# mBIT Coaching Model – Coach Guide

## Purpose of the Model

The mBIT (Multiple Brain Integration Techniques) Coaching Model helps clients align their head, heart, and gut intelligences for coherent decision-making. It supports values-based leadership, resilience, and authentic action.

## Visual Representation

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

## How to Conduct this Model

### Step 1: Define Decision or Issue

- What decision are you facing?

- What feels misaligned right now?

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### Step 2: Tune into Head

- What are the logical options?

- What information do you need?

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### Step 3: Tune into Heart

- What do you feel about these options?

- What aligns with your values?

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### Step 4: Tune into Gut

- What instincts or intuitions do you have?

- What feels right at a deeper level?

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### Step 5: Alignment

- Where is there agreement across head, heart, and gut?

- How can you act congruently?

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### Step 6: Action

- What specific steps will you take from this alignment?

- What support will you need?

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