

A Visual Representation to the 7D Model

To further explain the process of the 7D coaching model I have created a visual representation of the coaching model. Declare is at the very beginning depicted as a “thought bubble” because this is the start of the process, this is where you think of exactly what needs to be dealt with. The next part of the 1st phase is to Define, to determine what the goal is. Once that phase is complete you can move on to the Distinguish, Differentiate, and Develop cluster. These three D’s are clustered because they all are information regarding the “core” of the goal; what are the key features, possibilities for alternatives, and logistics? After this phase (2) is complete, you can move on to Deciding. It is marked as a star on my representation to show that this is the critical part of the model, as you answer the question what is the best way to implement your goal/plan? Finally, is the Determine phase, this is marked as a box with a limitless bottom, indicating that the process is continual and does not end. Once the goal has begun you monitor progress and keep determining what to do to make your goal happen. (See “The 7D Model: A visual representation of the coaching model” handout)