

# Principles of *Who Do You Want to Be* Coaching Course

Igniting and Inviting the Living Creator in Each Person

Donna Zajonc, MCC

Coaching with The Empowerment Dynamic course is based upon powerful principles that are ancient and universal, which is why there's such deep and lasting power in learning to coach with The Empowerment Dynamic.

1. There is a natural intelligence, a life force, that is constantly and always operating within all human beings, making life possible. It is not created. It can only emerge. This course is designed for you to recognize and experience this life force as your authentic goodness and natural inner guide.
2. Your true Creator essence wants to be fully embodied and integrated, but the egoic mind often relies on younger habits that developed in response to previous difficult experiences. While useful at the time, they now limit your ability to flow with the complexities of life. It is your calm and embodied physiological state that supports your inner wisdom, creating freedom, joy, and insight.
3. Human responses to life's challenges are not always skillful. Being with your unskillful inner experiences, with kindness and compassion, helps release protective patterns so you can recognize the very thing that you most need to embrace to evolve and grow.
4. There is an invisible human operating system that functions in the background of your thoughts, emotions, and behavior that we label the FISBE model. Your point of focus and the energy you put toward the focus (positive/negative) determines the effects you manifest. Energy flows where your focus goes.
5. Skillfully navigating the neurological brain-body-emotion response mechanism is the path to remain present and resourced so that your inner wisdom fully emerges. When you fall in love and are awed by the beauty of the human operating system, it is easier to remember that your innate wisdom is always present, waiting to guide you.
6. You are a neurologically and emotionally complex human being who has the capacity to upgrade your habits and choose more resourceful ways of relating to others and outer experiences.
7. When you shift your point of focus from being "me" centered to "enlightened service of the greater good", patterns of limitations fall away. Your inner world lightens, and life becomes an expression of creative imagination, boldly taking you where you never thought possible.
8. When you realize your Creator essence and have faith in your wholeness, separation from anyone or anything else fades away. The process of awakening to this truth means that you no longer relate to life with a Victim mentality that implies life is happening "to me."



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9. As a conscious human being you are wired to connect and live in harmonious relationships. How you relate to yourself will guide and direct how you show up in relationships. This is the meaning of the term, “transformation from the inside-out,” generating a greater capacity for freedom and empowerment in all your relationships.
10. Noticing and naming all parts of yourself makes possible a loving relationship with the whole of yourself. Once this warm relationship takes root, you let go of what has restrained your freedom. Sharing your authentic and powerful self becomes your new reality.
11. The Creator essence in TED\* (\*The Empowerment Dynamic) represents your desire to expand and create; the Challenger infuses your will and responsibility to learn and grow; and the Coach ignites your curiosity that leads to recognition, understanding and insight. Embracing and integrating these parts upgrades your human operating system and ignites your path of transformation.
12. There is generative power in the opposing energy that resides between what you long for (your desired outcomes) and what you have. We live on a planet where growth is achieved through a pair of opposites. Without this existence of opposing forces—this Dynamic Tension—you could not experience the creative force, the friction, that is necessary to grow and create. This power is designed to be a universal source of positive psychic energy that pulls you “in and up” toward the purpose and passion embedded in your desired outcome.
13. Trusting your natural goodness when cultural messages want you to believe otherwise, requires courage and confidence to realize the truth of who you are.
14. A community that values a safe and cooperative learning environment accelerates development beyond their individual identities, toward imagining unlimited possibilities for a world in need.
15. It is your true self as Creator, Challenger and Coach that supports you to move forward, one baby step at a time, toward fully living, and being, in service toward a world that works for all.