

WE ALL HAVE A FREEDOM TO CHOOSE



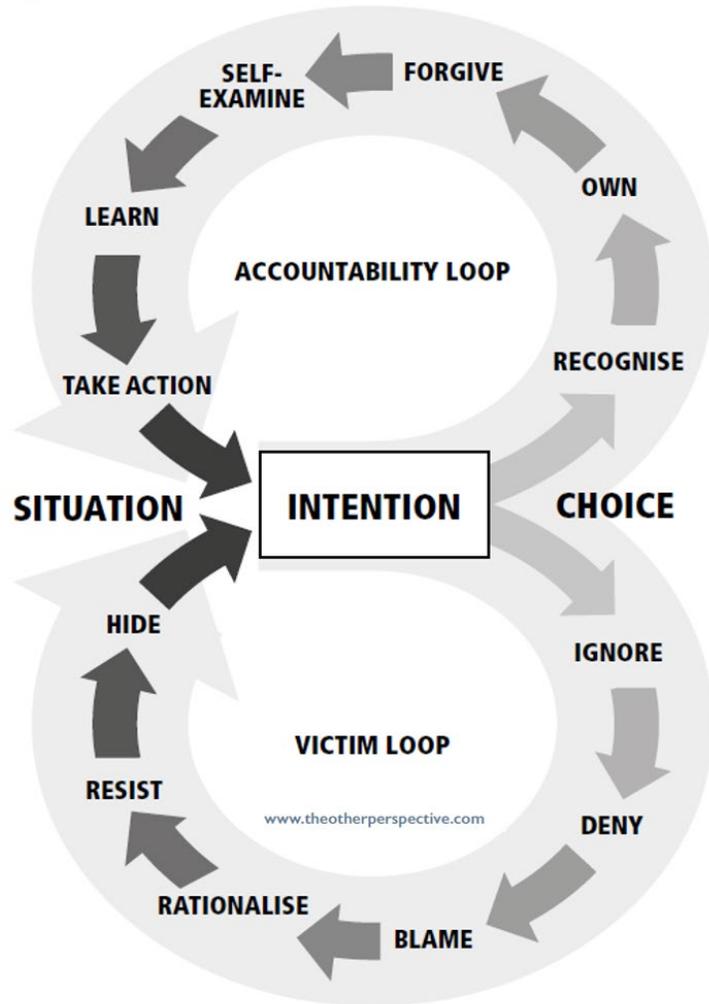
Between **stimulus** and **response**,
there is a space.

In that space lies our **freedom** and
our **power** to **choose** our response.

In our response lies
our **growth** and our **happiness.** *)

**) both attributed to Viktor Frankl and Steven Covey*

ACCOUNTABILITY LOOP & QUESTIONS



Questions for coaching and/or self reflection

1. What is one aspect of your performance, communication, behaviour, or attitude that you would like to improve?
2. When does it show up as a problem in your life?
3. How do you create, promote, or allow this problem to continue?
4. How does it benefit you to not improve this issue?
(There is always a benefit to the problem situation or you wouldn't be doing it)
5. What does it cost you to not improve this issue?
(After answering this question, answer it again by asking, "what else does it cost you?")
6. What could you do differently to be more effective?
7. What support would you like from others?
(Be specific with whom and when you will ask for support)
8. What is the next small action you can take, and when will you take it?
9. What will it look, sound and feel like when you are more successful?

CONTACT DETAILS



Sonja Wekema

Managing Partner The Other Perspective



Certified Executive & Team Coach,
(TEDx) Speaker and Researcher

Sonja supports leaders and (international)
organisations to look at their world in different
ways, supporting them to create a safe and
engaging place to work

E: sonja@theotherperspective.com

M: +31648615597

www.theotherperspective.com

