensations, but does not necessarily honor the client as that
- Distinguishes being and not being in the coach and client
- Aligns being with commitments and actions
- Encourages requests, promises, declarations and demands