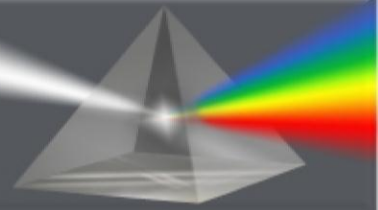
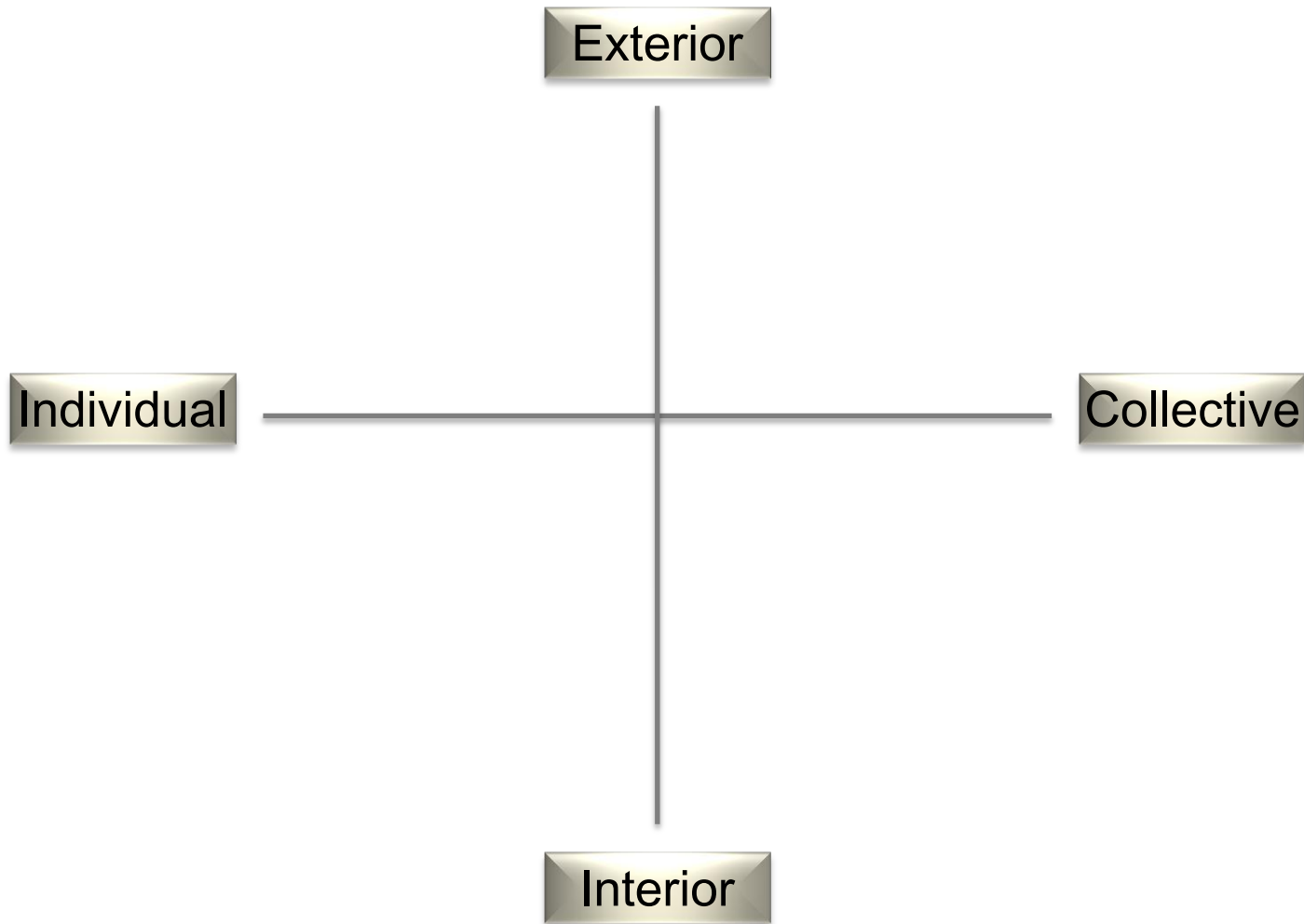
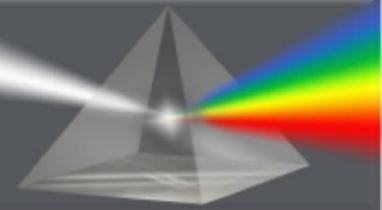


