

UNDERSTANDING COACHING BY STUDYING CONTRASTING WORDS

TRANSACTIONAL VS TRANSFORMATIVE

A SELF-EVALUATION TOOL FOR COACHES

Track Your Progress...

Rank how you are doing with each
1, needs improvement -- 5, got it!

TRANSACTIONAL	TRANSFORMATIVE	Date	Date	Date	Date
Doubting	Trusting				
Directing	Asking Questions				
Telling	Listening				
Rescuing	Empowering				
Resonance	Remaining Neutral				
Entangled	Setting Boundaries				
“Be Like Me”	No Ego/Attachment				
Scripted	Flexible				
Constricted	Expansive/Observing				
Intensity/Heavy Feel	Intuitive/ Light Feel				
Agenda	Naive Curiosity				
Dependent	Independent				
Authoritative	Asking Permission				
Judging	Safe				