

COACHING ASPIRATION

We invite all participants on our programmes to join us in our 'Coaching Aspiration' below.

We strive to be a person that demonstrates the following qualities:

- Emanate "goodness" in their professional and private lives
- Demonstrate mindfulness, selflessness, and compassion as a "way of being"
- Are unconcerned with status, fame, ego, importance
- Have a compelling personal presence which others find nourishing
- Are great listeners with extraordinary attentiveness and concentration
- Demonstrate compassion arising from their own courage, self-confidence, experience
- Have "ironclad" ethics, integrity, and honesty

Please review and reflect on our Coaching Aspiration before joining the Kick-off Session and note what comes up for you as you reflect on these qualities.

Reflective Questions

Which statements resonate with you?

Which ones create a bit (or a lot) of agitation?

What is it about those statements that creates that experience in you?