



LEADERSHIP VENTURES

One Goal. The Common Good.

EXECUTIVE COACHING

A Positive Process for Change

DISCOVER	IMAGINE	STRETCH	SUSTAIN
your strengths and recognize your successes	the possibilities	toward your desired future	new behaviors and activities

What can I expect from Appreciative Coaching?

<ul style="list-style-type: none"> • Discover and recognize your strengths, successes, aspirations, and “exceptional moments” • Establish an empowering perspective about your life • Gain a deeper appreciation for your achievements • Develop images of possibilities for the future 	<ul style="list-style-type: none"> • Expand your images of possibilities for the future • Build confidence • Lay a foundation for the creation of a big vision • Give voice to your vision • Direct your mind to create what you have imagined 	<ul style="list-style-type: none"> • Bring your vision into sharper focus • Experiment with new ways of thinking and acting • Incorporate elements of your vision into daily life • Gain clarity on what is working well • Gain confidence to try additional approaches 	<ul style="list-style-type: none"> • Form new habits through practice • Make mindful choices • Expand your capabilities • Become self-sustaining • Realize your vision • Celebrate your achievements
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Adapted from Appreciative Coaching: A Positive Process for Change, by Orem, Binkert and Clancy