

## CTI and the Institute of Coaching at McLean Hospital, a Harvard Medical School Affiliate

CTI and The Institute of Coaching (IOC) are bringing the art of coaching together with the science that supports its efficacy. "This relationship between CTI and the IOC is unique in the history of the profession," says Karen Kimsey-House, CTI co-founder and CEO.

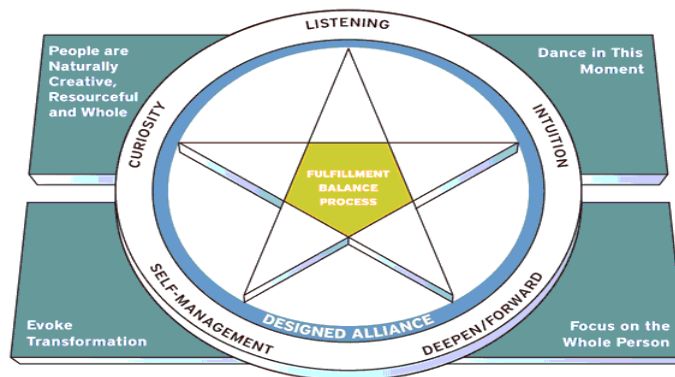
"We've known intuitively, and watching results for twenty years, that the Co-Active Model is an effective approach to coaching. Now we can truly begin to explore the theory and evidence bases that are congruent with the CTI model."

The IOC, established in 2009, ([www.instituteofcoaching.org](http://www.instituteofcoaching.org)) is dedicated to enhancing the integrity and credibility of the profession.

"CTI offers a gold standard of coach training, and the Co-Active Model behind it is remarkably congruent with a vast body of research in positive psychology and coaching," says IOC Director, Dr. Carol Kauffman, who has been on the faculty of Harvard Medical School for 25+ years. "As business, health and personal coaches begin to master and articulate these messages, we believe it will create inroads for more individuals and organizations to see the value and validity of coaching.

"This kind of partnership is a pivot point in the profession," Kauffman says. "It's exciting to see how the entire field can be uplifted by connecting science and theory with the spirit and practice of coaching. In the future, results will continue to show how science can be mapped to CTI's Co-Active model and their four cornerstones of coaching."

### THE SCIENCE BEHIND COACHING - Connecting CTI's Co-Active Model to research



#### PEOPLE ARE NATURALLY CREATIVE, RESOURCEFUL & WHOLE

##### Research

Maslow's Actualizing Tendency  
Appreciative Inquiry  
Strength Theory

##### EVOKE TRANSFORMATION

##### Supporting Research

Immunity to Change  
Pygmalion  
Broaden and Build  
Positivity 3.1

CTI 2014

#### DANCE IN THIS MOMENT

##### Research

Emergent Process  
Improvisation  
Complexity Theory  
Mindfulness

#### FOCUS ON THE WHOLE PERSON

##### Supporting Research

Bio-pyscho-social-spiritual Model  
P.E.R.F.E.C.T. Model  
Complexity Theory

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