

	SOMATIC (BODY) INTELLIGENCE	EMOTIONAL INTELLIGENCE	MENTAL INTELLIGENCE	WHOLE PERSON	ACTIONS/ BEHAVIORS/ RESULTS
Transactional Coaching	N/A	May consider emotions, especially if they impact task performance.	Emphasizes cognitive processes related to planning and executing tasks efficiently.	Emphasis on doing what is necessary to meet immediate objectives, rather than exploring deeper aspects of the individual's sense of self.	Focuses on specific actions and tasks to achieve short-term goals.
Performance Coaching	May include some attention to somatic awareness as related to performance. (e.g., nervousness)	Recognizes emotions as influential in one's performance.	Explores cognitive processes related to skill development, mindset, and strategies for long-term success.	Delves into the individual's sense of self in relation to capabilities, skills, and potential.	Considers actions and behaviors, and how they contribute to overall performance and effectiveness.
Transformational Coaching	Incorporates somatic awareness as a vital aspect of understanding oneself. Recognizes the body's wisdom in informing emotional and psychological states.	Central focus on emotions. Involves understanding and transforming emotions to facilitate personal growth.	Delves deeply into the individual's thought processes, beliefs, and values. Challenges and transforms underlying assumptions and perspectives.	Focuses on the individual's sense of self, helping them align with their true values and purpose in life.	Involves actions and tasks, with a significant emphasis on understanding why certain actions are taken and exploring alternative approaches.
Our Whole Person Coaching Method	All the above + Places a significant emphasis on somatic awareness and how the body participates in our understanding of self and our experiences. Recognizes the body's wisdom and its role in self-awareness and overall well-being.	All the above + Helps navigate, manage and understand emotions as a way to help clients overcome emotional barriers to their success in any domain of their life. Clients develop emotional and social intelligence.	All the above + Explores cognitive processes related to life vision, values, and beliefs across different domains of life. Client actively learns how to enhance their mental activities.	All the above + Engages the individual's sense of self in a holistic manner, encouraging alignment with one's authentic self and fostering a sense of purpose and fulfillment across various life dimensions.	All the above + Ensures actions are in direct alignment with who the client wants to be and what matters most to them. Ensures that the client is able to leverage their best to accomplish their goals.