



PAGE 01 - INSIGHT TIER

CLIENT

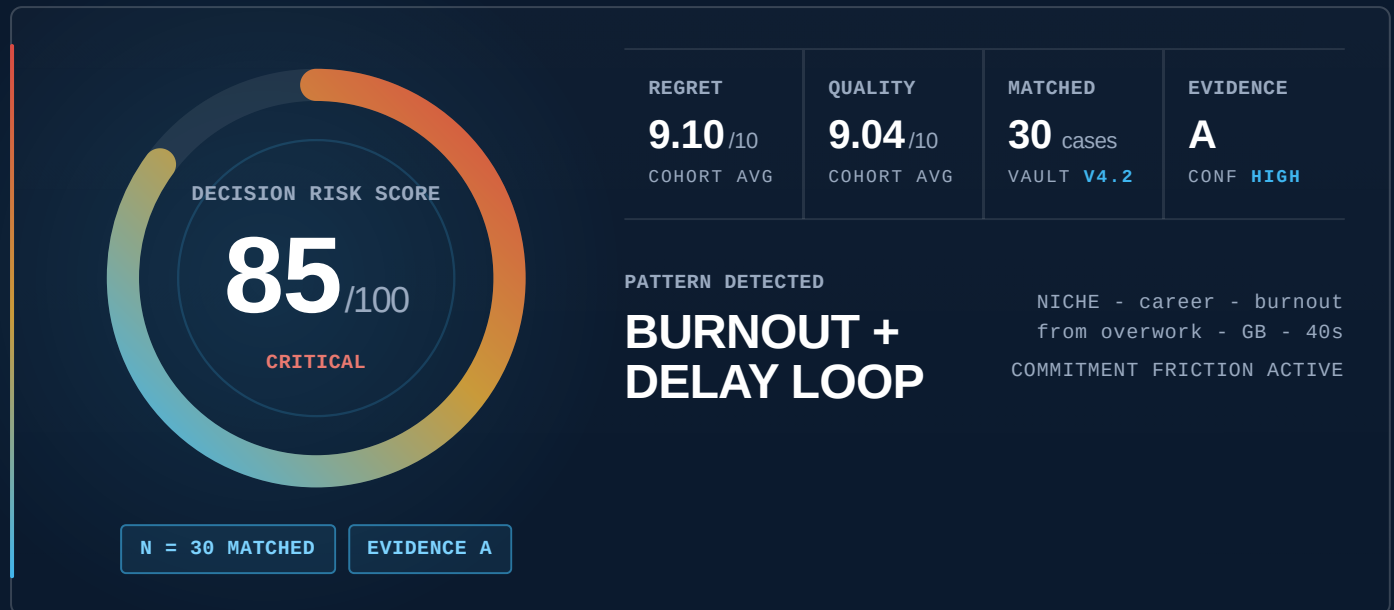
Insight Command Centre

DEM01

Career domain - Burnout from overwork - 40s - GB - matched cohort n=30.

PRACTITIONER

demo1



DOMAIN	SUBTYPE	AGE BAND	COUNTRY	PRIMARY FORCE	REPORT TIER
Career	Burnout from overwork	40s	GB	Delayed exit / unresolved decision	Insight

- CORE REFRAME

The risk is no longer only the workload.
The risk is carrying the workload while
decision capacity is already falling.

-> FEATURED COACH QUESTION

What becomes harder or unavailable if this
continues for another 90 days?

FRAMEWORK BRIDGE - GROW / OSCAR

GROW: Reality = evidence pattern, Options = trajectory fork, Will = seven-day contract. **OSCAR:** Situation = pattern read, Choices = three paths, Actions / Review = contract and checkpoint.

DECISION SIGNATURE

This may be a recurring
signature: delayed movement
under commitment uncertainty.

REGRET ASYMMETRY

Dominant regret: inaction /
delayed action. More risk in
staying unmanaged than testing
commitment safely.

COACHING USE

Create evidence first; use the
seven-day review to prevent
insight becoming delay.



● CLIENT-SAFE SUMMARY - PAGE 2 ONLY - SHAREABLE WITH CLIENT

PAGE 02 - PLAIN ENGLISH

A clearer way to look at this.

A short summary written for you. It does not predict your future. It is a way to see the question you are actually answering, so the next move gets simpler.

