# STEPPA Model – Coach Guide

## Purpose of the Model

The STEPPA Model is an emotional and goal-oriented coaching framework. It integrates emotions and values into the goal-setting process, helping clients develop clarity and motivation for sustainable change.

## Visual Representation

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

## How to Conduct this Model

### Step 1: Subject

- What issue or area would you like to focus on?

- What do you want to work on?

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### Step 2: Target

- What is your goal?

- How will you know when you’ve achieved it?

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### Step 3: Emotion

- What emotions are connected to this goal?

- How do these emotions influence your motivation?

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### Step 4: Perception

- What beliefs do you hold about this situation?

- How might your perspective shift?

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### Step 5: Plan

- What steps will you take to achieve this goal?

- What resources do you need?

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### Step 6: Pace

- What is the timeframe for achieving this?

- How will you measure progress?

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### Step 7: Adapt/Action

- What adjustments might be necessary?

- What actions will you commit to?

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