

6 REASONS TO INVEST IN YOUR DEVELOPMENT



TO PREPARE FOR WHAT'S NEXT



TO APPROACH CHALLENGES IN A NEW **DYNAMICALLY INTELLIGENT** WAY



TO PRACTICE NEW **THINKING STYLES**



TO BE AT CHOICE WITH NEW BEHAVIOURS



TO BE AT CHOICE WITH YOUR ENGAGEMENT IN YOUR WORK

TO MAKE A MEANINGFUL IMPACT



What is CDT?

Constructed Development Theory takes its name from its central premise: that self-awareness and cognitive growth are concepts that are constructed by the brain. The aim of the theory is to develop perspicacity.

The Theory focuses on how human beings utilise 50 shortcuts in their thinking in order to construct their Intention, Awareness, Choice and Response™ in the moment. The greater their Awareness, the greater their capacity to respond in the moment.



Dynamic Intelligence is the process by which we construct our thinking in the moment in order to determine the path from (unconscious) Intention to Awareness, then Choice and finally Response.

The net result is a measurable scale of self-awareness we can use as a springboard to your vertical development!

Why Coaching 2.0?

The Coaching 2.0 framework uses Intention, Awareness, Choice and Response™ as the basis for understanding how the client constructs their thinking. We start with your construction of self regardless of the problem you are trying to solve. As an MCO, what are we listening for? We are listening for your unconscious Intention, level of Awareness, resultant Choices and finally how you habitually Respond. In essence: how your habituated thinking style impacts your construction of, and ability to solve your problem. No other system uses CDT, the **Awareness Quotient** and **Dynamic Intelligence** as the foundation for their coaching approach.

Using the Coaching 2.0 framework that emerged from CDT, we know that although you, as the client might present with a problem of utility or agency, it is actually a problem of construction that limits your vertical momentum.

Get in touch today with Dr Darren Stevens and begin the next revolution in coaching:

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