

## **Co-Active® Strategy**

Once the client has chosen a perspective it is time to explore what can be done in that area to move in the desired direction. Planning takes many forms. The Balance course will introduce you to one simple, effective method of planning.

Co-Active® strategy has two parts: The “Co” and the “Active.”

The “Co” is space, the essence out of which form is born. As coaches, we must first help our clients create a space in which the actions they take are not just habitual, reactive responses. We do this by having our client connect with their essence. This might include a conversation with their Captain and Crew and connecting with their Life Purpose to determine how this strategy can be a reflection of that Purpose. We might have our client look at their values and see how they might be honored or not. The “Co” is created by connection and conscious relationship with self and all parts of self.

The “Active” energy is the move forward, power, strength, action, direction, focus, movement, decisiveness... the form that is born out of the container of purpose and meaning. From this place action is exciting and compelling and grounded in essence and meaning.