

VERSION 1.15

2020



52 WAYS – ALL COPY RIGHTS BY
COACHINGANDLIFE

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Building your goals by reviewing the result we want we are able to build the plan and call to action for which process and procedure we want to enable in progress. Within CAL we call that the PPP.

During the process you will enable yourself to see the results of coaching, the affirm learning linked with the benefits and experiencing results. Benefit such as better relationships with others increased personal productivity, increased health and weel-being because of the link between the coaching and the results of coaching. You will achieve several aim namely realise your commitment, encouragement and develop new behaviours as a result your effort. Overall you will empower strengthen and commit yourself a new way to your goals.

OVERVIEW FOR 12 MONTH PROGRAM

Program-Coach Group	52 Ways
1-0-1	12 Virtual zoom sessions with Berit Ladefoged 50 min
Coaching Group	52 Session Virtual group sessions
Coaching Group Forum	Ask anytime – and get an answer within 18 hours. Answers is also from members

YOUR GOALS

Describe your goals here

DEFINE YOUR TASKS

Describe the challenges:

BACK GROUND FOR YOUR UNDERSTANDING

Describe tell your story

WHERE ARE YOU RIGHT NOW

What is your call to action today

RESUME

Call to action

YOUR PLAN

Brainstorm what do you want and how do you want it?

DESCRIBE YOUR WISHES

Describe here

WHY IS YOUR GOAL ATTRACTIVE TO YOU?

Define yourself – see yourself?

52 WAYS IS ABOUT WHO YOU ARE AND WHAT YOU ARE -

PROCES

WHAT IS YOU?

Describe

INVESTIGATE WHAT IS NOT YOU

Describe

EVALUATION 1 MONTH

Describe

EVALUATION 2 MONTH

Describe

EVALUATION 3 MONTH

Describe

EVALUATION 4 MONTH

Describe

EVALUATION 5 MONTH

Describe

EVALUATION 6 MONTH

Describe

EVALUATION 7 MONTH

Describe

EVALUATION 8 MONTH

Describe

EVALUATION 9 MONTH

Describe

EVALUATION 10 MONTH

Describe

EVALUATION 11 MONTH

Describe

EVALUATION 12 MONTH

Describe

52 RESULT AND QUALITY IN YOUR OWN WORK

Describe your changes:

PLAN

52 ways will take you through the universe of

52 WAYS

DEFINE YOUR 4 CORES TODAY – START.

Value core	Define and describe them	How do you serve you core
1.		
2		
3		
4.		

52 WAYS

DEFINE YOUR 4 CORES IN OUR LAST SESSION

Value core	Define and describe them	How do you serve you core
1.		
2		
3		

Value core	Define and describe them	How do you serve you core
4.		

CORE VALUE

You serve your cores values everyday and the better you understand your core, the higher level of own clarity and integrity. You know what you are and you know how to serve your core. When you support your own inner core you feel peace of mind.

- If you do not have peace of mind you have an open task to work through

Define what you experience:

OVER ALL 52 WAYS

Is a list of words to work throug in your 1-0-1 and in you coach group.

- To define what the words mean to you and what you see hear and feel when they are in use.
- What does it mean to be (add the value) how do I know that ?
- How do I show to myself: (add the value) and how does it make me feel?
- How do I show to Others?(add the value) how can I messure that I do it right?

Why, What, How, If Not?

	Value	What does it mean to you today?	What do you want it to mean now?
1	Kindness		
2	Balance		
3	Strength		
4	Mindfulness		
5	Thankfulness		
6	Love		
7	Ambition		
8	Gratitude		
9	Purpose		
10	Freedom		

11	Intuitive
12	Energy
13	Clear
14	Devotion
15	Communication
16	Satisfaction
17	Support
18	Discipline
19	Efficiency
20	Sincerity
21	Candor
22	Brilliance
23	Growth
24	Challenge
25	Strength
26	Power
27	Self-reliance
28	Spirituality
29	Creativity
30	Order
31	Calm
32	Maturity
33	Loyalty
34	Control
35	Enthusiasm
36	Harmony
37	Success
38	Trust
39	Doubt
40	Alertness

41	Simplicity
42	Tolerance
43	Integrity
44	Responsibility
45	Skillfulness
46	Unity
47	Service
48	Achievement
49	Intelligence
50	Generosity
51	Passion
52	Excellence

APPROVAL

Sessions	52 ways	Time	Date
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			

APPROVAL AND CONFIDENTIALITY

I sign to Privacy and policy CALcoachingandlife

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2	Printed Name	Titel	Signature	Date
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12	Printed Name	Titel	Signature	Date
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PLEASE SIGN FOR EACH SESSION -