



My goal:

I want to understand which are the most important life and business areas to me, so to prioritize development in these areas and set clear goals per area.

### Coaching result:

Through the system that «γνώθι σεαυτόν» know thyself coaching applies, a general assessment of the factors of your daily life is made, the three areas that are most important to you are highlighted, you explore these areas where you want to find yourself and you end up defining a clear goal for each of the three important areas of your life.



System used: "Choose your Focus"  
by NeuroLeadership Institute

Milestones in our journey:

1. Mining: We list all the areas of your work and personal life.
2. Refining: We reduce the list to the three areas most appropriate for coaching.
3. Defining: We create a goal for each of the three areas with specific measures or success criteria we will identify.
4. Shining: We polish the wording of the defined goals into a succinct, inspiring goal statement that you really connect to and are motivated by.
5. We celebrate what you have achieved

When group, working in pairs is included.