



Leadership Coaching

- Effective Leadership
- Identifying your leadership style
- Executive leadership
- Authenticity
- Life Balance
- Defining your personal mission and vision
- Discovering your Passion
- Living Your Personal Values
- Personal Growth
- Spiritual Growth
- Goal Setting
- Time Management
- Communication
- Conflict Resolution
- Motivation
- Organization
- Efficiency
- Mentoring / Mentor Coach
- Career Decisions
- Mentoring

If you want to reach a goal, discover your dream, improve yourself, grow, change, or overcome a challenge - you can benefit from working one-on-one with a coach.

Passion Discovery

1. List 5 things you would do for free, just because you enjoy it so much:

- (1) _____ (2) _____
 (3) _____ (4) _____
 (5) _____

2. List 5 things you enjoy—when you're done, you feel energized:

- (1) _____ (2) _____
 (3) _____ (4) _____
 (5) _____

3. List 5 things that do love to do and don't care who, if anyone sees you doing it?

- (1) _____ (2) _____
 (3) _____ (4) _____
 (5) _____

4. List 5 things that are easy for you to do and you think...duh, why is this so difficult for YOU?

- (1) _____ (2) _____
 (3) _____ (4) _____
 (5) _____

5. List 5 times when what you did you felt you were on a "high" and loving life.

- (1) _____ (2) _____
 (3) _____ (4) _____
 (5) _____

Now, keep a notepad with you for the next 30 days...write down anything that fits these 5 steps. At the end of that month—get a cup of coffee, take 10 minutes to review this and your notepad...what is your passion?

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