



**SCIENTIST
OF YOURSELF®**



Scientist of Yourself® Accreditation for Coaches

ICF Accredited Coach Development

In completing this ICF accredited Continuing Coach Education (CCE) programme coaches are accredited in the use of Scientist of Yourself® coaching methodology and are given access to coaching content, frameworks and tools to use in their coaching practice. In doing so, participants will gain the following ICF accredited CCE training hours: 16 Core Competencies and 6 Resource Development hours.

I was never exposed to the knowledge, training and tools CHX have been using, if I had then I might never have had to suffer the circa 3 years of depression and heartache that I went through, not just me but more importantly my friends and family who felt helpless seeing me that way.

Your Scientist of Yourself® coaching programme is special, it's pitched at every kind of human level where everyone will take something away with them that will stay with them through their careers.

Senior Leader, Kier Group



Scientist of Yourself® coaching - a new approach for new challenges

Most coaching and development programmes are top down - psychology driven, focused on thought. Scientist of Yourself® is bottom up, exploring the human capacity required to meet the many demands of modern leadership. It provides the client with the insight and skills to manage this fundamental relationship between demand and the capacity to meet demand which is signalled by mood and emotion. Human capacity is attained and sustained by metabolic, cognitive and emotional resources and it is the constant quest for these resources that determines how we feel (mood and emotion), our behaviour, how we perform and how we impact others.

Not only are mood & emotion signalling our resources, they are also clinical predictors of health, engagement and performance. Understanding and managing mood and emotion are core focal points of Scientist of Yourself® leadership coaching, they provide the central theme for prevention of personal burnout and the gaining and maintaining of the capacity needed for the client to be the leader they want and need to be.

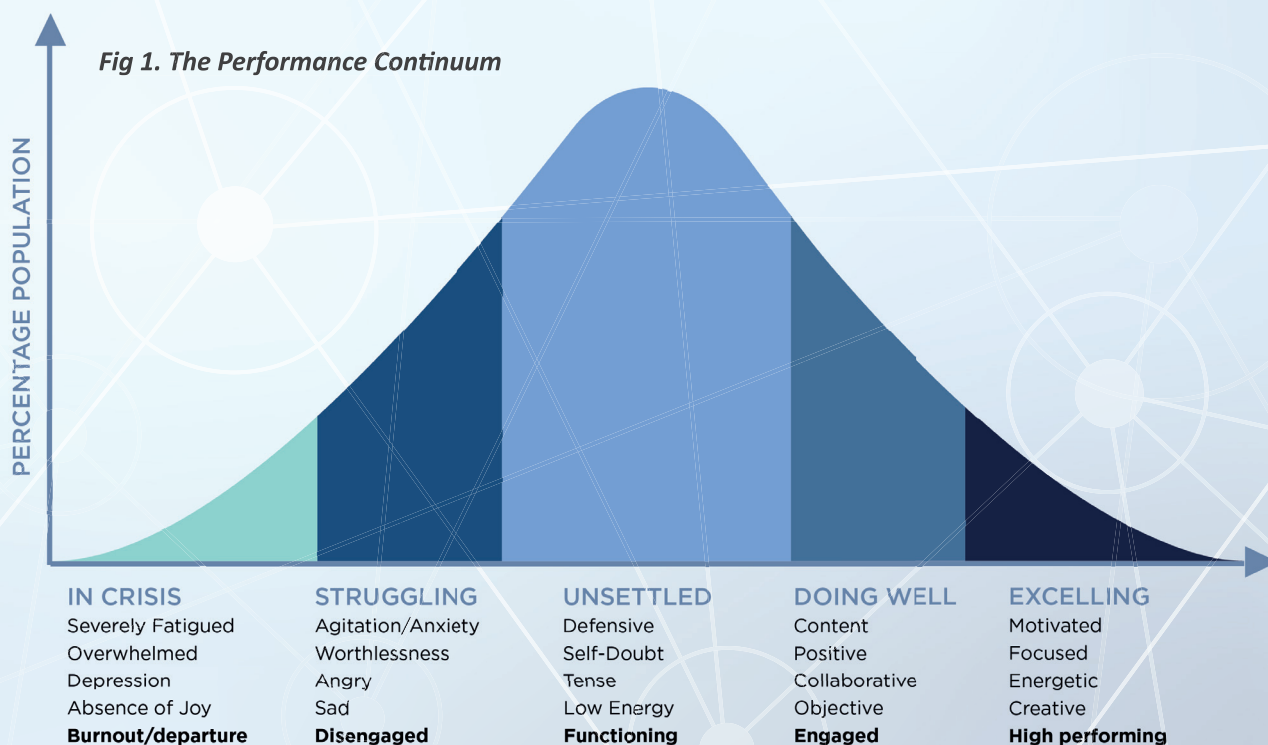
Why might you need to become an accredited Scientist of Yourself® Coach?

