

Values-Driven Coaching Mastery

Using core values to guide action, motivation, and client transformation

<https://jamesclear.com/core-values>

Quick recap

The meeting focused on coaching practices and personal development, with Evolution introducing key components of effective coaching sessions and guiding participants through mindfulness exercises. Eben led group exercises around personal values and introduced the concept of "GAIN work" to demonstrate the importance of aligning actions with core values. The session concluded with discussions on creating public profiles and maintaining consistent online presence, emphasizing the need for coaches to help clients align their actions with their own values rather than imposing external motivations.

Summary

Cyber Tuesday Coaching Practices Overview

Evolution led a Cyber Tuesday session focused on coaching practices and personal development. He introduced the five key components of a 5-star coaching session: presence, process, insight, commitment, and action. Evolution guided participants through a series of physical exercises and mindfulness practices to help them stay present and connected to their bodies. He emphasized the importance of living a balanced life and using coaching as a tool for personal growth. Evolution also discussed the concept of "your life is your marketing" and encouraged participants to live their best lives as a way to attract and serve clients effectively.

Discovering Core Values Through GAIN Work

Eben led a group exercise where participants were asked to rename their video conference cubes with their highest personal values. He then posed a hypothetical scenario where participants would not accept a million dollars in exchange for never experiencing their core values, illustrating the deep importance these values hold. Eben introduced the concept of "GAIN work" - tasks that are difficult in the short term but offer significant long-term benefits. He concluded by having Transformation and Presence share their personal GAIN work goals, which involved consistently showing up online and allowing themselves to be seen, respectively.

Value-Based Coaching and Transformation

The meeting focused on helping participants align their actions with their core values to enhance motivation and achieve their goals. Evolution and Transformation discussed the importance of allowing oneself to be seen and creating a public profile to facilitate transformation, with Transformation committing to creating a public profile by Friday. Presence explored how consistent online presence and networking could increase their confidence and presence, deciding to link their Substack by Sunday. Evolution emphasized the need for coaches to understand and align clients' actions with their values rather than imposing their own motivations, and the group practiced this approach in breakout rooms. The session concluded with a reminder to incorporate value-based coaching in practice sessions to effectively influence and persuade others.