

# SELFTRACE for Coaches

Turn recurring blocks into visible patterns and practical next moves.



Vertical

**Executive coaching, life coaching, leadership, and performance work**

Focus

**SELFTRACE for Coaches**

Core

**Scientific + actionable**

SELFTRACE lets clients see how they respond inside micro-scenarios of tension, decision, and relationship. That creates a much stronger base for accountability, clarity, and sustained behavioral change.

## What makes this valuable

- Short scenarios that reveal how a person acts when the moment actually matters.
- Usable feedback in simple language, with a realistic alternative to test.
- An accumulating dashboard to track progress, consistency, and blind spots.

## Use cases

- Habit change, focus, leadership, and difficult-conversation work.
- Between-session follow-up with evidence of recurring patterns.
- Identity exploration without relying on static tests.

## Relevant benefits for this sector

- Coaching sessions become more focused and less abstract.
- Clients gain a stronger ability to see their automatic responses in action.
- A better bridge between insight and concrete behavior.

## Sharing notes

- Especially strong for premium programs, 1:1 work, and transformational coaching.
- Supports deeper processes with stronger follow-through.
- Adapts well to rounds, epochs, and profile review moments.

## Scientific and operational basis

SELFTRACE combines deterministic pattern reading grounded in psychological flexibility, traits, and attachment theory. AI only improves the output language; detection itself relies on reproducible rules.



## Invite them to explore SELFTRACE

Share this brochure with people, teams, or institutions who may find it useful. SELFTRACE turns real micro-decisions into clear, actionable signals with scientific grounding.

Registration / access: <https://www.self-trace.com/Identity/Account/Register>

System guide: <https://www.self-trace.com/HowItWorks>

Entry page: <https://www.self-trace.com/>