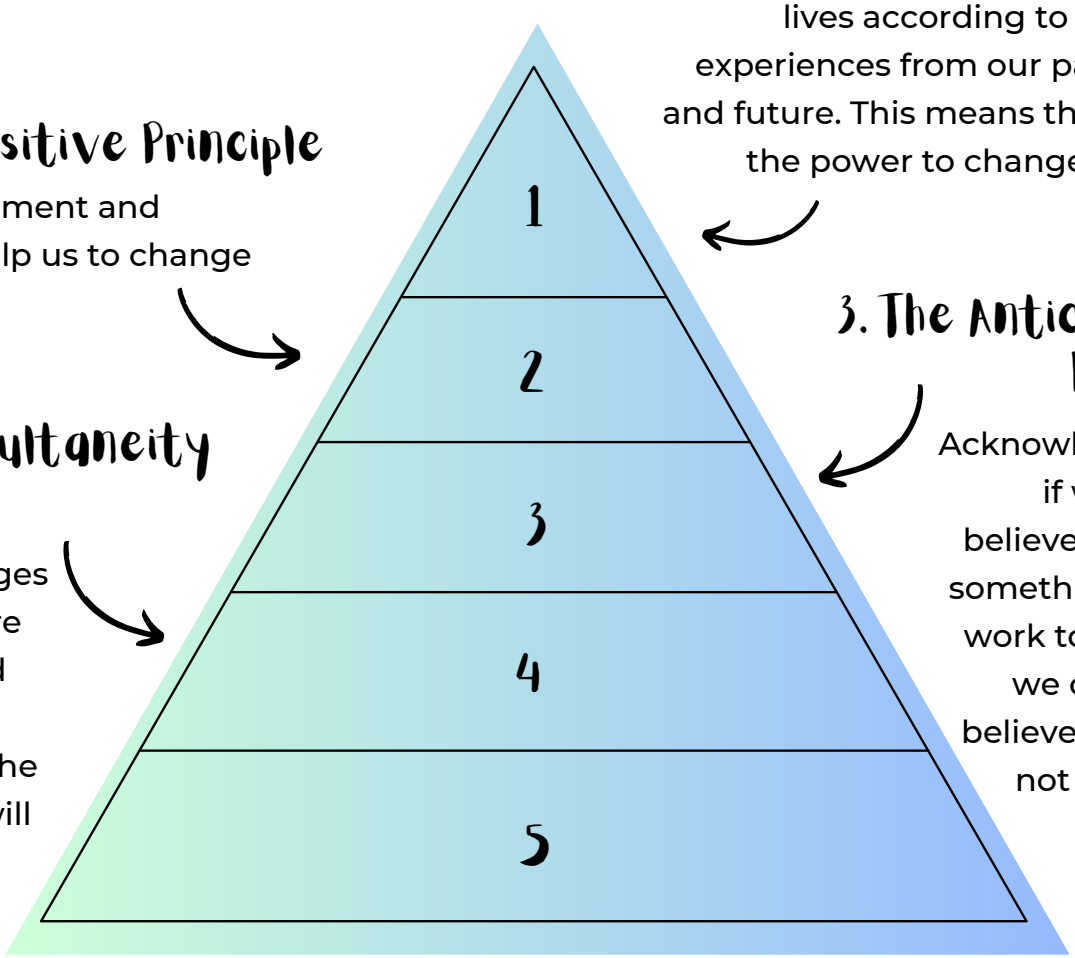
The 5 Principles of Appreciative Coaching

1. The Constructivist Principle

Acknowledges that we fashion our lives according to beliefs and experiences from our past present and future. This means that we have the power to change our lives.

2. The Positive Principle

Encouragement and support help us to change and grow.



3. The Anticipatory Principle

Acknowledges that if we see and believe we can do something, we will work towards it. If we can't see or believe it, then it's not possible to achieve it.

4. The Simultaneity Principle

Acknowledges that if we are curious, and ask positive questions, the questions will set the direction. Powerful questions point us toward action.

5. The Poetic Principle

Acknowledges that we can re-write stories from our past in light of new experiences. Our past stories change over time as we grow and learn from new experiences. We understand ourselves better and project our current knowledge onto our past stories.

Adapted from www.saraorem.com