



What Makes Us Unique

THE TRANSCEND APPROACH TO DEVELOPMENTAL COACHING

Our Coach development goes beyond traditional coaching methods by incorporating leading-edge, evidence-based, multidisciplinary coaching frameworks and models. These frameworks not only equip coaches with essential skills but also provide them with a solid and robust grounding in a number of evidence-based approaches and frameworks.

The programme is firmly grounded in several robust psychological frameworks, including Constructive Adult Development, Cognitive Behavioural approaches (influenced by CBT), Acceptance and Commitment coaching (influenced by ACT), Positive Psychology, Behavioural Neuroscience, Mindfulness-Based practices, and Narrative-Based techniques.

These frameworks collectively help coaches and their clients understand the answers to three pivotal questions:

1. Why do we do what we do?

- By exploring our underlying motivations and behavioural patterns through the lens of Constructive Adult Development and Behavioural Neuroscience, we gain insights into our actions and decisions.

2. Why, often, we don't do what we need to in order to become who we want to be?

- Cognitive Behavioural approaches, Narrative Coaching approaches and Acceptance and Commitment approaches help us identify and overcome barriers (such as cognitive distortions and avoidance behaviours) that impede our progress towards personal and professional goals.

3. What interventions can help us define and remain on track?

- Positive Psychology and Mindfulness-Based practices offer strategies to foster resilience and well-being, while Narrative-Based techniques enable us to reframe our stories and maintain focus on our desired outcomes.