



**ESSENCE OF COACHING**

DISCOVER YOUR LEADERSHIP POTENTIAL

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# Essence of Coaching

## Executive Leadership Series

**E-BOOK  
AWARENESS**

THE AMPS© METHOD ESSENCE OF COACHING EXECUTIVE LEADERSHIP SERIES.  
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# *Welcome*

## **The AMPS<sub>©</sub> Method Executive Leadership Series**

This comprehensive toolkit is designed to accelerate your leadership development and transform how you lead.

Tomorrow's most successful leaders will be those who excel at coaching others, fostering growth, and unleashing the full potential of their teams.



# *Essence of Coaching*

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**Essence of Coaching** creates the coaching environment that allows for deliberate focus on peak performance. We specialize in helping individuals, teams, and organizations realize their full potential. We leverage a unique set of tools, expertise, and experience to create engagement, renewal, focused performance, and transformational change.



INSPIRING LEADERS TO RISE TO THEIR POTENTIAL

*Course Modules | Executive Leadership Series*

***1*** AWARENESS

***2*** MINDSET

***3*** PROCESS

***4*** SUSTAINABILITY

## **COMPLETE THESE FOUNDATIONAL STATEMENTS:**

01

**I BELIEVE PEOPLE ARE FUNDAMENTALLY...**

02

**MY ROLE AS A LEADER IS TO...**

03

**GROWTH HAPPENS BEST WHEN...**

04

**THE MOST IMPORTANT THING I CAN GIVE  
SOMEONE IS....**

05

**SUCCESS MEANS....**

## Values

Your core values serve as your leadership compass, guiding every interaction and decision.



## Values Identification

From the values below, select your top 5 that most reflect your leadership style.

Achievement	Authenticity	Balance	Challenge
Compassion	Excellence	Growth	Honesty
Humility	Innovation	Integrity	Justice
Patience	Performance	Potential	Recognition
Respect	Results	Service	Simplicity
Trust	Understanding	Vision	Simplicity

# The Self-Awareness Advantage

Rate yourself honestly (1-5 scale) on these statements:

## **Emotional Awareness:**

I notice my emotional state before entering coaching conversations \_\_\_  
I can regulate my emotions during challenging discussions \_\_\_  
I'm aware of how my emotions affect others \_\_\_

## **Trigger Awareness:**

I know what types of people/situations trigger my reactivity \_\_\_  
I can stay centered when others are emotional or resistant \_\_\_  
I recognize when I'm projecting my own issues onto others \_\_\_

## **Bias Awareness:**

I'm conscious of my assumptions about people's capabilities \_\_\_  
I notice when I'm rushing to solve rather than explore \_\_\_  
I catch myself when giving advice instead of asking questions \_\_\_

## **Impact Awareness:**

I regularly ask for feedback \_\_\_  
I notice the energy I create in coaching conversations \_\_\_  
I adjust my style based on what each person needs \_\_\_

Total Score: \_\_\_/60

Scoring:

48-60: Level 4 (Self-Aware)  
36-47: Level 3 (Competent)  
24-35: Level 2 (Conscious)  
12-23: Level 1 (Unconscious)



A close-up photograph of a person's hands holding a notebook. The left hand is holding a pen, and the right hand is holding the notebook. The notebook page has a hand-drawn sketch of a bamboo plant. The word "Bamboo" is written in cursive at the top left. Below it, "Sample 5/17" is written. There are also some other faint handwritten notes and checkmarks. The person is wearing a white long-sleeved shirt and a gold ring on their left hand. The background is a plain, light-colored wall.

**STAY  
CONSISTENT  
IN YOUR  
JOURNEY  
AND CELEBRATE  
YOUR  
SUCCESS.**

# Self-Awareness Action Plan

*Self-awareness requires translating insights into consistent practices.*

## 30-Day Self-Awareness Challenge

Choose one practice from each category to implement over the next 30 days:

### Daily Practices (Select 1):

- Start each day with 5 minutes of self-reflection before coaching conversations
- End each coaching interaction by asking yourself: "How did I show up?"
- Practice the "pause" - take 3 deep breaths before responding in challenging moments

### Weekly Practices (Select 1):

- Journal about your coaching interactions and what you notice about your patterns
- Ask for feedback from someone you coach: "What do you experience when I coach you?"
- Review your coaching triggers and identify one to work on each week

