

Strategic Interventions (SI) are a way to create dynamic change in individuals, groups, couples and teams.

If you would like to improve distinct areas of your life, family, personal and business relationships we can help you.

Our tools come from the disciplines of NLP (NeuroLinguistics), Human needs psychology, Strategic Family Therapy, High Impact Negotiations, Mediation and Diplomacy, Ericksonian Therapy, Organizational Psychology, and others.

What is Strategic Intervention Coaching?

Strategic Intervention Coaching is a dynamic type of life coaching, which is used worldwide to help individuals, families, couples, and organizations to support the individual and group. Strategic Intervention Coaching brings a system of change that empowers the client to take action daily in their life. It is through real actions, taught as SI Strategies by their coach, that a client creates the real and lasting change they desire. Strategic Intervention believes that all people have the potential to overcome the negative patterns and beliefs, which keep them from thriving and reaching their goals.

How is SI Coaching different from other types of Life Coaching?

A Certified Strategic Intervention Coach has gone through intensive study and training in strategies to handle the whole range of human needs and life challenges. Most life coaching trainings focus on one type of result such as: goals, beliefs, or steps while SI helps address the wide range of human potential and obstacles. Strategic Interventionists are trained to identify every type of obstacle that may be holding a client back (such as their internal beliefs, their communication patterns, their relationships, their life stages) and prescribe practical strategies to create results in each of these areas. SI Coaches provide practical frameworks for the client to understand their options, and then offers them strategies and actions for bringing about the changes they want. Where some traditional life coaching methods focus on “the client discovering their own solutions,” Strategic Intervention Coaches help clients take practical action to transform their experience of life. SI encompasses goal setting, communication skill building, relationship work, high performance, meaning/purpose discovery, and uses creative modalities to help clients put their dreams into action. The SI Client learns about his or her needs, triggers, key relationships, safe problems, and expands their ability to think creatively, see potential in every part of life, expand and deepen all their relationships, and overcome the fears which have limited their joy and progress.

What can you expect to improve in your life as you work with your Certified SI Coach?

You can expect to gain clarity, action, and progress towards the goals you want to achieve. You will learn about yourself and how to be more effective with the key people in your life. Insights often include: how to rebuild a difficult relationship, how become more inspired about your career, how to plan for effective action. Most clients discover areas of opportunity, freeing up energy and initiative, and more insight and harmony with those they care about.

How is SI Coaching different than therapy?

Psychotherapy and counseling generally work within a medical framework: identifying and diagnosing dysfunctions and prescribing treatment. SI Coaching starts with you, now, and how to take practical steps to make progress towards the goals, relationships, and experience you want. Strategic Intervention begins with the belief that the solutions that the client wants are available to them right now, and greater well-being and happiness comes from the ability to take smart actions in life. SI Coaching is not meant to replace psychotherapy - it is a distinct practical approach to supporting client in the decisions and actions that will support their goals and fulfillment in life.