



BEYOND THE GAP

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The Art and Science of Coaching

	Art	Science
Individual	Mind Emotion Attitude Character	Teaching Skills Fitness Data
Team	Culture Spirit Integration	Tactics Game Plans Systems

Source: Paddy Upton
adapting Ken Wilbur's Integral Map

Quality Feedback Model

1 Setup: Physical and Verbal



Perception/Judgement

2b For me: How do you see it?

- 3
- *What's that about?*
 - *Help me understand?*
 - *What's going on?*

- ~~Never~~
- ~~Always~~
- ~~Why~~

2 Data/Facts

*Use one example (and have 2 others available if needed)

1

2

3

4

5

6

Unconscious Mind: 2 000 000 000

- Beliefs/Meanings
- Understandings
- Values
- Decisions
- Attitude
- Intention



Thinking

Emotions



Behaviours

Results

Thank you



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Game Changer Protocol



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