

COACHING LAYER

Coaching an Embedded Practice in real work.



PRACTICE:

THE HOOK

DEFAULT

BEHAVIOR SPECTRUM

EMBEDDED

01

SIGNAL

Are they catching it in time?



02

REDIRECT

Is the new or default action running?



03

SHIFT

Is this a pattern, or one good moment?



04

EMBEDDED

Is it showing up unprompted?



REPEAT UNTIL EMBEDDED

BEFORE (OLD PATTERN)

{
{

AFTER (EMBEDDED)

}
}

THE GOAL