



# TEN GUIDING PRINCIPLES OF HOLISTIC COACHING

1. Transformation happens on the mental, emotional, spiritual, and physical levels, taking the whole person into consideration.
2. Holistic Coaching believes that everything rests in a web of interconnectedness.
3. Holistic Coaching focuses on supporting people in moving from coping to healing to thriving.
4. Healing happens in a loving and supportive environment, not through judgment, shame, or guilt.
5. Holistic Coaching is about making changes from the inside out.
6. The overall goal of Holistic Coaching is to create well-being and fulfillment in all areas of life that are important to you.
7. Holistic Coaching offers the opportunity for you to create love, safety, and belonging for yourself.
8. Change, healing, and transformation are a process, not an event.
9. Holistic Coaching helps increase awareness of mind, body, and spirit.
10. Holistic Coaching is about finding the tools and techniques you can enjoy and embody consistently.