



# THE HIVE OF WELLBEING LIMITED

## The GENIUS Model – Alec McPhedran

This model is used often to explore creativity and to encourage the individual to consider creative processes and solutions to achieve success.

The GENIUS acronym stands for the following: G - Goals to be achieved; E – Energy to achieve the goals; N – Nurturing and exploring options to achieve the goals; I – Inhibitors that may arise on the way to achieving goals; U – Utopia when the goals will be achieved; S – Steps to be taken to achieve the goals;

Below is a format with coaching questions to reflect and consider your work or wellbeing goals at this particular time.

<b>Goals</b>	<ul style="list-style-type: none"><li>• What is helpful or realistic for you to aim for at this time?</li></ul>	•
<b>Energy</b>	<ul style="list-style-type: none"><li>• What is worth investing in?</li></ul>	•
<b>Nurture</b>	<ul style="list-style-type: none"><li>• What do I need to feel good about and to continue working towards this goal?</li></ul>	•
<b>Inhibitors</b>	<ul style="list-style-type: none"><li>• What am I conscious of that prevents my achieving this? What can I do?</li></ul>	•
<b>Utopia</b>	<ul style="list-style-type: none"><li>• What is my vision of having achieved this? Start with the end in mind?</li></ul>	•
<b>Steps</b>	<ul style="list-style-type: none"><li>• What do I need to keep moving forward?</li><li>• How do I commit and stay accountable to myself for achieving this?</li></ul>	•



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