

REBECCA
GHANADAN
COACHING

Sample - Personal Coaching Plan for S. Feliz

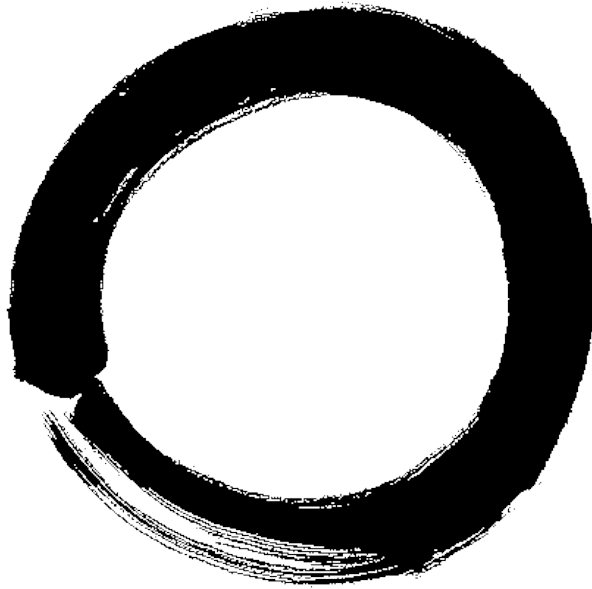
June, 201x

Purpose:

You live in connection and with authentic leadership.

Outcomes:

- You develop practices to be closer to what motivates you.
- You expand your communication style with others.
- You become more curious about self and others.
- You experience more aspects of yourself in your day.



~ Enso symbol

from

“Who’s picture of the world is more accurate?”

to

“What is it to be someone who conveys truth?”

Development Plan For S. Feliz

1. Read Buddha's Brain by Rick Hanson
2. Somatic Day – making the body relevant
3. Intro to Compassionate Leadership & Types of Communication
4. Exploring flow and resistance in your life
5. Question for next 3 months:
What are you learning that makes you more curious, if anything?

Begin for discussion in Session 3...