

**HUMAN VALUE INTERNATIONAL**

**BUSINESS COACHING**

**METHODOLOGY**

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## ■ The phases of our business coaching process

1. *„...this is where I am at the moment, this is what needs to be developed...”*

The first and most important step of any coaching practice is the analysis, or **Diagnosis**, of our own situation with the help of coaching. The diagnosis ends when after excluding all the disturbing factors, we are able to name all those things we wish to change.

2. *„...this is the goal I'd like to reach, this is the direction I have to go in ...”*

This is followed by determination of the **direction** (Iránykijelölés) the Introduction of the direction, during which phase we draft our goals and future during further exercises.

3. *„...The shortest way is not always the optimal one...”*

As many roads can lead to the same target, our task is the objective analysis of the **Alternative** opportunities with the help of the coach.

4. *„...Commitment helps the decision...”*

One possibility has to be chosen during the phase of **Decision** making..

5. *„...talk is easy...”*

Theory has to be followed by deeds in the **Application** phase when the coach can assist in overcoming the first obstacles.

6. *„...this is not a challenge any more, let's look for a new one ...”*

The focus in the phase of **Closing** (Lezárás) is to draw the conclusions and lessons.

The originators of the DIADAL structure are the employees of Business Coach Kft., the teachers of the Academy, the strategic partners of Human Value International.

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