

## Moving Forward — Step by Step

There is a formula for moving into action that is introduced in this course. The course itself pulls apart each factor in the formula and focuses on it. In a typical coaching session you might cover all of the steps in the Balance formula, or you might spend a whole coaching session on any one step.

1. Perspective — how do clients view this topic or area of their life?
2. Choice — clients have the power to make resonant choices based on life purpose and values.
3. Co-Active® Strategy — determines the direction of choice and is based on gut, heart and mind functioning as one.
4. Commitment — a declaration, “This will be.” Committing to the strategy with what you are saying yes and no to.
5. Action — in which we are reminded that the real action of coaching takes place in the client’s life, not in the coaching session accompanied by accountability.