



Three types of intelligence

From a systems perspective

Coaching facilitates a deepening of self-awareness, the foundation of personal and professional growth. It all begins with **Emotional Intelligence**—your ability to recognize and understand your own needs, behaviors, feelings, and agency. How in tune are you with yourself? What edges can you cross to expand your awareness?

From there, we move outward to **Social Intelligence**, applying the same curiosity and understanding to others. How well do you read emotions, intentions, and dynamics in those around you?

Finally, **Relationship Systems Intelligence** takes this further, shifting the focus from individual awareness to the entire system—how relationships interact, influence, and evolve. This is the real work of **team coaching**—helping teams understand who they are collectively, resulting in a higher ability to navigate complexity, align on a shared purpose, and create meaningful, lasting change.

