

Conscious Coaching Model

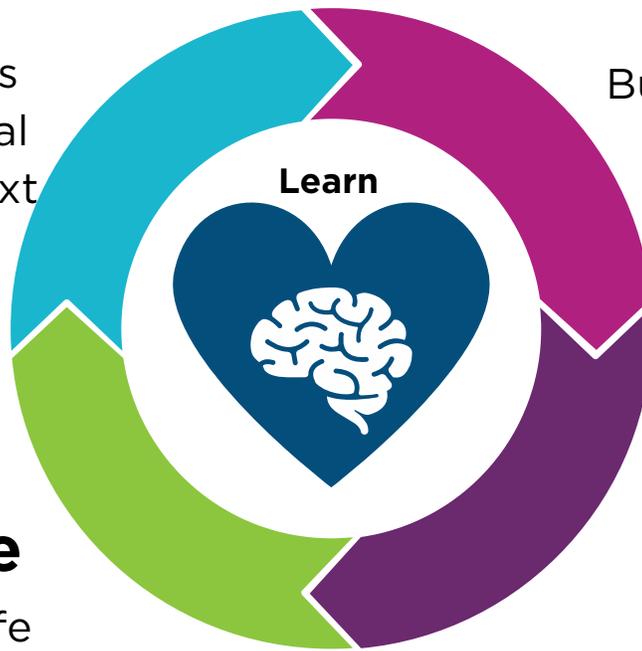
✦ *Coaching is a journey, not a destination. Trust the process, and transformation will follow.*

Reflect

Deepen awareness and making internal decisions about next steps.

Connect

Build a foundation of safety, trust, and connection.



Experience

Engage in real-life classroom experiences and modeling.

Commit

Establish shared commitment to the coaching process.

The Connect → Commit → Experience → Reflect cycle is **not linear** but **iterative**. Each coaching session may focus more deeply on one phase while reinforcing the others. By consistently engaging in this process, coaches and coachees cultivate a deeper understanding of themselves, strengthen their ability to regulate emotions, and build **sustainable habits** that align with the principles of Conscious Discipline.

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