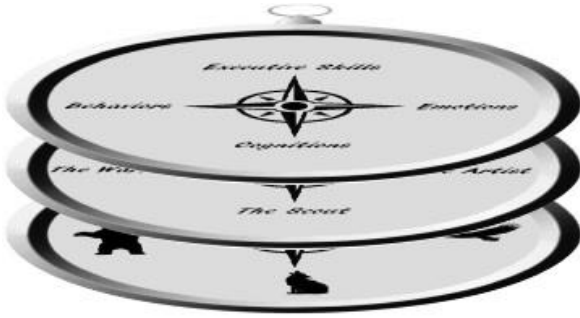
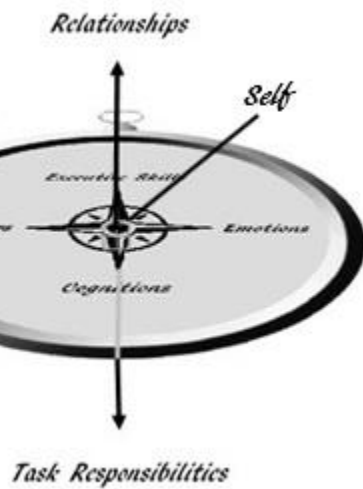


# Layers of the Meta-Compass Model

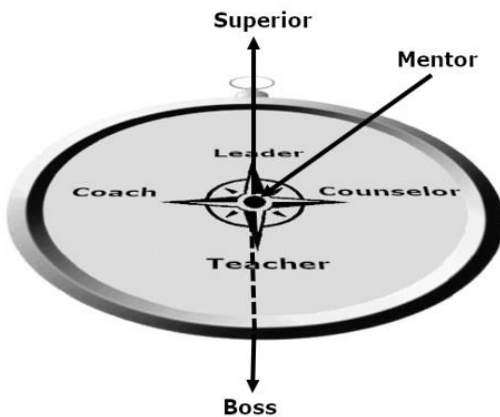
(The Domain, Supervisor, Strategic Planning, and Aspect Compasses)



**The Meta-Compass Model** can be envisioned as a series of compasses stacked on top of each other. Each presents various concepts; however, all the East positions relate in some way to Emotions, all the South positions relate to Cognitions, all the West positions relate to Behaviors (external and internal) and all the North positions relate to integrating, coordinating and regulating all rest of the brain and mind.



**The Domain Compass** adds three additional directions to the four cardinal directions. With the additional directions of Upward, Downward, and Inward, it now represents seven different ways in which people define themselves. My identity is defined by what I feel. My identity is defined by what I think. My identity is defined by my actions and how my body operates. My identity is defined by how I manage myself. My identity is defined by my relationships with others. My identity is defined by the tasks I do and achieve. My identity is defined by my internal sense of self.



**The Supervisor Compass** illustrates seven sub-roles that define the interactions between a Supervisor and their Supervisees. The individual supervision meeting typically starts in the East with the Supervisor as Counselor, focusing on the emotional well-being of their Supervisees. It moves on to the Supervisor focusing on being a Teacher, a Coach, and a Leader. The three additional roles of Superior, Boss, and Mentor might be expressed in the supervision meeting but are present in all interactions between a Supervisor and Supervisees.

# Layers of the Meta-Compass Model

(The Domain, Supervisor, Strategic Planning, and Aspect Compasses)



**The Strategic Planning Compass** illustrates the process of using a structured model for all levels of development (agency, departmental, program, unit, and individual staff development).

- Start with creating a shared vision that is inspiring and motivational.
- Move to an analysis of where you are currently at, and a plan for the next step(s).
- Implement the plan.
- Get feedback on how the plan went and collaborate on going around the compass again with revisions and reinforcement of the vision, updated analysis and planning, followed by the next round of implementation....



**The Aspect Compass** illustrates a metaphor for how the different parts of the brain can be conceived of as forming four aspects of the mind.

The *Artist* Aspect is all about experiencing and expressing emotions. We are all born Artists. The inner Artist processes all stimuli in terms of emotions. Without having a lot of words, the Artist communicates to the rest of the brain with various feelings and moods.

The *Scout* Aspect is all about making sense of the world. We start to explore the world, as an expression of the Artist's curiosity, to find resources, to try and figure out how the world works, and to report back to the other Aspects. The Scout has lots of words and

communicates to the rest of the brain through thoughts.

The *Warrior* Aspect is all about doing. Every movement in life, every thought, every task, takes energy. It's all varying degrees of a struggle and the Warrior is the mission-focused part of the mind that engages in actions. Some actions are external behaviors and some actions are physiological reactions to the Artist's emotional communications or responses to the Scout's cognitive communications. The Warrior doesn't have a lot of words but communicates through external and internal (physiological) behaviors.

The *Chief* Aspect is tasked with integrating, coordinating, and regulating the other Aspects of the mind. It does that through self-talk, through exercising executive skills, through beliefs (that set boundaries for thinking), and through values (that set boundaries for actions).