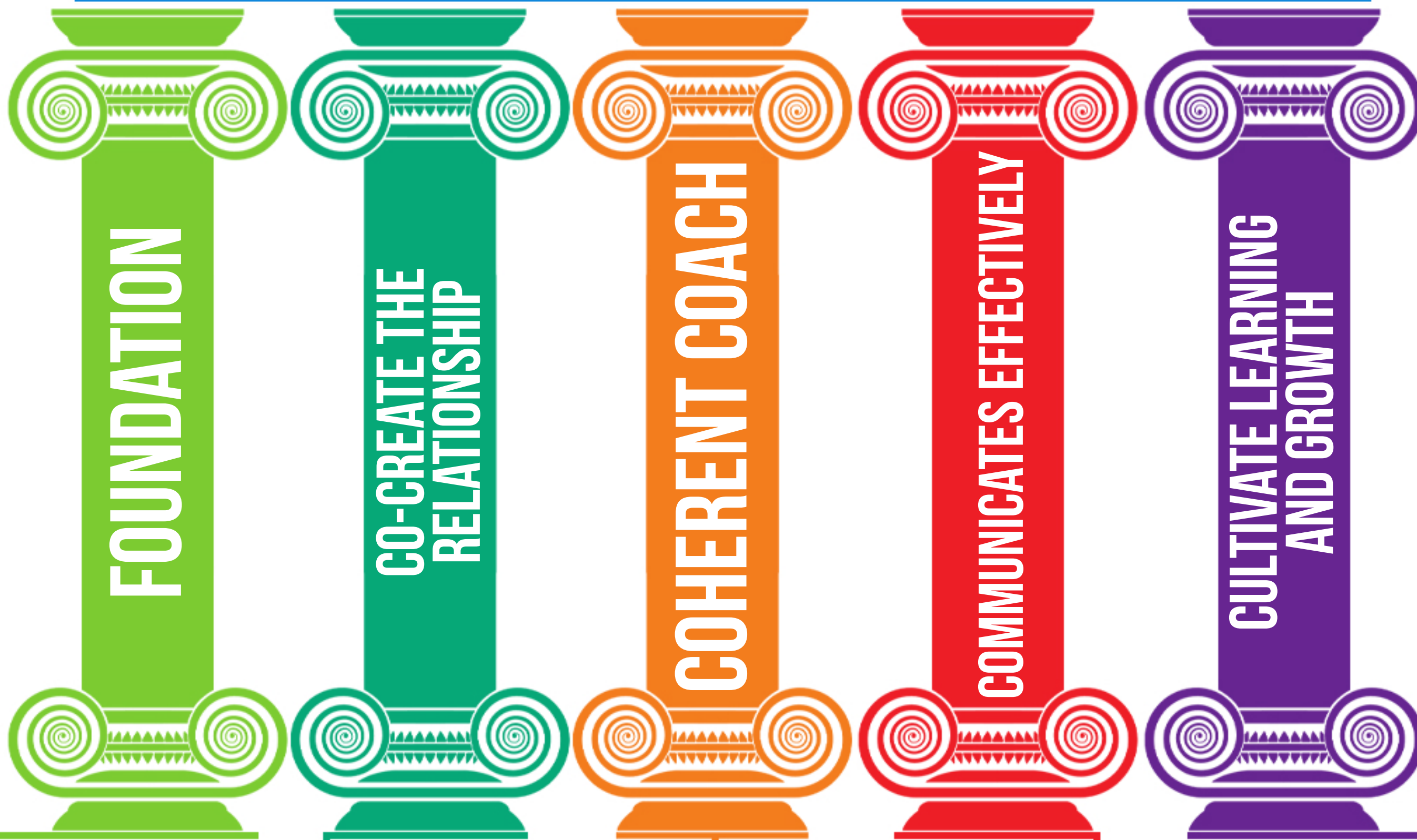




5 PILLARS OF C{R}A COACHING

EMBODIMENT



FOUNDATION

DEMONSTRATE
ETHICAL
PRACTICE

EMBODY A
COACHING
MINDSET

CO-CREATE THE RELATIONSHIP

ESTABLISH &
MAINTAIN
AGREEMENT

CULTIVATE
TRUST &
SAFETY

MAINTAIN
PRESENCE

COHERENT COACH

FOCUS BREATH

MANAGE
EMOTIONS

BUILD
RESILIENCE

MAINTAIN
HEART/BRAIN
COHERENCE

COMMUNICATES EFFECTIVELY

LISTEN
ACTIVELY

EVOKE
AWARENESS

CULTIVATE LEARNING AND GROWTH

FACILITATES
CLIENT
GROWTH

