

TRUENORTH COACHING ACADEMY

Hello Future Coaches!



Here are the first few keywords you'll be hearing a lot during our sessions.

Dive in, explore, and have some fun with these terms! Also, be ready with a sentence of your own using each of these words.

Words will be your superpower in this whole journey. Befriend them and make them your most trusted partners.



Thinking

- *Meaning: The process of using your mind to consider something carefully.*
- *Example: The coachee spent the evening thinking about the friend's advice on setting boundaries.*

Realization

- *Meaning: Becoming fully aware of something as a fact.*
- *Example: She was in deep conversation with her Coach, when she had this realization about the real reason for her fear of public speaking.*



Discovery

- *Meaning: Finding something.*
- *Example: The discovery of her hidden strengths was a turning point.*

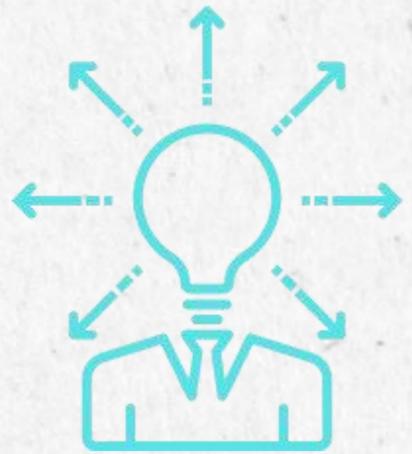
Learning Agility

- *Meaning: The ability to learn and adapt quickly, Speed and efficiency of learning.*
- *Example: His learning agility helped him thrive in diverse roles.*



Awareness

- *Meaning:* Knowledge, noticing what's happening around (or within)
- *Example:* After repeated business failures, the team sat down for an introspection which finally led to an awareness of a faulty marketing technique.



Insight

- *Meaning:* A deep understanding of something.
- *Example:* The research will give valuable insight into the workings of the brain.

Learning

- *Meaning:* The acquisition of knowledge or skills through experience, study, or being taught.
- *Example:* Through continuous learning, Mark became proficient in data analysis and advanced his career.



Reflection

- *Meaning:* Looking back on experiences, thoughts and feelings, to gain deeper understanding,
- *Example:* Reflection on past experiences can guide future actions.

(New) Understanding

- *Meaning:* A fresh comprehension of a concept or situation.
- *Example:* He gained a new understanding of leadership dynamics, with the Leadership Training course.



Aha!! (Epiphany)

- *Meaning:* A moment of sudden revelation or insight.
- *Example:* She had an Aha!! moment that changed her approach entirely.

We hope you enjoy this sneak peek into the Language of Coaching. Get ready for an enriching and transformative experience ahead!

Looking forward to seeing you soon!