

# The Five Life Rules for all LTH Coaches

Developed by Dr. Edward Santana-Grace, PhD

1. I will always seek to respect you, to value you, and to appreciate you for everything that you do that is good, positive, or useful for the learning process in this class.
2. I will work to be attentive to discover your gifts and talents and to share my insights with you in a way that will increase your self-awareness of your awesomeness as a unique person and your incredible potential.
3. I will work so that I never demean you, never put you down, never make you feel unimportant, un-trusted, or that your opinion does not count.
4. If I catch myself at having demeaned you in any way, I will apologize to you.
5. If you should feel that I have demeaned you or lessened your value as a person, you should share that with me. I will apologize and will make every effort to seek the root cause in myself.\* Thereafter, I will work ever more attentively to treat you with the full respect, honor and dignity that you deserve as a person.\*\*

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\* However, if you should continue to feel demeaned, you have my permission to speak directly to \_\_\_\_\_. That person has already been instructed to speak to me so that I might better understand and make a more appropriate apology. In that process, I will make every effort to seek the root cause in myself. Thereafter, I will work ever more diligently to treat you with the full respect, honor, and dignity that you deserve as a person.\*\*\*

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\*\* Even though I try very hard, I might still demean you or make you feel diminished in someway. Moreover, because you have undeniable dignity, absolute worth and inner beauty, it is almost impossible that I (and others) will always treat you with the respect, honor and dignity that you deserve. This is not an excuse; it is simply an annotation that sometimes I act inhumanly towards others and not in a truly and fully human manner as I should. It is also likely that you will experience the same difficulty in treating others at all times and in all situations with the respect, honor and dignity that their being a person deserves.

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\*\*\* Note: Parents, small group and team leaders and couples have used these five rules to guide them in their work and their relationships and have achieved rewarding outcomes.