

Specialised Modalities for Personal Coaching

Modalities	Focus
Cognitive Behavioural Coaching	Explore and modify the influence among thoughts, feelings and behaviour
Acceptance Commitment Coaching	Accept the Here-and-Now, enter the future with a valued vision and strategy
Person-Centred Coaching	Non-judgmental and empathic space to elicit client's internal resources
Narrative Coaching	Explore the current narrative/reality, and alternative narratives/realities
Relationship Coaching	Examine the dynamics of current relationship and explore interventions
Emotion-Focused Coaching	Forge secure bonds through authentic expression of emotional vulnerabilities
Gestalt Therapy	Reconcile the parts of internal personalities and external reality into holism
Clinical Hypnotherapy	Activate the subconscious mental components to facilitate positive change
Solution-Focused Coaching	Provide a clear goal-focused plan into the future, amidst doubt and uncertainty
Compassion-Focused Coaching	Apply the value of humanity in ourselves and others
Positive Strength-Based Coaching	Strengthen positive psychological attributes to improve coping resources
