

## Coaching from Values

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2 May 2024 11.00-13.00 CET

**A central tenet of coaching is that people have within themselves all the resources they need to achieve the changes they aspire to. So, what stops us? ... and how can coaching help – especially when we take a values-based approach?**

So often we ignore what is really important to us, what we truly value. When we embrace our true values and live accordingly, we empower ourselves to be the change we seek.

What's more, people who have thought through what they stand for, and act accordingly, become more secure in their roles, more productive and more dependable.

When coaching someone on their values, something almost magical can happen.

These stories from some of our clients speak for themselves.

- *It became clear to me that starting from my values is more important than I initially thought. This has made decision-making easier and provided clarity.*
- *The coaching has helped me find a better balance or harmony in life as a full-time working parent of young children who still has career ambitions. I have defined my goals more clearly and gained a tool to prioritize effectively. I now have increased awareness of what brings me joy and what is important to me. This awareness makes it easier for me to choose how to prioritize today, providing me with greater clarity both at work and in my personal life.*
- *Having been coached on my values with you, particularly creating my storyboard, made it much easier for me to make a key business decision. The answer was suddenly obvious to me. It's the best decision I ever made!*

So what are your coaching stories?

In this Value.Lab we invite you to share your experiences.

- What works for you and your clients when coaching with Values?
- What has been your experience when working with a coach who took a values-based approach?
- What more would you like to know about coaching with Values?
- How could working with Values have enhanced one of your coaching experiences?
- How can working with Values enhance your practice in the future?