## Coaching Model

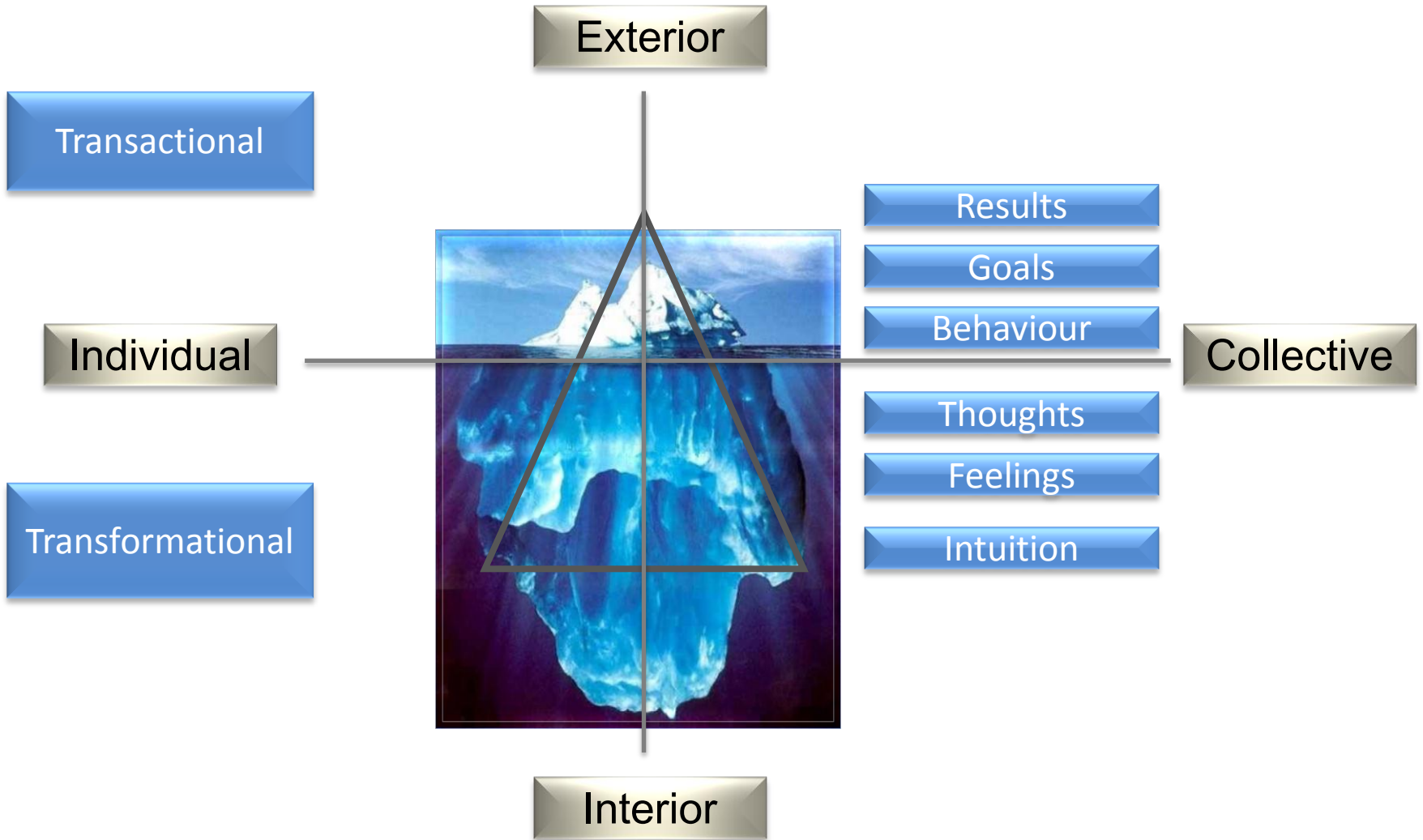
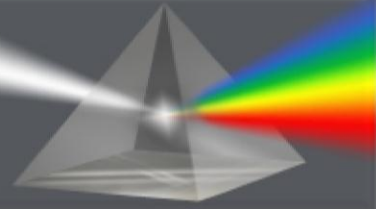


4 key models  
consisting of two quadrangular shapes, a  
triangle and a u – shape  
are overlaid to create a unique model called  
**PRISM**  
as illustrated below

