



COACHING IS

Identifying the things that are in the way of a client's commitment.

Getting at a person's personal best.

Distinguishing and empowering (seeing what a person is doing and not doing, hearing what a person is saying or not saying, designing actions that give access to new power and possibility).

Adding speed and power to life's projects (do you have one or more you are working on?)

Making dreams come true.

Getting you out of your own way.

Designing actions that are in line with a person's commitments and values. What are the client's core commitments and values?

Revealing your current context and practicing new ways of being. (Context defines what is currently possible and what actions can be taken. New context = new possibility + actions)