

CORE TENETS OF ARCH LIFE COACHING

by Kristina Lea and Heather Ensworth

1. Our fundamental belief as ARCH life coaches is that we are all on a journey of healing and transformation, and that we are companions on the journey with our clients. We do not engage in a power-over dynamic, but we relate to our clients with the best of our skills and abilities in a power-with dynamic.
2. We recognize the trauma that a client has been through, and at the same time, we see our clients as more than their wounds. We also honor their gifts and potential and work to align ourselves with the client's witness self and soul self.
3. We stay committed to our own process of healing, transformation and growth, so that we continue to deepen and expand in consciousness and wholeness and model this for those that we work with.
4. As we hold sacred space, we create a safe container to facilitate the work to be healing and not re-traumatizing. We work to be an ally with the client's adult witness self to help our client to reclaim all parts of the self that need healing and integration.
5. We ask clients to be in the process of coming to know their true authentic selves and to be in the world more and more as an expression of their deepest knowing and inner truth.
6. We ask clients to face their fears, as we ask ourselves to do the same, and be able to take steps into courage and responsibility even if incremental.
7. We ask that clients be willing to make conscious decisions from their most centered witness Self. This might require deeper work with the wounds of the past and with different aspects of the self. We ask clients to be open to look at their charged and reactive behavior as a way of understanding what might still need healing from the past.
8. We ask that our clients be as fully embodied and engaged in holding the wholeness of who they are as they manifest their gifts through living a life of purpose.
9. We commit to showing up fully as our most present selves as we listen, hold space, give gentle guidance and support to move our clients forward into the true essence of who they are and who they are meant to be.
10. We trust that we are all held by energies larger than ourselves. We commit to honoring that Consciousness that is holding us and guiding us all in the journey of healing and evolution. And we commit to listening deeply to our clients and to trusting their inner wisdom and intuitive sense of the right path and pacing of their unique healing and transformational journeys.