



# THE CORE VALUES OF NEW ERA COACHING

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Five core values underlie how I approach new era coaching and my relationship with my clients. They act as *guiding principles* for how we progress together in meeting client goals. They combine to empower the client and nourish the coaching relationship for greater commitment and enduring results.

- **Accountability:**  
Clients are accountable for their actions and self-healing. Together coach and client identify and achieve goals for transforming old and creating new patterns (of beliefs, thoughts, emotions, actions). Accountability extends beyond sessions: coach and clients agree on actions for clients to take between sessions.
- **Partnership:**  
New era coaches work with their *partners* and own together the results of their coaching relationship. Partnership is not just intellectual; both coach and client are fully committed to the client's growth and transformation. They are on the same level as companions on the path of the client's evolution.
- **Leadership:**  
The coach knows that clients can be leaders in their lives. The clients realize this throughout the course of the coaching sessions, witnessing their power to create, transform, and heal themselves. They develop their leadership as they practice and apply what they learn during coaching.
- **Wholeness:**  
The coach and client work with the different aspects of the client (mental, emotional, physical, spiritual). Clients are multi-dimensional. They learn to see themselves for all that they are and create accordingly. Self-healing happens when the coach and client consider the whole of the person.
- **Energetics:**  
New era coaches work with the energies of their clients. They educate clients to be aware of their energy and how to transform it through practices and actions. Clients learn that by raising their energy they discover their inner truth and impact the energies of those around them and the planet itself.

Please visit my website to learn more and to request a complimentary coaching session: <http://inthepathoflight.com>