This programme is for coaches driven to support their clients in a way that perhaps they currently aren't able to. Scientist of Yourself® coaching provides an intuitive, actionable, alternative perspective for the client, one that allows the coach to work effectively and impactfully with clients that might be struggling amid constant and multi-faceted pressures. This is not an alternative to traditional coaching, it is supportive and will provide coaches with new knowledge, skills and a set of tools to provide their clients with practical ways to engage with self and career development whilst also experiencing better health and better quality of life. Scientist of Yourself® empowers coaches to work with confidence in the management of mood and emotion, within a proven framework, in cases where the client is at risk of burnout or exhibiting first signs of burnout - a fundamental need for a modern leadership coach.

Becoming a Scientist of Yourself® accredited coach has given me the language and the confidence to have a very different conversation with my clients - within one or two sessions we are getting to the nitty gritty that can often take double that time. The simplicity, but underlying robustness of mood data and the 4R model is quite frankly genius - together these two tools are so incredibly powerful diagnostically and predictively, that if every leader in every organisation saw themselves and others through these lenses, the world of work would be full of happy, healthy, high performing humans. Quite simply, everyone should know this stuff.

Kate - accredited Scientist of Yourself® coach, Summer 2024

Expectations of a Scientist of Yourself® accredited coach



We are all on this continuum (Fig 1), all of the time, it is likely that clients who are in need of Scientist of Yourself® input and support are towards the left hand side and with momentum likely moving them further left. In essence, the Scientist of Yourself® coach's task is to develop the client so that they have the knowledge, tools and self-awareness to know where they are on the continuum and that they have the knowledge, tools and frameworks to self-manage and navigate their way towards the right.

Commercial Case for a Scientist of Yourself Coach New 1:1 coaching opportunities and increased frequency of sessions

Whilst being an accredited Scientist of Yourself® coach provides valuable new knowledge, skills and tools to augment your 1:1 coaching, it also provides new commercial opportunities.

When working with clients aiming to navigate a way back to the right of the continuum, you will need a series of coaching interventions that should be experienced in relatively quick succession. CHX have found that this usually means 3-4 coaching sessions, 1-2 weeks apart, in order to gain the knowledge, hope and agency required to do this. After this foundational element restores capacity, the client will then be able to re-engage with the coaching that supports their personal and professional development.

As an accredited Scientist of Yourself® coach you will be able to offer client organisations 1:1 support for those who may not be 'eligible' for leadership coaching, but perhaps have a clear need to restore themselves in order to prevent burnout or as part of their development.

When you consider that most of the population are in the middle/left of the continuum and that employee engagement survey data tells us there are universal challenges across sectors, then the scale of opportunity is vast. Engaging with a coaching client in an organisation and supporting their development using Scientist of Yourself® content, tools and techniques, often leads to the client wanting this to be brought to life in the wider organisation - a talk, a leadership development programme. This is a common pathway for CHX Performance to develop client scale and is one that CHX Performance would love to support you with.

Who would benefit from Scientist of Yourself® coaching

“A fundamentally new and more effective approach to leadership is emerging. The focus is on how leaders can make the lives of their team members better — physically, cognitively, and emotionally.....Leaders who look inward and take a journey of genuine self-discovery make profound shifts in themselves and their lives; this means they are better able to benefit their organisation” McKinsey, “What is Leadership?” August 2022

McKinsey & Company

It is a critical ability for the modern coach to support and develop these physical, cognitive and emotional resources in their clients, simply because many are under capacity, close to burnout or worse, often experiencing chronically disturbed mood and emotions. Scientist of Yourself® coaching gives coaches the skills and tools to be able to support clients that may fit one or more of the following profiles:

- An executive who has been subject to relentless high pressure over a period of time.
- The leader who is emotionally taxed from delivering significant change or transformation with high human impact.
- A leader who feels unable to function well and is worried about burnout.
- A newly placed leader, to proactively develop strategies to sustain the capacity required for high performance at this time of intensive cognitive load.
- A leader feeling the impact of a significant change in their biology e.g. the menopause transition.
- A committed servant leader who consistently goes beyond their expected responsibilities for task and team and pays little attention to their own needs.
- Leaders who regularly travel across time zones or have irregular working hours and habits. Any leader or manager who works in a high demand environment or career.

“CHX challenged me about my mood, attitude and overall mentality as I transitioned into the partner role. The science behind Scientist of Yourself® coaching particularly resonated with me, as we tackled these tricky emotions—from an educated perspective. We dove into both the “how” and the “why” of my emotional state, and I left our discussions with concrete tips and tricks for how to deal with the inevitable feelings of tension, anxiety and fatigue that are commonplace in my profession. I highly recommend Scientist of Yourself® coaching and look forward to continued dealings with them.”

