

What are the guiding principles of my coaching approach?

- Play to your strengths**
- Focus on your journey – not the destination**
- Follow your aspirations**
- Strive for fulfillment**
- Be confident with ambiguity and agility rather than being comfortable with stability**

What will we explore as part of your coaching journey?

- Your aspirations in life**
- What makes you tick**
- What you stand for**
- How you make sure you live and work by those values**
- What you've learned from your journey in life so far**
- What makes you happy**
- Your personal and organisational context**
- Your challenges and how you might deal with them**



Hev Johnson
Realising potential - releasing value