

VIDAMind

Framework

Our **framework** consists of four key focus areas: **Foundations, Application, Integrating, and Impacting**. Within each focus area, there are specific domains that we work with clients to develop and improve upon. This rubric is designed to help clients understand how we work and how we measure success, providing a clear roadmap for personal and professional growth.



Metacognition

Acknowledging the significance of self-reflection and obtaining input from others to overcome cognitive biases and limitations. By consistently implementing metacognitive strategies, clients can enhance their thinking patterns, decision-making processes, and behavior in different situations, leading to personal growth and stronger relationships.

Emotional Intelligence

the ability to develop emotional understanding and regulation skills, integrate them into personal and professional development, and use them to make a positive impact in one's life and the lives of others.



Knowledge

Critical to personal and professional growth, clients develop emotional intelligence knowledge, increase their ability to apply it to their lives, integrate it into their development, and use it to create a positive impact.

Action

Clients take intentional steps toward achieving their goals. This involves applying their understanding of their own strengths and challenges, integrate habits and systems that support their personal and professional development. This will lead to a positive impact in their personal and professional lives, as they build resilience, persistence, time-management, organizational skills, and collaborate effectively with others towards shared goals.

