



My goal:

I want to realize what my purpose statement and values are, harmonize my daily life, and plan my future accordingly.

Coaching result:

Through the system that «γνώθι σεαυτόν» knowthyselfcoaching applies you come up with the most important values that represent you, summarize in a sentence your life purpose, and decide what actions, in which areas should be done so that your reality reflects your values and does not conflict with them.



System used:

"Seven-Step Values Assessment"
by Dr. David Rock

Milestones in our journey:

1. We develop a short list of your top values
2. We clarify your 5 top values
3. We understand where your top values are expressed
4. We understand where your values are not expressed
5. We understand the impact of your values on your life
6. We explore and decide on a plan on how to get your values in all areas of your life
7. We celebrate what you have achieved

When group, working in pairs is included.