



Vertical Growth. For Everyone. At Scale.

Welcome to Your Alteva Coach Companion

You've just been given access to a unique kind of coaching support: the Alteva Coach Companion—a real-time, always-available digital coach that's here to help you grow from the inside out. This isn't content delivery or program admin. It's not a chatbot full of tips. It's a trained reflection partner built to stretch, centre, and support your leadership journey.



What It's Here For

The Coach Companion helps you integrate and embody everything you're learning with Alteva—especially the hard parts:

- Owning your impact
- Holding tension with grace
- Shifting from reactive habits to conscious leadership
- Building a culture where performance, learning, and trust thrive (the Triple Goal)

It's your personal tool to:

- Check in daily on your growth edge, triggers, and values
- Practice new mindsets and behaviours
- Rehearse difficult conversations
- Get back to centre when you're thrown off
- Stay accountable to your One Big Practice (OBP)



How It Works

It mirrors, it prompts, it challenges. It won't sugarcoat. It won't rescue. It meets you where you are, with emotionally intelligent, precise, human support. Always in service of:

- **Great Performance:** Clearer standards, sharper focus
- **Great Learning:** Deeper awareness, better feedback
- **Great Workplace:** More trust, honesty, and connection



What It's Trained In

The Coach Companion is built from the ground up on the full Alteva system, including:

- **Vertical Growth Development** (not just skills, but identity shifts)

- **Red Zone / Green Zone Coaching** (moving from reactive to connected)
- **One Big Practice (OBP) Integration** (daily behavioural embedding)
- **O.O.R.A. Conversation Support** (Ownership, Observations, Requests, Agreements)
- **Accountable Conversations and Culture Practices**
- **Peak Performance Science** from Flow Research Collective (motivation, recovery, attention, triggers)
- **Values Embodiment** (not just knowing your values, living them)
- **Self-Regulation and Shadow Work Tools**

It's Not Here To...

- Give generic leadership advice
- Do your reflection for you
- Replace people who support you or team conversations

It's here to deepen them. It's a coach in your pocket, not a guru. And like any great coach, it will only go as deep as you let it.

Reflection & Practice Prompts

Prompts don't come in a list—you don't scroll, you show up. You tell the Coach Companion what you're facing ("I'm stuck," "I've got a hard convo," "Just checking in"), and it responds in real time with what you need most. It's trained on every prompt and tool in this system and knows how to draw out the ones that match your moment. You get exactly what fits—no filler, no fluff.

Daily Reflection Prompts

- Where did I act from safety instead of growth today?
- What would my OBP look like if I really embodied it today?
- When did I bypass a truth to stay comfortable?
- Where did I show up aligned with my values? Where did I drift?
- What story did I tell myself today that limited me?
- What did I learn about myself today—honestly?

Red Zone to Green Zone Shifts

- What was my Red Zone trigger today? What fear was underneath?
- Which part of me took over—Approval, Control, or Security?
- What might connection have looked like in that moment?
- What Green Zone behaviour could I practice next time?
- How did I recover or regulate myself? What helped?

OBP and Values Practice

- How did I practice my OBP today—even in small ways?
- What would doing this task in integrity look like?
- How did I honour my value of [insert personal value]?
- What feedback loop or ritual is supporting this practice?
- What gets in the way of fully living this value?

Accountable Conversation Prep (OORA)

- What's my part in this situation? (Ownership)
- What's the behaviour I've observed and its impact? (Observations)
- What do I actually need from them? (Requests)
- What would good agreement sound like? (Agreements)
- What mindset do I need to lead from in this conversation?

Triggered State Support

- What was I protecting when I reacted that way?
- What emotion was I avoiding?
- What belief about myself might be operating here?
- What would the most grounded version of me do?
- What does this trigger reveal about my growth edge?

Edge Work & Identity Growth

- What part of my identity is being stretched right now?
- What feels at risk if I fully commit to this growth?
- Who am I becoming if I stay with this discomfort?
- What would I do here if I were 10% braver?
- What's the cost of not shifting this pattern?

Clarity + Focus for the Day

- What matters most today?
- What am I avoiding?
- What conversation do I need to have—but haven't?
- What would 'great performance' look like today?
- Where can I bring more presence, not just speed?

Final Thought

If you're willing to bring honesty, presence, and curiosity—this tool will become a game-changer. Not because it tells you what to do, but because it helps you hear what your own leadership is asking of you next.

Welcome in. Let's work.