

The “Theory of Self-Organised Coaching”

Definitions within the theory

The theory of self-organised coaching describes on the basis of a value-based emphatic-dramaturgical context and using a structured process how creative self-learning can initiate and promote individual decision-making ability as a sustainable self-learn concept.

General terms

Freedom

Describes the ability and obligation to choose from alternatives according to certain individual selection criteria

Voluntariness

Means intentional and/or spontaneous action

Provision of resources

Means the unlimited access to inner and outer resources

Self-control

Is the ability to set own objectives and actions and to implement these despite internal and external resistance

Enhancement of self-perception

Is the ability to interpret one’s own self-image under different context requirements

Alternative actions

Are different behaviours controlled by human will

Decision-making ability

Describes the potential to be able to choose between alternatives