



THE COACHING  
INSTITUTE

# META DYNAMICS™ WORKBOOK





# META DYNAMICS™

## CRITICAL ALIGNMENT MODEL

The basic thinking model for all Meta Dynamics™ is **Critical Alignment Model** (E.S.I.P.), the only proven research-based coaching methodology that exists in the world.

The model is a simple framework for determining where your challenges lie. It establishes parameters for learning, discovering and thinking about any situation we encounter. It places focus on what matters most. It gives us clarity through providing criteria for what we need to take care of in our business. And it applies to coaching, sales, team work, and any situation in business.

When thinking about a situation, there are four levels – dimensions – to consider. These dimensions tell us what to think about for any situation, and help us identify gaps in our thinking, in our communication and in our actions.

### THE FOUR DIMENSIONS:

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E - E \_\_\_\_\_

S - S \_\_\_\_\_

I - I \_\_\_\_\_

P - P \_\_\_\_\_

THE FOUR ARCHETYPES:

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## ARCHETYPE #1

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ARCHETYPE #1:

---

DIMINISHED SELF

- \_\_\_\_\_
- \_\_\_\_\_



ULTIMATE SELF

- \_\_\_\_\_
- \_\_\_\_\_

## ARCHETYPE #2

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ARCHETYPE #2:

---

DIMINISHED SELF

- \_\_\_\_\_
- \_\_\_\_\_



ULTIMATE SELF

- \_\_\_\_\_
- \_\_\_\_\_

### ARCHETYPE #3

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ARCHETYPE #3:  
\_\_\_\_\_

DIMINISHED SELF

- \_\_\_\_\_
- \_\_\_\_\_



ULTIMATE SELF

- \_\_\_\_\_
- \_\_\_\_\_

### ARCHETYPE #4

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ARCHETYPE #4:  
\_\_\_\_\_

DIMINISHED SELF

- \_\_\_\_\_
- \_\_\_\_\_



ULTIMATE SELF

- \_\_\_\_\_
- \_\_\_\_\_



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