



What is Next Level Coaching?

Next Level Coaching (NLC) is not a process, but a partnership that allows you to grow your thinking vertically. By balancing your Cognitive Intentions (CI), you become more aware and at-choice. An MCO won't tell you what to do or give you all the answers. They are cognitively complex and thus objective, non-judgmental, an excellent listener, and will help you uncover your unconscious thinking patterns that govern your external behaviour. As a client, you are responsible for the commitment to achieve the agreed-upon action steps and for your own success. Or not. It's your Choice.

Benefits of NLC:

Working with an MCO will allow you to:

- Gain new insights into your construction of your Thinking Style
- Understand what this means in terms of Awareness and Choice in your behaving
- Become more balanced in your Cognitive Intentions use, thus giving you more Choice
- Become focused on what's most important to you and what fulfils you
- Achieve agreed-upon goals based on your vertical growth, not a goal-oriented process
- Optimize your self-trust, intuition and self-worth by uncovering your CI biases
- By the way, self-worth isn't real. It's simply an external locus of evaluation. This is temporary once you understand how you construct your thinking in the moment.

What participants can expect:

- Four to six sessions with your individual MCO (no more than 10 sessions)
- MCO and client will determine other mutually agreeable dates and times for sessions
- Goals for NLC will be determined by the IC profile as the starting point for construction awareness

What is required of participants?

- Commit to the coaching sessions with his/her individual IAD Coach
- Follow up on any fieldwork agreed to during the coaching session
- Complete a survey at the mid-point and when coaching is completed

Who are the MCO's?

MCO is the name given to specific coaches within the Institute for Adult Development. It stands for More Complex Other and offers a more useful scaffold within which coaching takes place in the NLC framework.

The 'Coaches' are thus credentialed as either MCO6, MCO7, MCO8 and supervisors as MCO9.

All IAD members complete rigorous vertical development workshops and practice requirements, providing testimony to their commitment to excellence in Next Level Coaching.

