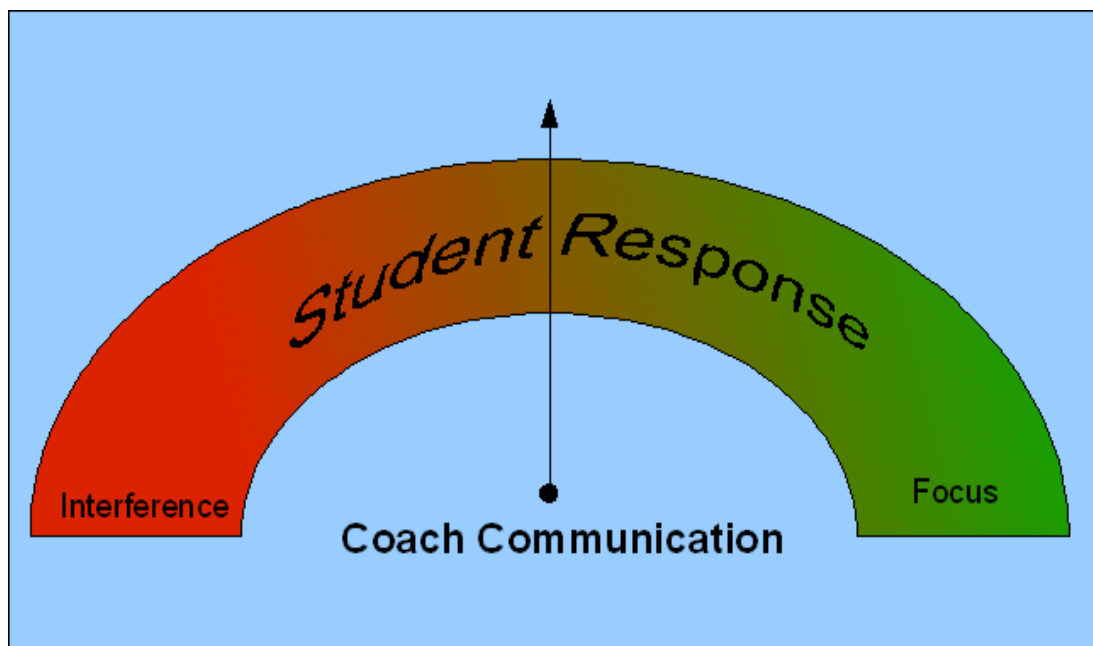


The Coach-Nav Model.



The Coach-Nav model was developed by Peter Farthing and Andy Knibbs from Inner Works Coaching after reverse engineering where their attention was whilst they were coaching. They realised that being aware of the Coach-Nav dial helped to:

- Monitor the student's response to the coach.
- Maintain focus on the student's level of focus vs interference.
- Build a picture of what types of intervention are creating greater focussed attention.
- Navigate more easily towards greater student focus with this awareness.

As a guide:

- ★ Imagine you have a coaching dashboard or instrument panel and the CoachNav dial is visible to you as you coach.
- ★ Discover what focus and interference look like for your student (usually visible as relaxation or tension, especially around the face).
- ★ Be aware that everything you say and do is likely to have some effect on the needle.
- ★ Allow your Self 2 to respond in ways that keep the needle more towards the focus side of the dial.
- ★ Remember that your student may focus better with directive or non-directive interventions and that this could change at any time.

Good navigation is about consistent and relevant quality observation followed by appropriate adjustments. With practice, CoachNav can help you to steer a smoother course towards your student's goals.