# Cognitive Behavioural Coaching (CBC) Model – Coach Guide

## Purpose of the Model

Cognitive Behavioural Coaching (CBC) adapts CBT techniques into coaching practice. It helps clients identify and challenge unhelpful thoughts, reframe beliefs, and change behaviours to improve performance and wellbeing.

## Visual Representation

[Insert diagram here: boxes/arrows showing model flow]

## How to Conduct this Model

### Step 1: Identify Situation

- What event triggered your response?

- What happened recently that stands out?

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### Step 2: Capture Thoughts

- What automatic thoughts came up?

- What did you say to yourself?

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### Step 3: Explore Emotions

- What emotions did you feel?

- How strong were these emotions (0–10)?

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### Step 4: Challenge Beliefs

- What evidence supports or contradicts these thoughts?

- What alternative perspective is possible?

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### Step 5: Develop New Responses

- What new thought or belief could you practice?

- What action would support this?

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### Step 6: Apply & Reflect

- How did you apply this new approach?

- What outcomes did you observe?

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