

Session 3: Run Sheet

Your clients should have completed their Personal Core Values assessment for homework. If they have not, here is the link again: www.win3.co.za (copy and paste the text and send to them).

Group:

Let each person introduce themselves: Their name and top 5 Personal Core Values. The group just listens and appreciates differences.

Work on building quality relationships and high trust.

Start working on their passion statements. You facilitate:

- I am.... What are the objects, things or archetypes that inspire you, (client makes a list).
- that.... What is the legacy you want to leave, or who do you want to be known as or what do you want them to say about you at your 80th birthday (client makes a list of ideas).
- Help them remove the fluff. It needs to resonate with them and be a bottomline statement – a statement of their life.

1:1

Facilitate a deep dive into one of their top 5 Personal Core Values. You facilitate, they do the work.

Let them choose one. Remind them this could feel like open heart surgery....

- Complete one of their top 5 with them.
- Connect the Personal Core Value to Home, Work, and _____ (their main goal for signing up for coaching).