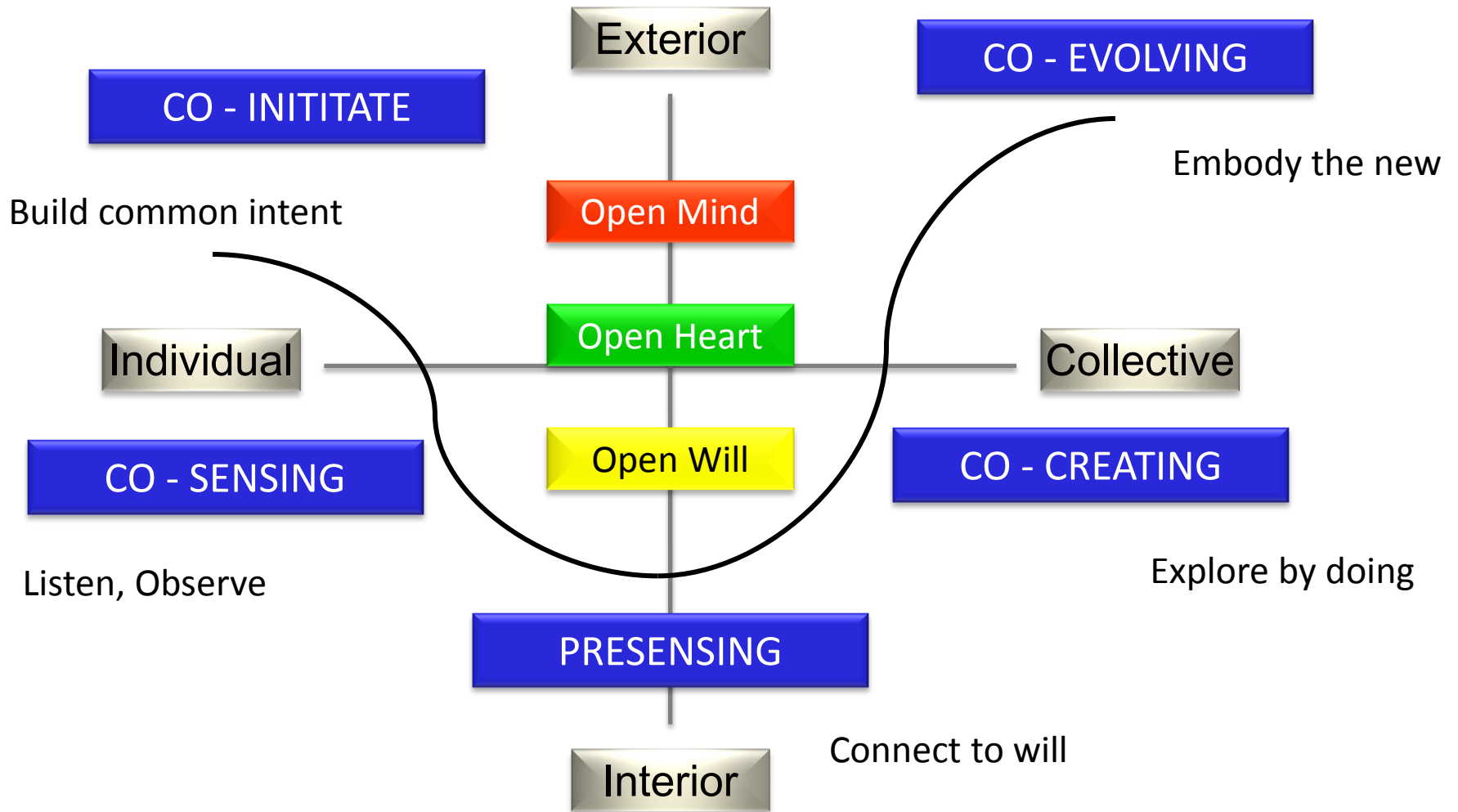
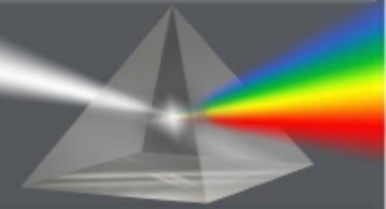
# Ken Wilber's Integral Model



