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.

Current platform capabilities

- Identity cartography by life areas with history and cumulative reading.
- Identity biography and emotional state to go deeper than the core pattern.
- Holistic diagnosis, contextual behavioral summary, and structured prompts for external AI.
- Apply as case workshop, historical inventory, and dedicated file card.
- Reusable libraries of actors, contexts, and environments to enrich real cases.
- Reports, PDFs, and shareable outputs with host branding.
- Link-based sharing and curated outputs for private or carefully public contexts.

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

Sharing notes

- 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.

- 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. External AI can expand language, reflection, or coaching; the core detection still relies on reproducible rules and now also translates into cross-cutting reports and applied case files.



Invite them to explore SELFTRACE

Share this brochure with people, teams, or institutions who may find it useful. SELFTRACE combines cartography, biography, emotional state, contextual behavioral summary, applied case files, shareable reports, and external AI support inside a deep and actionable experience.

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

System guide: https://self-trace.com/HowItWorks

Entry page: https://self-trace.com/