

Creative Coaching Guiding Concepts and Principles

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Guiding Concepts of Creative Coaching

The guiding concepts of Creative Coaching are ways to be carried through the transformation process.

- o Act with integrity
- o Become open to transformation
- o Accept your imperfect self
- o Honor your relatedness with others and the natural world
- o Ask for and follow guidance from the larger universe (spirituality).

Guiding Principles of Creative Coaching

Creative Coaching operates with principles that create alignment within oneself, with others, and the larger universe. They form the foundation of the coaching approach, along with an acknowledgment of mystery.

These principles are found in varying combinations in every spiritual practice.

Authenticity

- o *Self-honesty*
 - + Acknowledging your assets
 - + Admitting your shortcomings
- o *Honest presentation*
 - + Being real
 - + Saying what you mean
 - + Having presence
- o *Self-actualization*
 - + Becoming yourself
 - + Making use of your talents
 - + Listening to your inner voice
 - + Engaging in the right work

Integrity

o *Values*

- + Defining and embracing your values
- + Awareness of the diversity of healthy values in others

o *Congruence*

- + Doing what you mean and say
- + Agreement of values, thoughts, and actions
- + Dependability

o *Ethics*

- + Having a system for making ethical decisions
- + Awareness of situations that call ethics into play

Connectedness

o *Social*

- + Connection to family and friends
- + Connection at the workplace
- + Connection to other social circles based on shared activities and beliefs

o *Belief Systems*

- + Awareness of your belief systems and how they influence you
- + Awareness of others' belief systems and how they are influenced

o *Socio-Political*

- + Having an awareness of how your society operates and its socio-political factors
- + Awareness of your role and position in your society

Context

o *Cultural*

- + Acknowledging and honoring your culture
- + Awareness of your culture and how you are affected
- + Awareness of others' cultures and how they are affected

o *Socio-political*

- + Awareness of social, political, historical, and institutional factors
- + Defining your influences and impacts

- o *Community*
 - + Identifying and participating in community
- o *Transformation*
 - + Being willing and open to experience transformation
 - + Selecting and acknowledging a path of transformation

Appropriate Responsibility

- o *Responsiveness/Boundaries*
 - + Addressing what comes up
 - + Awareness of appropriate roles and responsibilities
- o *Compassion and Forgiveness*
 - + Sympathy for others
 - + Forgiveness for others and oneself
 - + Imaging oneself in another's situation
- o *Sustainability/Empowerment*
 - + Taking on appropriate responsibilities
 - + Letting go of inappropriate responsibilities
 - + Teaching/leading others
 - + Allowing growth
 - + Practicing self-care
- o *Humility*
 - + Acknowledging and recognizing others and universal forces
 - + Receiving versus seeking recognition

Spirituality

- o *Guidance*
 - + Asking for help
 - + Following direction
 - + Being willing to be led
- o *Imperfection*
 - + Acknowledging your contradictions
 - + Ongoing exploration and learning
- o *Faith*
 - + Practicing optimism
 - + Appropriate acceptance and appropriate action
 - + Recognizing spiritual blessings in challenges

- o *Transformation*
 - + Acknowledging mystery
 - + Having openness and curiosity
 - + Practicing spiritual principles

- o *Enjoyment*
 - + Having fun and relaxation
 - + Practicing balance
 - + Resting and rejuvenating

- o *Gratitude*
 - + Appreciating life
 - + Giving and receiving gifts
 - + Recognizing the positive