

OUR MODALITIES EXPLAINED

Role	Purpose	Approach	Agenda Owner	Lead Expertise	Intended Outcome
Consultant	External advice and/or direction	Co.creative experience, generally including discovery (research, analysis, findings), design, delivery, and debrief activities	Consultant with input from Client	Consultant	Pathway(s) to solving or managing existing problem(s) and/or creating new opportunities
Coach	External guidance to unlock inherent potential	Co.creative experience, generally structured sessions, using powerful questions to tap into Client's vision, wisdom, and directed action	Client(s) / Coachee(s) and Coach	Client(s) / Coachee(s)	Pathway(s) for creating predictable and sustainable results (achievement of full potential)
Counsellor / Therapist	External guidance by a regulated health professional	Generally structured sessions to work through issues impacting people's ability to live their preferred life	Counsellor or Therapist	Client	Validation and expression of emotions and experiences, development of interpersonal skills and strategies
Mentor	External support in role growth and impact	Co.creative experience, generally unstructured, deep listening, powerful questions, and sharing of relevant information based on personal experiences	Mentee	Mentor	Support at point of need, can be point of view, advice, connections, etc.
Trainer / Instructor	External support to develop specific awareness, skills and/or competencies	Gather learning requirements, co.designing the experience, delivering impactful learning experiences	Trainer / Instructor with input from Client	Trainer / Instructor	Imparted and actionable knowledge from an expert to a student or learner