Being True to Self

You may choose to reflect on these questions on your own, with your mentor, or with your coaching Triangle:

• What do you stand for?

• What values do you hold highest?

• What principles are important to you?

• What action do you take when your values, beliefs/principles are being challenged?

• What might cause you to compromise your values, beliefs, or principles?

• What do you wish you did differently? What beliefs would you like to change?

• What motivates you?

• How do you know when you are not true to yourself?

• As a leader, what role does being true to yourself play?

• As a leader, how do you support others to be true to themselves?

• What are the benefits to organizations when its leaders and employees are true to themselves?

You have a choice to be who you are…
 Who do you choose to be?

Coaching Question:

In what way can you use these questions to help you in your personal growth and in attaining your goals?

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