ANCHOR QUESTION FOR THIS CONVERSATION

“What would become easier to see if you had one week with less pressure on your system?”

— WHAT WE ARE SEEING

- 01 This is no longer only about workload. It is about rising pressure while usable capacity is falling.
- 02 When capacity is low, simple options can feel bigger, riskier, and less reversible than they are.
- 03 The first useful move is not a dramatic decision. It is reducing pressure enough to think clearly.

● DECISION RULE

Reduce pressure before asking for a major decision.

● SEVEN-DAY CONTRACT

One reversible pressure-reduction move and one dated review point within the next 7 days.

QUESTIONS TO SIT WITH BEFORE THE NEXT SESSION

- What commitment test could be tried this week without making a final life decision?
- What would you advise someone else to test if they feared losing independence?
- What information would a seven-day commitment test give you?



PAGE 03 - COMPONENT READ

Risk Components

85

Four weighted signals compose the Decision Risk Score of 85.

CRITICAL

REGRET

93 /100

WEIGHT 35%

Staying past the visible pressure point

Cohort regret centres at 9.10/10. The dominant regret in matched cases is remaining in open-ended delay after the commitment question is visible, not the choice that follows.

WELLBEING

92 /100

WEIGHT 20%

Ambiguity and pressure are the binding constraints

Emotional load rises while the decision remains unresolved. The work is gated by clarity, avoidance, and pressure - not by lack of analysis.

TRAJECTORY

86 /100

WEIGHT 20%

Default path is continued delay unless interrupted

Cohort momentum favours continued delay without intervention. Trajectory is currently passive - nothing in the system is acting as a forcing function.

FINANCIAL

69 /100

WEIGHT 25%

Relevant but not the first lever

Moderate exposure. The signal is real but decision clarity is upstream of logistics. Working financials first can deepen the delay loop.

SEQUENCING IMPLICATION

Start with regret and wellbeing because unresolved commitment pressure is driving the score. Trajectory shifts after a reversible commitment test and dated review point. Financial framing comes later because it is easier to discuss but not the first lever.



Evidence Snapshot

A directional cohort read drawn from 30 matched signals in the Decision Atlas vault.

GRADE A

DIRECTIONAL - N=30

SELECTED COHORT

30 matched

5-GATE FILTER - VAULT V4.2

AVERAGE REGRET

9.10 /10

COHORT CENTRE

AVERAGE QUALITY

9.04 /10

COHORT CENTRE

EVIDENCE BOUNDARY Directional cohort read. The vault over-samples adverse outcomes, so path shares are not population rates. Use for pattern-matching, not prediction.

EVIDENCE -> SESSION TRANSLATION

01

Capacity collapse

Read: Continuing under pressure can narrow options. Cases that did not reduce pressure early often lost optionality before the decision was made. **Use:** do not start with final options. **Marker:** client can name one reversible commitment test.

02

Delayed reduction

Read: Delay becomes the decision. Without a dated review point, the absence of action quietly hardens into the chosen path. **Use:** convert drift into a dated review. **Marker:** Path 2 language appears.

03

Recovery debt

Read: Recovery is an evidence signal. Sleep, weekend bleed, and affect baseline often shift before the client describes the situation as untenable. **Use:** pace the work. **Marker:** options can be discussed without avoidance or panic.

REGRET ASYMMETRY

Dominant regret is delayed action, not rash action.

INTERVENTION BIAS

COACH TARGET

Move from Path 1 to Path 2 through a reversible commitment test.

NOT ADVICE

UPGRADE TRIGGER

Professional adds session arc, dependency watch, somatic signals and re-score protocol.

