

# FACTS COACHING

THE INNOVATIVE AND ACCLAIMED COACHING APPROACH EXPLAINED:

**F**

FEEDBACK

Provide your coachee with challenging feedback that informs and inspires.

**A**

ACCOUNTABILITY

Hold your coachee's accountable for commitments without blame or shame.

**C**

COURAGEOUS GOALS

Move beyond realistic SMART goal setting and engage the coachee's brain with exciting, inspirational and transformational goals.

**T**

TENSION

Remember that tension is constructive and can be used to optimise performance without risking burnout.

**S**

SYSTEM THINKING

Coach with the big picture issues such as sustainability, values and ethics to reach beyond individual needs and achieve deeper organisational change.