

CLARIFY



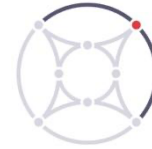
ENERGISE



ENCOURAGE



STRETCH



CEES MODEL™

The 7 Signs Of Life™ Coaching Assessment

Living things grow. One way to reflect on whether coaching is adding value is to explore the same signs of life that we see in nature:

What goals are you hoping to make progress towards this month / term / season / year?

What do you need to find energy for?

In what areas / contexts / relationships might you need to adapt more sensitively to your situation?

In what areas do you want to develop your skills, knowledge or how you show up in your world?

Which people do see potential in and feel responsible for helping develop that potential?

What do you need to let go of that is not serving you?

‘No man is an island’ – what additional resources do you need to help you keep moving forwards.

* Movement, Respiration, Sensitivity, Growth, Reproduction, Excretion, Nutrition