

# Transformational Coaching Commitments

Creating a space for learning and thriving:

ONE - I commit to knowing myself authentically and completely. I commit to regarding every interaction as a learning opportunity. I commit to letting go of any of my defensive postures that inhibit rapid learning.

TWO - I commit to expressing myself authentically, and to being an opening in which others can express themselves authentically.

THREE - I commit to the masterful practice of integrity, including acknowledging all key feelings, expressing the unarguable truth and keeping my agreements.

FOUR - I commit to taking full responsibility for my feelings and the circumstances of my life, and to being a catalyst for others taking full responsibility. Specifically, I take complete responsibility for my physical, emotional and psycho spiritual well being.

FIVE - I commit to the full embrace and expression of my creativity, and to being a catalyst for the full expression of others' creativity.

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Signed

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Date