

self-regulation, bravery, integrity,
perspective, citizenship, social intelligence.

social intelligence, self-regulation, love,
curiosity, open-mindedness, perspective,
forgiveness, mercy, spirituality.

vitality, love, social intelligence, kindness, gratitude,
forgiveness, mercy, humility/modesty.

appreciation of beauty and excellence, gratitude,
kindness, hope, creativity, perspective.

spirituality, bravery, integrity, open-mindedness,
perspective, self-regulation, prudence.

integrity, bravery, social intelligence,
fairness, persistence.

vitality, humor, gratitude, curiosity, love of learning,
bravery, persistence, appreciation of beauty
and excellence.

integrity, bravery, social intelligence,
fairness, persistence.

humor, curiosity, creativity, vitality, hope,
spirituality, perspective.

MINDFULNESS
EMPATHY
WARMTH
AFFIRMATION
CALM
AUTHENTICITY
ZEST
COURAGE
PLAYFULNESS

COACHING PRESENCE

*is a way of “being” such that
the connection and conversations
with the client promote positive
growth and sustainable change
towards their wellness vision.*

Wisdom & Knowledge

creativity, originality, ingenuity;
curiosity, interest, openness to experience;
open-mindedness, critical thinking skills;
love of learning; perspective, wisdom.

Courage

bravery, valor; persistence, perseverance,
industriousness; integrity, authenticity,
honesty; vitality, zest, enthusiasm,
vigor, energy.

Humanity

love; kindness, generosity, nurturance
care, compassion, altruistic love,
“niceness”; social intelligence,
emotional intelligence, personal intelligence.

Justice

citizenship, social responsibility, loyalty,
teamwork; fairness; leadership.

Temperance

forgiveness, mercy; humility, modesty;
prudence; self-regulation, self-control.

Transcendence

appreciation of beauty & excellence;
awe, wonder, elevation; gratitude; hope,
optimism, future-mindedness,
future-orientation; humor, playfulness;
spirituality, faith, purpose, religiousness.