



ASPIRATIONS, VALUES & PASSION (AVP TOOL)

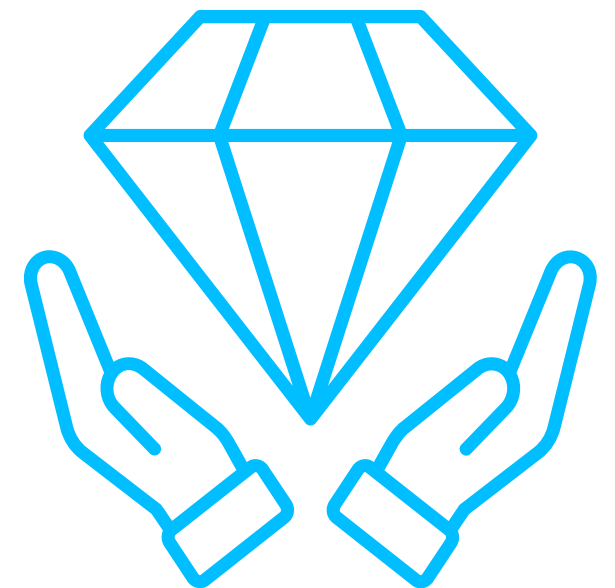
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- WHY IS IT VITAL TO GRASP THE CORE VALUES, ASPIRATIONS, AND PASSIONS OF COACHEES FOR IMPACTFUL COACHING AND TRANSFORMATIVE OUTCOMES?



THE SIGNIFICANCE OF GRASPING THE FUNDAMENTAL VALUES, ASPIRATIONS, AND PASSIONS OF COACHEES.

- GUIDING COACHEES TO HARMONIZE THEIR ASPIRATIONS WITH THEIR CORE VALUES, NURTURING A PROFOUND SENSE OF PURPOSE AND DRIVE.
- CUSTOMERS ARE EMPOWERED TO UNCOVER AND EMBRACE THEIR FULLEST POTENTIAL.

ELEVATE YOUR COACHING SESSIONS TO BE MORE PERSONAL AND TRANSFORMATIVE.



1. TOOLS FOR EVALUATING VALUES



**VALUES ASSESSMENT TOOLS
EMPOWER CLIENTS TO
METHODICALLY UNCOVER
AND ELEVATE THEIR
FUNDAMENTAL VALUES.**



Examples:

Values Discovery ToolKit Worksheet:

Craft a detailed worksheet that outlines various values and invites customers to evaluate their significance on a scale (e.g., 1-5).

This approach eliminates the need for physical cards and emphasizes the power of reflective writing.

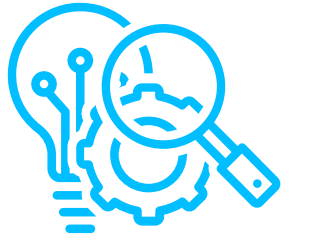
TOOLKIT SPECIFICATIONS:

- EVALUATE EACH VALUE USING A SCALE FROM 1 (NOT SIGNIFICANT) TO 5 (EXTREMELY SIGNIFICANT).
- SHARE MOMENTS FROM YOUR LIFE WHERE YOU HAVE EMBODIED EACH OF THE HIGHLY ESTEEMED VALUES.
- REFLECT ON THE CONFLICTS OR DILEMMAS YOU HAVE ENCOUNTERED CONCERNING THESE VALUES. HOW DID YOU FIND RESOLUTION?

TRUST
INTEGRITY
SAFETY
FREEDOM
EXPLORATION
SUCCESS
COMPASSION
SELF-ESTEEM
RESPONSIBILITY
FAMILY
KNOWLEDGE
DEVELOPMENT
JOY
BALANCE



SAMPLE QUESTIONS TO ILLUMINATE VALUES WITH CUSTOMERS:



UTILIZE WORKSHEETS OR GUIDED INQUIRIES THAT ENCOURAGE CUSTOMERS TO REFLECT ON THEIR VALUES. CONSIDER QUESTIONS SUCH AS:

"WHAT ACHIEVEMENTS IN YOUR LIFE FILL YOU WITH THE GREATEST PRIDE AND WHAT MAKES THEM SO SPECIAL?"

"WHAT GUIDING VALUES DO YOU EMBRACE WHEN FACED WITH CHALLENGING CHOICES?"

"WHAT DOES SUCCESS MEAN TO YOU, AND WHICH VALUES SHINE THROUGH IN THAT DEFINITION?"

"WHAT DO YOU WISH TO EMBODY IN YOUR LIFE?"

"WHAT QUALITIES DO YOU CHERISH IN OTHERS?"

