



## 4D Integral Executive Coaching

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...will help you fully connect with your unique leadership skills, personal strengths and innate creativity so you can reach your full potential in life and work.

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The 4D-coaching programme takes an integral approach, exploring each and every issue from:

### **The 4 Dimensions of Expression:**

- Physical – How you behave
- Emotional – What you feel
- Intellectual – How you think
- Intentional – What you value and believe

### **The 4 Perspectives of Experience:**

- Your internal, subjective experience
- Your external, objective experience
- Your shared experience of environments
- Your shared experience of culture

### **About This Course**

A 4D-coaching programme is designed to help you explore, understand and integrate the 4 Dimensions of human expression. Together with your 4D coach you will discover more about your strengths and potentials through key 'Integral' insights. You will then feel equipped to apply new perspectives to your personal and professional development.

### **Who Should Take This Course?**

Anyone needing to develop more clarity and insight, together with a clear strategy for personal and professional achievement.

Of particular interest to those wishing to deepen their understanding of themselves and others from a multi-dimensional perspective.

## **Get in touch**

Call Tom on 07583 446075 or email [tom@4dhumanbeing.com](mailto:tom@4dhumanbeing.com)  
Call Philippa on 07958 316227 or email [philippa@4dhumanbeing.com](mailto:philippa@4dhumanbeing.com)

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## Example -Outline of The Content

- Initial 4 x 2hr coaching sessions.
- 4D Coach provides a detailed coaching report after every session.
- Telephone coaching.
- Strategic planning.
- Stakeholder analysis.
- Structured feedback to measure progress.
- Observation and Shadowing

## Learning Methods and Assessment

Our coaching methods are based on the principles of Integral psychology and utilise several psychometrics and developmental models. Including:

- Spiral Dynamics Integral
- 'The Big Five' typology
- Multiple Intelligence Theory
- NLP
- Myers Briggs
- Emotional Intelligence theory
- Psychology of Creativity (Rollo May)
- Core Energetics and Behaviour

Each session is normally two hours in duration.  
Content will be tailored to the specific needs of the coachee

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