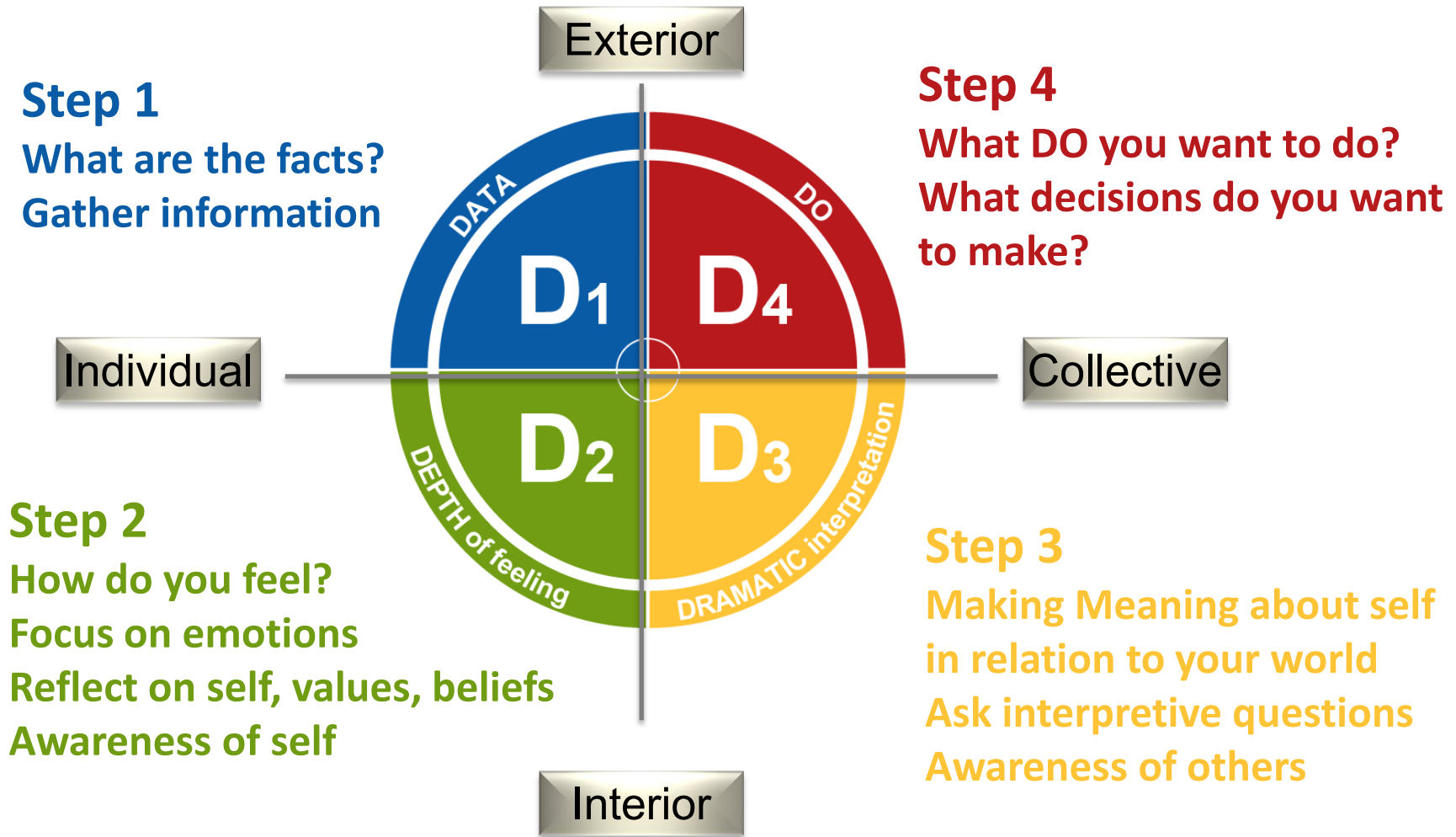
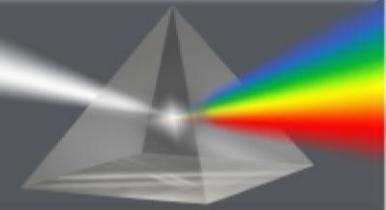
# Iceberg Model



