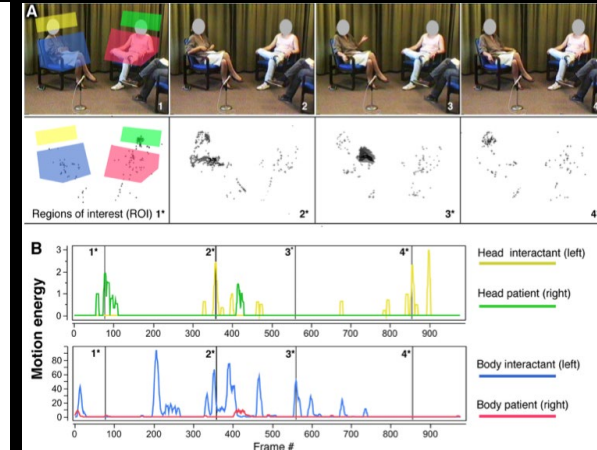
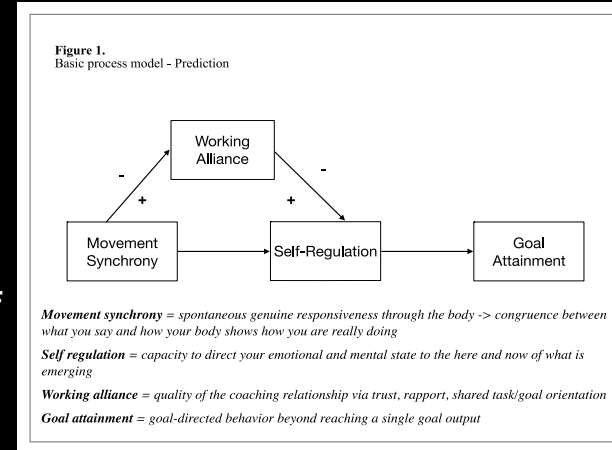


# Change Process in Coaching: Interplay of Nonverbal Synchrony, Working Alliance, Self-Regulation, and Goal Attainment – (Erdös & Ramseyer, 2021)



- quantitative longitudinal study 2018 – 2020
- 32 countries / 99 professional coaches
- 184 coach-client pairs
- ethics approval / File app
- MEA technology & FDM method
- Harvard Grant, WBECS support, CDP with ICF
- research website / IT support
- 13 conferences / 8 webinars

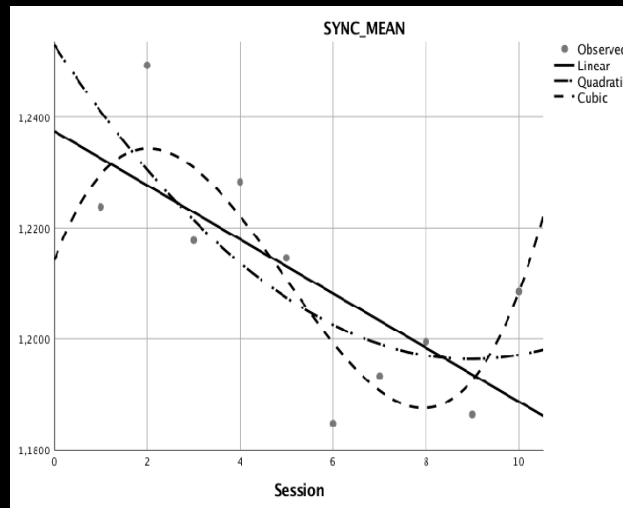


## SESSION LEVEL OUTCOME

- appears as a correctional mechanism

## PROCESS LEVEL OUTCOME

- overall: decrease over time
- specifically: decrease, increase, decrease
- working alliance moderates effects



- MS works as correctional mechanism where coaching is deteriorating /getting on same page
- high MS does not imply good contact
- MS is an inherent relationship factor - reciprocal impact
- relevance of MS depends on contextual factors (coaching theme, gravity of issue)
- decrease in MS implies getting stuck with success
- MS helps clients build emotional self-regulation
- focus on goals and tasks as aspects of WA makes MS redundant
- MS can help and harm client's level of self-regulation – optimum level of synchrony
- zooming in and out staying authentic is more important
- creating an authentic space is more important than sync-ing in with client