



Coaching Strengths

You have spent time observing yourself and how you move through the Cycles of Success. Notice the coaching strength that corresponds with the cycle you have the most natural proclivity towards. Understanding your strengths will allow you to form the most productive and fulfilling partnerships in your work and with personal projects.

PROJECT CYCLES	COACHING STRENGTHS
CONNECTION & ALIGNMENT Engaging and including others; building a foundation of shared commitment	INTIMACY Detailed knowledge, understanding and interest in others. Hosting the question “who?”
DEPTH & IMAGINATION Speculative, exploratory; based in the future not constrained by the past	FUTURE BASED Great faith in the future, imagination and possibility. Hosting the question “what if?”
OPTIONS & IMPACTS Feasibility, comparing alternatives, who, what, where, when, how then choose	WORKABILITY Integration of components, solving, hosting the question “how?”
FULFILLMENT Promises and Requests; conditions of satisfaction with “by whens”	INTEGRITY Managing the fulfillment of action over time – the connection of word and deed. Hosting the question “when?”
APPRECIATION & LEARNING Recognizing contribution, applying developmental focus, seeking underlying cause	RESILIANCY Perennial learner; able to recover and restore value to any situation, perceiving root cause. Hosting the question “why?”

Create goals. Live possibility. Be happy.