



## What is Coachability in the ListenFully Community?

(These are valuable concepts if you're interested in strong communication with anyone.)

### This Coachability document serves two purposes:

1. If you are someone who is considering doing business with us, you'll likely get a sense of the level of integrity that our participants enjoy. You will also be able to discern if this type of practice is exactly what you are looking for to support yourself.
2. If you are already working with us, you'll use this document as a governing compass to create your ideal life. Over time you will use this list to shore yourself up to these recommendations and lead yourself to a life of deep satisfaction.

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### The ListenFully, Beyond Coaching Mindset

- You will live by 'life is always unfolding in perfect harmony.'

### Coachability Skills

- You will open yourself to thinking in ways you've never thought before.
- You will trust the process especially when you don't want to.
- You will regularly give up proving your point of view.
- You will actively grow your prowess with taking 100% responsibility.
- You are eager to develop your 'emotional literacy' throughout our work.
- You promise to be authentic and strive to say what you don't want to say.
- You're open to identifying unworkability in your way of being.
- You're continually looking for new ways to minimize reactions, yours or theirs.
- You promise to leave every session having created concrete value.
- If for some reason you don't keep one or more of these agreements you will restore your integrity as soon as you are aware.