



Primary Care
Innovation

COMPASSIONATE LISTENER

Establishes trust and safety while using reflective questions to support others.

MOTIVATIONAL MIRROR

Reflects strengths to encourage motivation and behavior change.

CLARITY COACH

Helps clients cut through complexity with structured goal-setting.

COACHING STYLES OVERVIEW

GENTLE CHALLENGER

Encourages growth by respectfully challenging limiting beliefs.

CURIOUS COLLABORATOR

Engages others to co-create solutions through open dialogue.

REFLECTIVE PRACTITIONER

Facilitates self-awareness and learning from experiences.

