

Fierce Love Manifesto



I will believe coaching begins with being fully human with another person.

I choose courage: to ask the difficult question, name what I notice and stay with what feels uncomfortable.

I choose compassion: to listen deeply, care without rescuing, and meet people with love and respect.

I choose connection: to develop my presence, stand in curiosity and be genuinely interested in the person in front of me.

I will be open to learn models and technique and still be willing to be creative and experiment with what serves the people I am in partnership with most.

I will listen not only to what is said, but to what is felt, avoided and left unsaid.

I will challenge with care and care with courage, remembering that neither challenge nor compassion is enough on its own.

I will notice what I bring into the relationship and take responsibility for it. When I get it wrong, I will have the courage to notice, repair, learn and try again.

I will choose relationship over technique, presence over performance and humanity over perfection.

I will use my unique fingerprint to impact my work and relationships in a way that makes a positive difference.

I recognise Fierce Love is a living practice. A practice that is willing to have the courage to challenge, the compassion to care, and the commitment to stay human.

Marie Quigley

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