

## FOUR CORNERSTONES OF CO-ACTIVE® COACHING

### 1. People are Naturally Creative, Resourceful and Whole:

- Nothing is broken or needs fixing.
- The coach has the questions, clients have the answers.

### 2. Focus on the Whole Person:

- People are a complex and unique system and each part impacts the other aspects.
- It is important to include all aspects of being human, mind, body, spirit and emotion.

### 3. Dance in THIS moment:

- It is most creative to work with what arises in the moment rather than from a fixed and rigid plan.
- Relationship is fluid give and take.
- Everything that happens is an opportunity for learning and movement.

### 4. Evoke Transformation:

- The nature of life is to transform and evolve.
- The coach's job is to call forth the greatest possibility for the client.