

Day 1: The P.E.A.K. Arc & the Performance Coach's Stance

What performance coaching truly is — and the four-phase system you certify in

Today's Objectives

1. Define performance coaching precisely	The working definition, the four modes that masquerade as it, and why the distinction pays you.
2. See the Symptom Trap	Why the presenting problem ("he is lazy") is almost never the gap — and the reflex that catches it.
3. Walk the P.E.A.K. arc	Pinpoint, Engineer, Accelerate, Keep — the engagement spine you will run for the rest of your career.

Key Highlights - Say the Answer, Then Flip

The working definition	A structured, evidence-led partnership that closes a specific, measured gap between current output and potential output — and leaves a system that keeps it closed.
The 5 gap types	Skill (cannot), Will (will not), System (environment blocks), Signal (no feedback), Circumstance (life eats capacity). Every complaint sorts into these — evidence decides, not stories.
The P.E.A.K. arc	Pinpoint (diagnose with data) -> Engineer (design the system) -> Accelerate (weekly cycles of practice and review) -> Keep (transfer ownership so gains survive).

Your Prompt Vault at a Glance

Session Ground-Setter ChatGPT	Opening a first session with structure
Observation-Sheet Generator Claude	Designing a structured observation before Day 7
Fix-It Reflex Auditor Gemini	Reviewing your own session notes honestly
Gap-Type Sorter ChatGPT	Turning messy complaints into a hypothesis
Stance Rehearsal Claude	Rehearsing the conversation with a skeptical sponsor
P.E.A.K. Engagement Skeleton ChatGPT	Drafting the arc you will fill for 24 days

Tonight's Home Assignment

- › **Run the fix-it mission** (~10 min) - Ten minutes of pure diagnosis with a real person. Log your slip count honestly.
- › **Write your stance card** (~5 min) - One card: your definition of performance coaching + the gap type you most often misread. Carry it all 24 days.
- › **Skim tomorrow** (~2 min) - Read the Day 2 title and ask yourself: where does performance-coaching demand actually live? Bring one guess.