COACHING FROM ESSENCE
CREATE A LIFE YOU LOVE

LEVELS OF CREATION
- Essence
- Purpose/Vision
- Identity
- Beliefs
- Values
- Capabilities
- Behaviors
- Environment

6 QUESTIONS
1. How can I help?
2. Current situation?
3. Ideal situation?
4. Why don't you have it right now?
5. Could do?
6. Will do?

5 STAGES
- Contracting
- Curiosity
- Clarity
- Creativity
- Commitment

YOU LOVE
CREATE A LIFE FROM ESSENCE
COACHING FRONT

YOU'LL GET 50 OF THIS DESIGN
The ESSENCE of Coaching from Essence is the conviction that everyone has a natural way of being in the world that adds value, without any thought or effort on their part.

The AIM of Coaching from Essence is to disentangle people from their attachment to forms, to empower them to navigate forms and, ultimately, to create forms that are congruent with their essence.

THREE ESSENCE QUESTIONS
Are you creating a life you love?
Are you being of service?
Who are you becoming?

SAY THIS WHEN YOU'RE LOST
“If you were to distill all of this down to a single question that you most wanted an answer to, what question would you ask?”

MODELS
- Life Journey
- Heart Quest
- Triple-Loop Learning
- Futuroscopy Continuum
- Lift & Thrust
- SACRED PANDA

CONCEPTS
- Being the host
- Goose in the bottle
- Tropisms
- Quests vs. paths
- Thresholds
- Storytelling
- Evocations & provocations
- A to B
- Aims vs. goals
- Duchamp’s door
- Serendipity
- FUC*ED
- 29 dominos
- Major chords
- Generosity
- Turn towards everything

CREATE A BOLD FUTURE

IT'S NOT YOUR JOB. IT'S NOT YOUR CAREER. IT'S NOT YOUR COMPANY. IT'S YOUR LIFE.