Integrative Coaching Core Elements

Positive Psychology & Emotional Intelligence Training

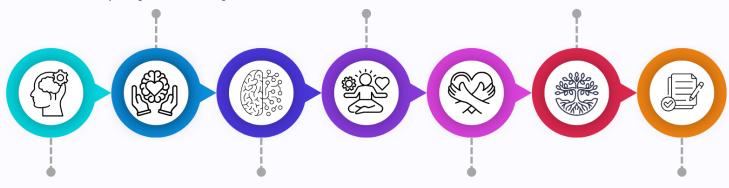
Cultivate strengths, gratitude, and emotionally intelligent decision-making.

Mindfulness-Based Stress Reduction & Resilience Training

Reduce stress, enhance selfregulation, and promote mental clarity.

Post-Traumatic Growth, Trauma-Informed Coaching & Stress Inoculation Techniques

Foster healing, growth, and strength from adversity.



Cognitive Behavioral Science & Solution-Focused Coaching

Reframe limiting beliefs and shift into empowered action.

Neuroscience, Behavioral Coaching & Habit Formation

Reinforce sustainable behavior change with brain-based strategies.

Motivational Interviewing & Acceptance and Commitment Coaching

Inspire commitment to values-driven action and overcome ambivalence.

Goal Achievement Systems & Performance Coaching Models

Use SMART Goals, the GROW Model, and strengths-based frameworks for measurable success.

