

## 3-D Coaching Model: Dream. Discover. Design.

### For Individuals

Design You Coaching uses a **3-D Coaching Model: Dream. Discover. Design** to activate the process of translating inward reflection and personal data insights to identify, create, and experience meaningful personal and professional goals.

The **3-D Coaching Model: Dream. Discover. Design**, offers a personalized coaching experience to help you explore possible goals for your life, conduct an accurate and honest assessment of where you are, and design accessible options and build new possibilities.

Personal assessment tools include the MBTI, LIFO, DiSC, and Design Thinking tools to build awareness, more precise engagement, and commitment to action.

### Example process using the 3-D Coaching Model: Dream. Discover. Design

**Dream:** Your coaching engagement begins with writing your dreams. Leading your life goes beyond writing SMART goals for your career. Writing dreams that integrate your personal and professional life allows you to create your successful life, even as the definition of success and impact evolves.

**Discover:** Once you name the dream(s) you're going for, we work together to identify your traits, strengths, opportunities, skills, personality, or work styles. This data provides a deeper understanding of your intentions, behaviors, and impact, and you decide if this aligns with or detracts from your dreams.

**Design:** The Discover process gives us real data to begin reinventing key areas of your life and career, giving attention to how you reinvest in yourself. This includes coaching conversations and activities to increase emotional intelligence, build critical skills, strengthen interpersonal relationships, and design innovative solutions that foster personal accountability.

Coaching clients gain tools to support life and career challenges and success.