TiffanyKay.com

COACHING FRAMEWORK

Authenticity
Who are you?

Process
How do you want to be?

Purpose
Why are you here?

The Big Picture

Support
What do you need?

Intentions
What do you want to create?

REALITY/CURRENT

(Where are you now?)

Present State

OUTCOME

(Where do you want to be?)

Future State

Coaching
- Holding the space
- Listening and clarifying
- Searching for truth
- Creating movement

Therapy/Changework
- NLP
- HNLP
- Conversational Change
- Hypnosis
- Reiki
- EFT
- EmoTrance

Commitment

Future Facing
How will you be as you move closer to the person you are becoming …now?

Tiffany Kay – Coaching Framework
Based upon HNLP Coaching Framework – NeuroEnergetics/John Overdurf