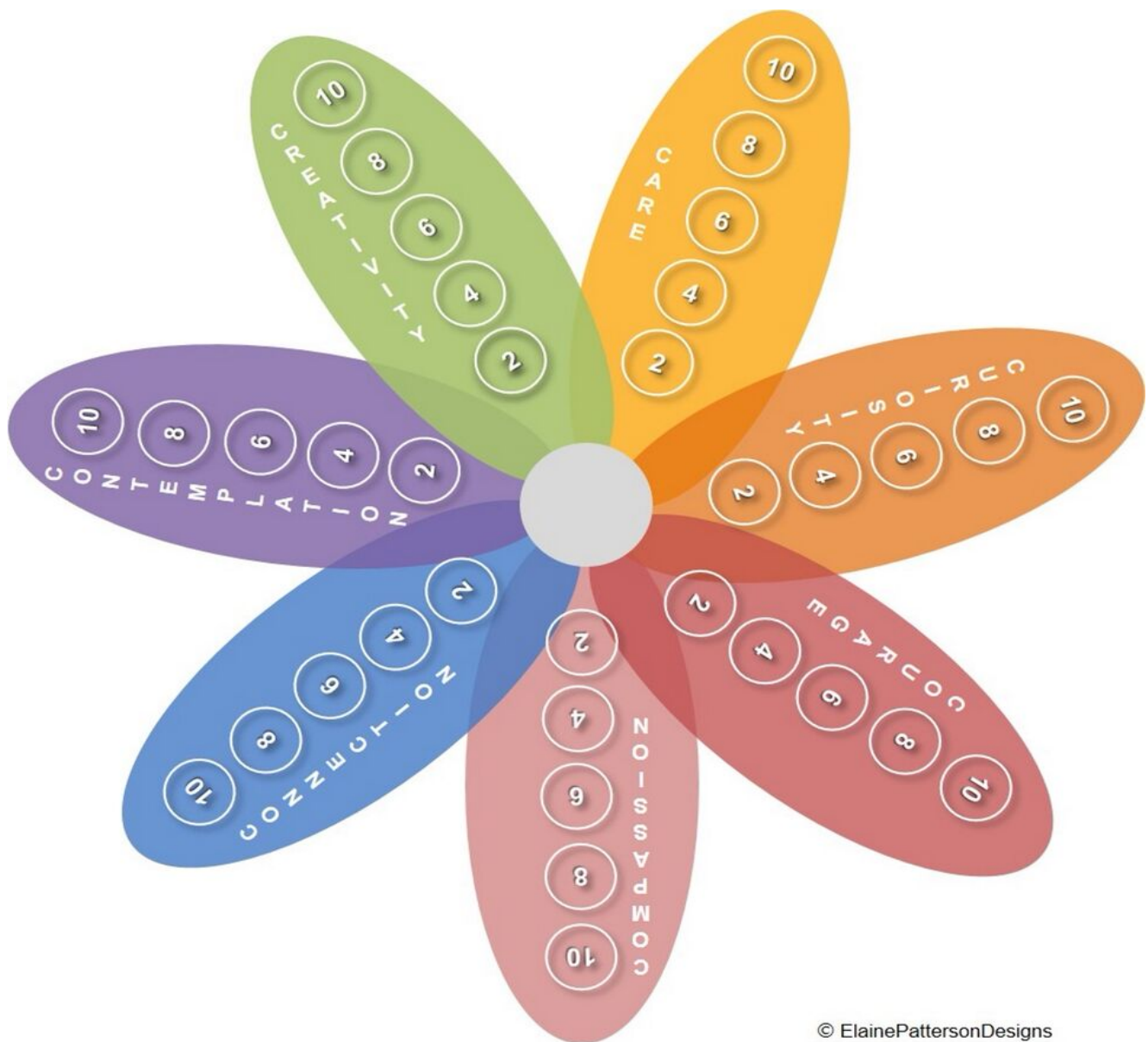


American Supervisors Network
 For Webinar Monday 22nd October 2018

Introducing the 7C's for Being Fully Human
 .. A New Lens for Coaching and Coaching Supervision.....

Self Assessment Map



The 7 C's are:

- ✚ **Care** is at the heart of our being human. What, who and how we care about defines us
- ✚ **Courage** is the capacity of the heart to speak its truth and to be brave, bold, vulnerable and wise
- ✚ **Curiosity's** questioning puts us at the edge of their learning
- ✚ **Compassion** helps us to see the inter-relatedness of all of life, to connect to the feelings of others whilst staying centred and connected to our true selves
- ✚ **Connection** helps us to see the deeper underlying essence of all of life – the whole within which we are all part
- ✚ **Creativity** helps us to reshape the old or create anew – to break old ways of thinking, relating and seeing while spawning fresh approaches to life.
- ✚ **Contemplation** is making the time to turn to tune into ourselves, to be with ourselves and hear ourselves think and feel