VALUE BOUNDARY

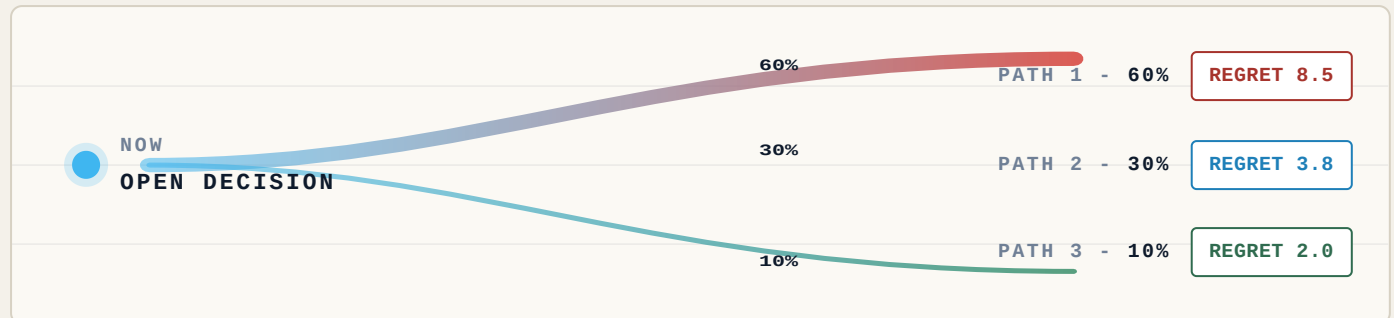


Trajectory Fork

Three observed paths in the matched cohort. Use to choose the coaching intervention, not to forecast the client.

N = 30 MATCHED

DIRECTIONAL ONLY



Path 1 - Open-ended delay HIGH-RISK

SHARE 60% REGRET 8.5

Delay continues while no commitment test or review point is set; options begin to feel more binding.

Path 2 - Commitment test + checkpoint COACH TARGET

SHARE 30% REGRET 3.8

A reversible commitment test creates evidence; a dated checkpoint turns delay into review.

Path 3 - Prepared transition OPTIMAL - RARE

SHARE 10% REGRET 2.0

Client moves with clearer criteria, timing, boundaries, and support.

NOTE Use this to choose the coaching intervention, not to forecast the client.

INTERVENTION PRIORITY

Move the client from Path 1 toward Path 2 by creating one reversible commitment test before forcing a major decision.

SESSION WARNING

Do not press final option-selection while criteria are unclear. The risk is avoidance, panic, or poor decision quality.



One week. One test. One review.

A reversible commitment test designed to create evidence, with a dated checkpoint so delay does not quietly become the decision.

— CLIENT COMMITMENT

01 Name one commitment test that can be tried without forcing permanence.

02 Make the test reversible, so it is not confused with a final life decision.

03 Set a dated review point within seven days and record what becomes clearer.

COACH WATCHPOINTS

Do not press option-selection while criteria are unclear. Watch for reassurance loops, avoidance, panic, and sudden over-correction.

SESSION CLOSE

We are not solving the whole decision this week. We are creating enough evidence to make the next decision cleaner.

RECORD

What commitment test was tried?

CONCRETE MOVE

OBSERVE

What became easier to see?

SIGNAL GAINED

REVIEW

What is the next clean decision point?

DATED CHECKPOINT



Methodology & Limits

What this report is, what it is not, and how to use it responsibly.

WHAT THIS REPORT IS

- A directional read of how cases like this one have moved in the matched cohort.
- A short brief to help the practitioner choose the intervention that fits.
- Decision-support material designed for use alongside professional judgement.

WHAT IT IS NOT

- A prediction or diagnosis of the individual client.
- Clinical, legal, financial, therapeutic, tax, medical, or emergency advice.
- A substitute for the practitioner's read of the person in front of them.

METHOD

- Matched cohort is selected by approved status, domain, subtype, country, and pattern markers. Age band is retained as client context, not used as a hard gate.
- DRS combines regret, wellbeing, trajectory, and FINANCIAL components.
- Outcome path shares are directional unless the matched cohort reaches larger stability thresholds.

KNOWN LIMITS

- The vault intentionally over-samples adverse outcomes, so base rates cannot be inferred.
- Clients who frame indirectly, or in a second language, may be under-identified.
- Final judgement remains with the practitioner using the report.

FRAMEWORK ALIGNMENT

This report supports existing coaching frameworks. It does not replace practitioner judgement.

GROW

Reality: use the evidence pattern and risk components.

Options: use the trajectory fork.

Will: use the seven-day contract.

OSCAR

Situation: use the pattern read.

Choices: use the three observed paths.

Actions / Review: use the contract and dated checkpoint.

Escalation boundary: If acute distress, safeguarding risk, self-harm language, clinical symptoms, or issues outside coaching scope appear, pause decision work and follow your professional referral, supervision, or safeguarding process.

Professional upgrade boundary: order the Professional report when the coach needs a four-session arc, dependency watch, somatic/behavioural markers, re-score protocol, or outcome tracking sheet.