

IRIS INSTITUTE COACHING TRANSFORMATION METHOD

Coaching Kick Off

Group Coaching

Group Coaching

Week 1

Week 6

Week 12

Week 18

Week 24

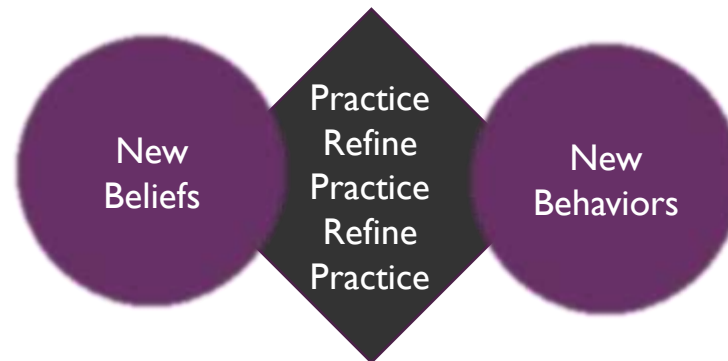
Individual Coaching



Phase I: Excavation, Insight, and Goal Setting
(~3 sessions)

Conditioned Self: Surface what shapes us and our sources of influence

- LCP 360 + self assessment
- Historical shaping
- Goal setting



Phase II: Practice and Experimentation
(~6 sessions)

Defined Self: Clarify leadership purpose, philosophy, and values

- Differentiated from conditioned Self
- Authentic beliefs and behaviors
- Supporting practices



Phase III: Integration and Embodiment
(~3 sessions)

Leadership Integration: Embodied, self-regulated integral leader who:

- Connects to Purpose
- Embodied beliefs and behaviors
- Practices supporting awareness tools