

## Society Coach Skills and abilities



A Society Coach will bring honesty, accountability, unconditional encouragement and support, they are in your corner with your best interest at heart. Delivering the vital ingredient of you understanding yourself and how you think and behave.

Each Society Coach will go through our Behavioural Analysis Program, which identifies your dominant behavioural and communication style so that you can better understand yourself and those around you. The tool uses tried and tested psychological methods to make a behavioural analysis assessment. Our goal is to help you to identify your psychological preferences, which drive your behaviour. Helping you to be more self-aware also increases your awareness that others may act and behave differently and through good communication can improve your relationships.



Which door would you, your friend or family walk through?

The program helps to identify different personality styles, which enables people to better understand themselves and those around them. Knowledge Gained leads to a heightened awareness that we do not all think and act the same and that we all have different communication styles and behavioural tendencies which are often largely linked to our personality.

- A person's Profile combination tends to influence his or her communication style and behavioural tendencies.
- There are numerous benefits that can be gained by having an understanding of this, from improved self-awareness to improved communications to enhanced performance and teamwork.
- Appreciating the value of all behavioural perspectives gives us an opportunity to benefit from the DIVERSITY OF THOUGHT.
- We guide the society coach to understand, embrace and leverage their unique personal strengths and potential limiters to improve individual and team performance and effectiveness. With knowledge of what triggers actions and reactions in others, and ourselves it is possible to make conscious choices, choosing to succeed and perform to our highest potential.
- Resulting in better relationships, confidence and communication

### **Essential skills**

- A non-judgemental approach.
  - Respect for confidentiality and professional boundaries.
  - Resilience, patience and humility.
  - A genuine interest in others
  - Coaching skills
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- Active listening and responsiveness. Helping clients to feel heard respected and validated. ...
  - Good questioning ability.
  - Ability to interpret information. ...
  - Trustworthiness. ...
  - Empathy.

Knowledge and understanding of cognitive distortions that influence your reality.

The Society Coach will have the ability to offer a free Behavioural Profile to each person they support.

The Society Coach will guide and support a person through the unique Coaching strategy of –

## The psychological Game of Life

A fusion of CBT, Acceptance and Commitment Therapy, Behavioural Modification, Emotional intelligence, NLP, Stoic Philosophy, Metacognition and 19 years of coaching with Elite sports professionals, World champions and corporate clients has led to this unique, exciting intervention and enlightenment game that is having a major impact on the players.



By playing the Psychological Game of Life you become aware your own behaviour and strategies, individuals can approach life's challenges with a playful and strategic mindset, using psychological insights to enhance their personal development, relationships, and overall well-being. The psychological game of life framework encourages individuals to engage with life as a dynamic and rewarding journey, where growth, learning, and self-discovery are part of the game.

The game has the ability to emulate a growth mind set to tackle challenges and highlight the presence of a fixed mind set. Detect and highlight cognitive distortions and thought bias around life's crucial and challenging situations.

Take the opportunity to know more about yourself and empower yourself to lead a fulfilling and less challenging future.



Life can present many challenges and amazing experiences,  
Find out and explore what cards life has dealt you,  
Find out and explore if your own strategies are effective to overcome life's  
challenges.  
Is there self-sabotage at play?  
Are you being limited by unhelpful thoughts and behaviours?  
Is your strategic mind set working for you or against you?  
Is life being cruel or are we just getting things wrong, playing the wrong card?  
Create awareness and access support to navigate the complexities of life challenges.

Why is it so difficult at times to meet the Expectations, and structures life presents.

Take the opportunity to know more about yourself and empower yourself to lead a  
fulfilling and less challenging future.

