



Leap Coaching Methodology

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Awareness Based Coaching is the A - B - C method that sets the scene for success:

Develop Clarity

- Identify the meaning behind an action and tie all actions back to meaning
- Make sure that short term strategies support long term goals
- Eliminate tolerations
- Resolve conflicting intentions

Change Your Thinking

- Challenge assumptions
- Explore new and different perspectives
- Create frameworks and patterns that support new actions
- Identify what is unchanging

Take Action Daily

- Play to win!
- Design a winnable game
- Craft environments that will inspire you
- Keep score

Evolve

- Incorporate change as natural
- Expand your capacity
- Develop self-awareness
- Experiment-evaluate-learn-change