US Partner in Top 5 global law firm

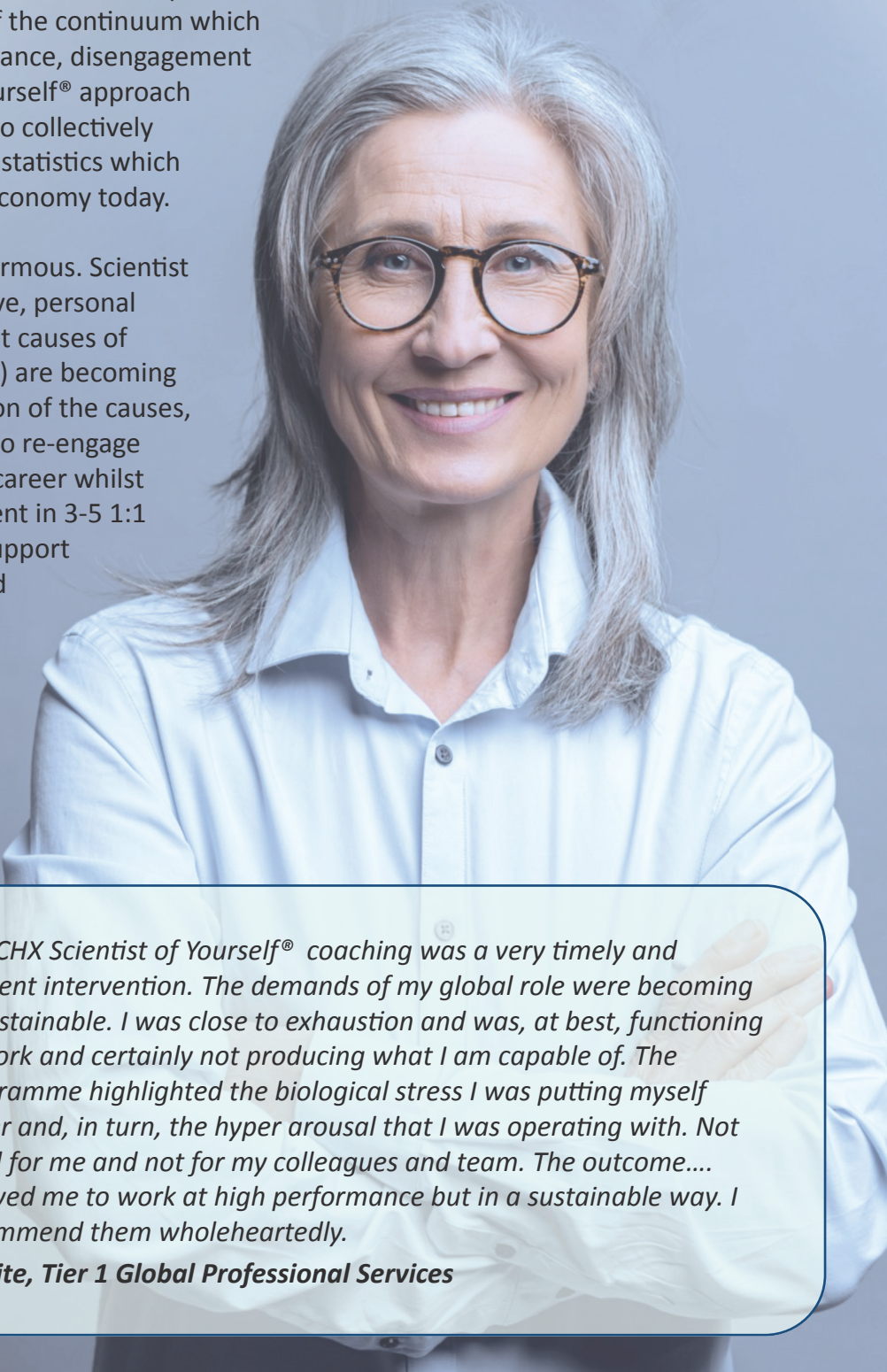
Business Case for Client Organisation

“Employees’ stress and worry in 2022 grew above even 2020 peaks — nearly 60% of employees report they are stressed at their jobs every day. The societal, economic, and political turbulence of the last few years is manifesting as decreased productivity and performance”.

Harvard Business Review January, 2023: “Nine Trends That Will Shape Work in 2023”

Many client organisations have good, consistently high performers who suddenly are not, often due to pressures from multiple factors. At times of intense pressure, individuals tend to move to the left of the continuum which often results in apathy, underperformance, disengagement and/or departure. The Scientist of Yourself® approach offers a solution to the individuals who collectively contribute to worsening engagement statistics which affect most businesses in the global economy today.

