

The “Theory of Self-Organised Coaching”

Understanding of Theory

A theory is a model of thought, which is drawn upon to explain things that happen or for constructing new worlds. It can also be understood as being the entirety of a picture constructed in the mind – as opposed to practice. According to this a theory is a simplified image of an extract of reality.

Due to model visions (theoretical construct) to a particular topic, a prognosis and suggestions for action based upon theory should be made.

A theory has to conform to the laws of logic and grammar and at the same time be consistent and verifiable. The terms used have to be defined exactly and empirically fixed.

The compatibility with existing theories, delivering an explanation value without demonstrating a particular thematical model of insight as well as the possibility of creating (reaching) a prognosis round off the requirements of a theory.

Theories serve as the explanation construct of thematic reality regarding insight or the expansion of insight. There is no common understanding concerning how they evolve, but there is generally a differentiation between the following methodical constructs:

1. Inductive theories evolve through developing, structuring and evaluating data material in an empirical process.
2. Deductive theories evolve through making sensible presumptions which can be (successfully) verified in practice.
3. Adductive theories generally evolve spontaneously if an explanatory hypothesis needs to/can be made for a (surprising) occurrence. The level of truth can thus not be ensured.

Each theory is based upon axioms. There is no explicit clue in literature as to which elements and associated actions need to be contained in a theory or which logical structure construct is necessary in order to be recognised as a theoretical construct in the scientific sense. According to our understanding, the characteristics and structural process which we have selected form a deductive theory.

Thus: the theory of Self-Organised Coaching is a deductive theory.