"WHEN WAS THE MOMENT YOU FELT A DEEP SENSE OF PRIDE IN YOURSELF? WHICH VALUES DID YOU HOLD DEAR DURING THAT TIME?"

2. DELVE INTO PREVIOUS JOURNEYS

**DELVING INTO PREVIOUS
JOURNEYS OF COACHEES
UNVEILS THE PATTERNS AND
PRINCIPLES THAT RESONATE
DEEPLY WITHIN THEM.**





JOURNEY OF PAST EXPERIENCE DISCOVERY

EXAMPLES:

- **MEANINGFUL MOMENTS:** ENCOURAGE CLIENTS TO SHARE EXPERIENCES WHEN THEY FELT A SENSE OF PRIDE, FULFILLMENT, OR PROFOUND JOY. DISCOVER THE VALUES THAT WERE AT PLAY DURING THESE SIGNIFICANT TIMES.
- **TRIUMPHING OVER ADVERSITY:** SHARE STORIES OF CLIENTS WHO HAVE CONQUERED FORMIDABLE OBSTACLES. HIGHLIGHT THE VALUES AND STRENGTHS THAT GUIDED THEM THROUGH THEIR JOURNEY.
- **LIFE ACHIEVEMENT STAGES:** REFLECT ON THE SIGNIFICANT MILESTONES IN YOUR JOURNEY (E.G., GRADUATION, CAREER ACCOMPLISHMENTS, PERSONAL VICTORIES) AND THE VALUES THESE MOMENTS EMBODY.

INSTRUCTIONS:

INVITE CUSTOMERS TO SHARE THEIR JOURNEYS, EMPHASIZING THE RICHNESS OF THEIR EXPERIENCES AND THE DEPTH OF THEIR FEELINGS.

- **SEEK OUT THE THREADS AND RECURRING MOTIFS IN THEIR NARRATIVES THAT REVEAL FUNDAMENTAL VALUES OR DEEP-SEATED PASSIONS.**

3. UNLEASH YOUR PASSION



**DISCOVERING PASSIONS
EMPOWERS COACHEES TO
UNCOVER PURSUITS THAT
IGNITE THEIR JOY AND
ENRICH THEIR LIVES.**



PASSION DISCOVERY EXERCISE

EXAMPLES:

- **INTERESTS AND HOBBIES:** INQUIRE ABOUT THE ACTIVITIES THAT BRING THEM JOY DURING THEIR LEISURE MOMENTS.

"WHAT PASSIONS OR PURSUITS CAUSE YOU TO FORGET THE PASSAGE OF TIME?"

- **PROFESSIONAL PASSION:** EXPLORE THE ELEMENTS OF THEIR WORK THAT IGNITE THEIR DEEPEST ENTHUSIASM.

"WHAT TASKS OR PROJECTS IGNITE YOUR PASSION THE MOST IN YOUR WORK?"

CREATIVE OUTLETS: DISCOVER THE CREATIVE AVENUES THEY WISH TO PURSUE.

- **"ARE THERE ANY CREATIVE PURSUITS SUCH AS WRITING, DRAWING, OR MUSIC THAT IGNITE YOUR PASSION?"**

INSTRUCTIONS:

- **INVITE COACHEES TO EXPRESS THEIR CONCERNS OPENLY AND WITHOUT FEAR OF JUDGMENT. EXPLORE THE REASONS THESE ACTIVITIES BRING JOY AND SATISFACTION. WHAT NEEDS OR ASPIRATIONS DO THEY SATISFY? EXPLORE THE WAYS THEY CAN WEAVE PASSION INTO THE FABRIC OF THEIR DAILY LIFE OR CAREER.**

4. MINDFULNESS PRACTICES:



**REFLECTIVE EXERCISES
EMPOWER COACHEES
TO UNCOVER
PROFOUND INSIGHTS
INTO THEIR VALUES,
ASPIRATIONS, AND
PASSIONS.**

EMBRACING THE ART OF MEDITATION EXERCISES:

EXAMPLES:

JOURNALING: INSPIRE COACHEES TO MAINTAIN A JOURNAL WHERE THEY CAN CONTEMPLATE THEIR VALUES, ASPIRATIONS, AND EVERYDAY EXPERIENCES.

POSE THOUGHT-PROVOKING INQUIRIES THAT LEAD THE WAY:

"WHAT ACTIONS DID I TAKE TODAY THAT RESONATE WITH MY FUNDAMENTAL BELIEFS?"

OR

"WHAT MOMENTS FILLED MY HEART WITH JOY TODAY AND WHAT MADE THEM SPECIAL?"



THANK YOU, AND I LOOK
FORWARD TO SEEING YOU
NEXT WEEK.

