# Co-Active Coaching Model – Coach Guide

## Purpose of the Model

The Co-Active Coaching Model, developed by CTI, emphasizes the whole person and balances four key aspects: Fulfillment, Balance, Process, and the coach-client relationship. It is designed to empower clients through partnership.

## Visual Representation

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

## How to Conduct this Model

### Step 1: Fulfillment

- What gives your life meaning?

- What values are most important to you?

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### Step 2: Balance

- What perspectives are you considering?

- What choices do you have right now?

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### Step 3: Process

- What is happening in the moment?

- How can you stay present with your emotions?

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### Step 4: Relationship

- How can we work together as equal partners?

- What do you need from me as your coach?

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