



The Lightworkers'  
Academy



# COACHING TENETS TO REMEMBER

1

Know Thyself

2

Know What Coaching Is/Is Not

3

Meet the Coachee Where  
They Are

4

The Coachee is the Change  
Agent

5

The Goal is the Foundation

6

Build Rapport, Establish Trust

7

Listen More, Talk Less

8

Ask Powerful Questions  
Without Judgment