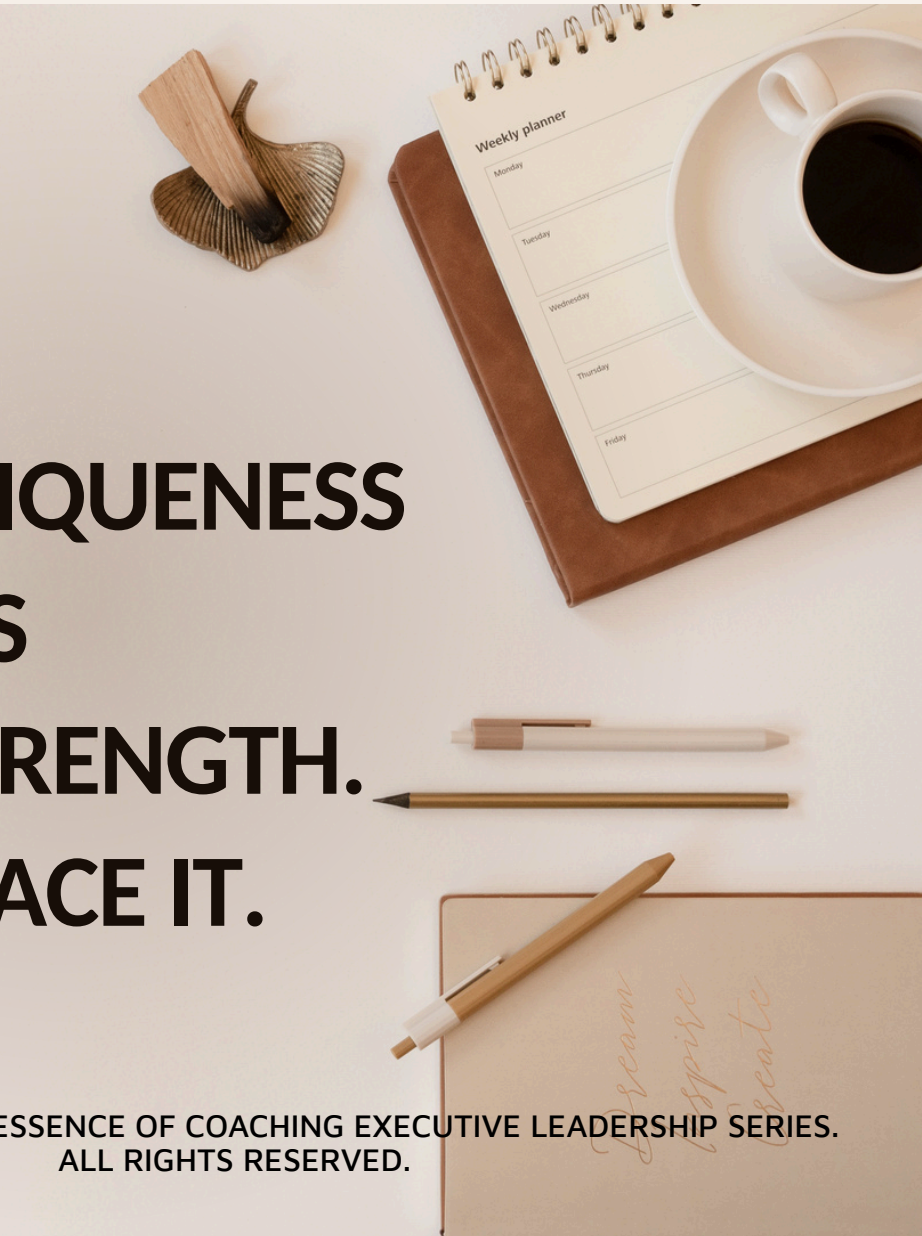
### Monthly Practices (Choose 1):

- Retake the assessments in this section to track your growth
- Have a deeper conversation with a coach about your development
- Identify one coaching blind spot to actively address

# Bridge to Module 2: Mindset

**Congratulations!** You've built the foundation for focusing on your self-awareness, inner landscape, values, triggers, and natural style.

In Module 2, we'll explore how to transform your mindset from that of a transactional leader to that of a transformational leader. **If you would like support in interpreting your Awareness assessments, please contact us:**  
[www.essenceofcoaching.com](http://www.essenceofcoaching.com)



**YOUR UNIQUENESS  
IS  
YOUR STRENGTH.  
EMBRACE IT.**