

The Balance Formula at a Glance

Perspective

- Get clear what the coaching is about. What is the topic?
- Have the client be aware they are in a perspective and explore and embody it.
- Explore and inhabit other perspectives (you can brainstorm perspectives and then inhabit them or come up with one at a time and inhabit them as they show up).

Choice

- Have client connect with Captain/Crew and Life Purpose for a resonant choice.
- Have the client choose the perspective that is most in alignment with their Life Purpose and/or Captain/Crew.

Co-Active® Strategy

- Create world/space out of which life affirming actions are born by connecting client with Life Purpose, Captain/Crew, Values, Inner and outer resources.
- Create a few Yes' and No's in this space.
- See what actions want to emerge out of this rich and resonant place.
- Create a few Yes' and No's around actions.

Commitment

- To honor this commitment, have the client write down what do they need to say YES to and what do they need to say NO to.
- Have the client step over a line and/or declare in some way their commitment to this strategy by speaking out loud their Yes' and No's.

Action

- Action takes place outside the session with an accountability structure supporting it.