

# Creative Coaching Components

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**Storytelling** - how you perceive your journey.

**Learning Styles** - the way in which you use the various intelligences to learn: words, numbers/logic, pictures/models, music/sound, physical experience, self-reflection, social experience, natural world experience.

**Identity** - who you are and how you perceive yourself, including societal/cultural influences.

**Beliefs** - your world-view, why things happen and what they mean.

**Actions** - what you do, your integrity.

**Knowledge** - new or embedded knowledge, through reading/writing/speaking/experiencing/other.

**Values** - what you consider important to guide your life and purpose.

**Feelings** - your emotions, your reactions to events and your emotional perceptions.

**Relatedness** - your connections to others and the larger world.

**Traditions** - a series of activities that use symbolism to create a meaningful environment.

**Inquiries** - investigations, learning about yourself or something else.