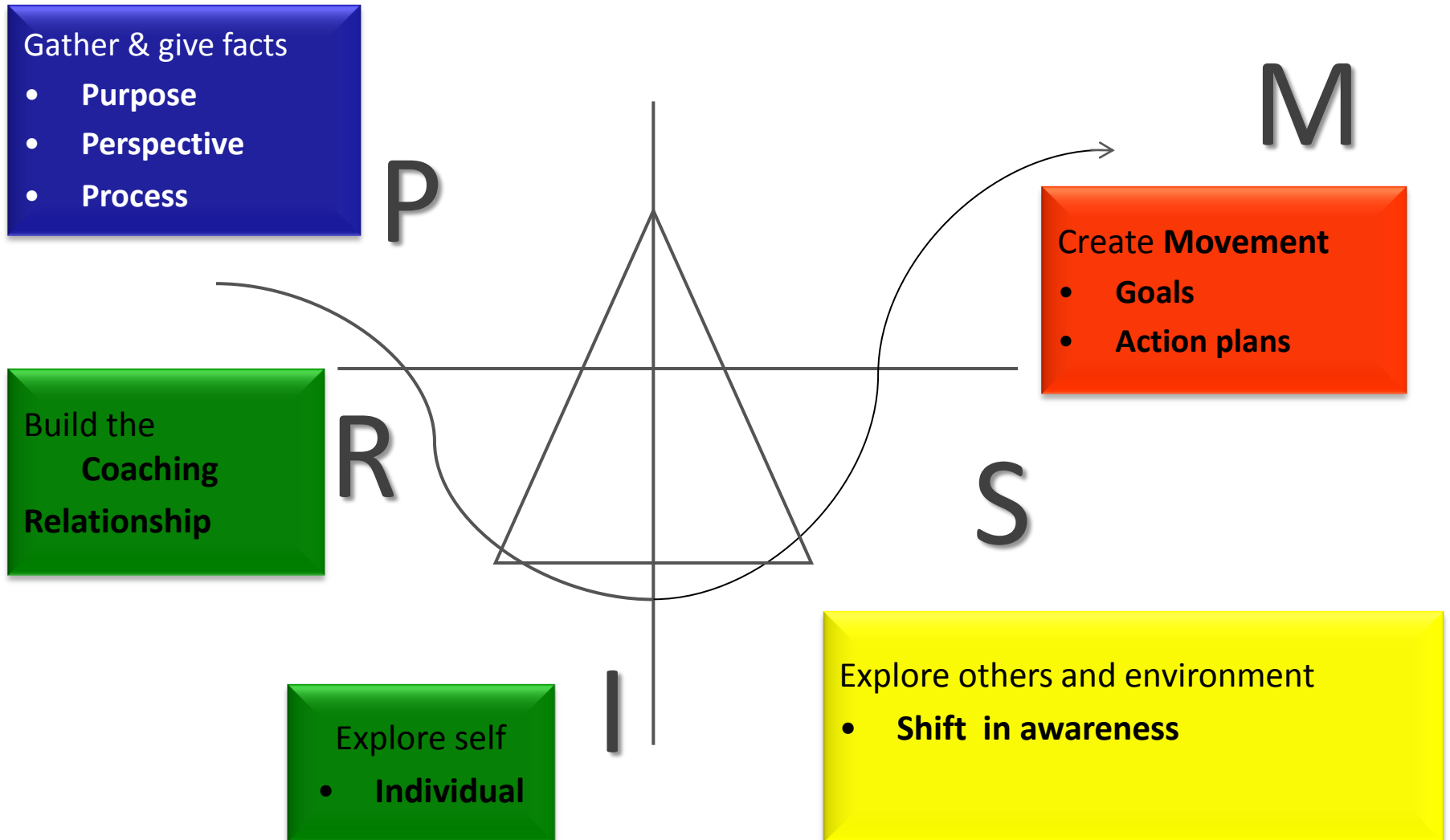
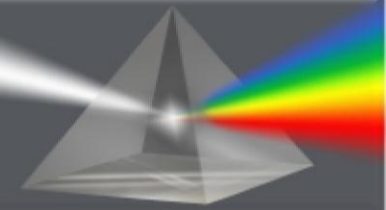
# Otto Scharmer



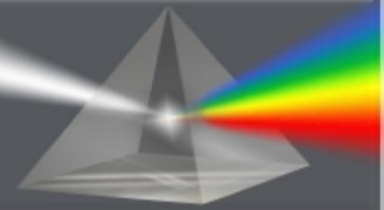
# Insights colour energies



# Prism Coaching Model



# Prism Coaching Process



- The prism coaching programme consists of 6 to 12 sessions, depending on the individual need of each client
- A coffee session can be held, or a telephonic discussion to determine whether you, the client, would like to pursue a coaching programme with me.
- The first session or intake session assists the client to define their goal for the programme. The programme contracting is completed which includes contracting of time, confidentiality, number of sessions, type of coaching and venue for coaching.
- The subsequent sessions are a journey of self discovery, going beneath the iceberg, understanding yourself better and the world you find yourself in; realizing what is required of you in order to achieve the goal you have set for yourself.
- During each session we will look at where you are in relation to your goal
- We aim by the end of the programme, for you to have built your ability to self coach and self sustain.