The cost of this disengagement is enormous. Scientist of Yourself® 1:1 coaching is an effective, personal diagnostic that quickly gets to the root causes of why the demands of the role (and life) are becoming overwhelming. With correct attribution of the causes, clients are able to feel more control, to re-engage and ultimately to start to enjoy their career whilst staying and feeling well. The investment in 3-5 1:1 sessions is a powerful statement of support where clients feel hugely invested and is considerably more cost effective than employee attrition or long-term absence.



The CHX Scientist of Yourself® coaching was a very timely and efficient intervention. The demands of my global role were becoming unsustainable. I was close to exhaustion and was, at best, functioning at work and certainly not producing what I am capable of. The programme highlighted the biological stress I was putting myself under and, in turn, the hyper arousal that I was operating with. Not good for me and not for my colleagues and team. The outcome.... allowed me to work at high performance but in a sustainable way. I recommend them wholeheartedly.

C-suite, Tier 1 Global Professional Services

Scientist of Yourself® Accreditation for Coaches

Session	Core Content	Timing
<p>Programme engagement.</p> <p>Virtual, 2hr workshop</p>	<ul style="list-style-type: none"> • Programme: responsibilities, commitments and outcomes • Personal programme ambitions • Core curriculum and the 4R model ¹ • What Scientist of Yourself® coaching and coaches are and are not - specifically with regards to clinical health • The commercial opportunity presented by the model <p>¹ Sustainability (2022) The 4R Model of Mood and Emotion for Sustainable Mental Health in Organisational Settings</p>	<p>Week 1</p>
<p>Independent learning.</p> <p>Online modules, typically 20 - 25 mins each c5 hours</p>	<ul style="list-style-type: none"> • A short tour of your Brain: Part 1 • Introduction to your Personal Ecosystem • Why it's important to monitor and manage mood • Introduction to Social Ecosystem • The Biology of Isolation • Empathy and Altruism • People Sustainability • Biological environment • Physical environment • Social environment • Introduction to your Emotional Ecosystem • Emotions and bias • Dealing with feeling • Why high achievers are more prone to poor mental health 	<p>Week 1-3</p>
<p>Scientist of Yourself® coaching workshop.</p> <p>In person 1 day (6 hrs) Virtual 2 x 3 hours</p>	<ul style="list-style-type: none"> • How and when to use Scientist of Yourself® coaching • Personal Ecosystem exploration and ABC framework • MoJo mood recording - own data and discussion • Emotional Ecosystem exploration and ABC framework • Emotional needs framework - self scoring & discussion • Where to start: mood or emotion? • 4R model application and scenarios • Case studies and client solution discussions 	<p>Week 3</p>
<p>Paired mood coaching.</p> <p>Virtual, 2hr workshop</p>	<ul style="list-style-type: none"> • Modelled coaching session exploring a week's worth of participant mood data. • Participants coach each other using each other's mood data. • 1:2 Scientist of Yourself® expert to participant ratio 	<p>Week 5</p>
<p>4 R Model.</p> <p>Virtual, 2hr workshop</p>	<ul style="list-style-type: none"> • Participants present real client scenarios and how they would link the client's challenges and needs to the 4R model. • How do they make interesting science apply to real client context to drive change 	<p>Week 7</p>
<p>Mood Masterclass.</p> <p>Virtual, 2hr workshop</p>	<ul style="list-style-type: none"> • Modelled mood coaching session exploring a range of anonymised client data 	<p>Week 9</p>
<p>Live client mood data workshop</p> <p>Virtual, 1hr workshop</p>	<ul style="list-style-type: none"> • Exploring active client mood data • Developing insight and questioning ability for mood profile data 	<p>Week 13</p>



**SCIENTIST
OF YOURSELF®**



"I worked with CHX Performance, during a very busy time. They enabled me to identify some of my behavioural patterns very clearly and most remarkably in a very limited period of time. The content was very well designed. But I was astonished by how much more value was added to this content through the unique coaching. This simply was not a case of going through the content together. This was a stimulating and useful conversation beyond the textbook.

Scientist of Yourself® coaching made me feel comfortable straight away and through the non-judgemental, positive and incredibly professional approach, they enabled me to get back to a peaceful zone and state of mind where effectively my productivity was back to what it was, but only through building my self confidence again. A very timely and efficient intervention. I could not recommend CHX Scientist of Yourself® highly enough."

Senior Leader, UK Green Tech

Scientist of Yourself® Accreditation for Coaches

For details regarding pricing for the programme, content and tools licensing, ongoing CPD & supervision, please ask for our Scientist of Yourself® Accreditation for Coaches programme pricing document.

