# Transformational Coaching Model – Coach Guide

## Purpose of the Model

The Transformational Coaching Model focuses on deep personal change by addressing beliefs, identity, and purpose. It encourages clients to go beyond surface goals to shift perspectives and create lasting transformation.

## Visual Representation

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

## How to Conduct this Model

### Step 1: Awareness

- What patterns or beliefs do you notice?

- How do these impact your current reality?

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### Step 2: Challenge

- What assumptions could be questioned?

- What beliefs may no longer serve you?

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### Step 3: Vision

- Who do you want to become?

- What would a transformed life look like?

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### Step 4: Alignment

- How do your goals align with your deeper values?

- What shifts are needed for congruence?

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### Step 5: Action

- What steps will you take toward transformation?

- How will you reinforce new patterns?

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