

Prof. Howard Gardner’s Theory of Multiple Intelligences - Nine Intelligences & Core Coaching

Intelligence is not just the raw goods of what you were born with, as in IQ levels, but also what your “intelligences” are, as in how you see, adapt and process information. Each person is a unique combination of various intelligences, aptitudes, characteristics, drive, inclinations, and talents, that often lead them into becoming the athletes, artists, doctors, and zookeepers of tomorrow.

Professor Howard Gardner, (born July 11, 1943 https://en.wikipedia.org/wiki/Howard_Gardner) is an American educator, developmental psychologist, who first introduced the [Theory of Multiple Intelligences](#), in 1983, in his book *Frames of Mind: The Theory of Multiple Intelligences*. He has written thirty books and hundreds of articles, on how intelligence boundaries exceed most traditional verbal, math, logical and linguistic and measurements. “Gardner defines it as being "the ability to learn" or "to solve problems," referring to intelligence as a "bio-psychological potential to process information". (https://en.wikipedia.org/wiki/Theory_of_multiple_intelligences).

The nine intelligences are:

1. Body-Kinesthetic
2. Linguistic
3. Intra-personal
4. Natural
5. Spatial
6. Musical
7. Math-logical
8. Existential
9. Interpersonal

- What do these mean to YOU?
- Who are you of these nine?
- How can this impact you?

- How can coaching help?
- How can coaching to your core, working with your learning styles, thinking patterns & goal planning help you reach your agendas?
- How could exploring your unique intelligences best streamline, strengthen your own creativity skills sets?
- What might be your top three, or more, types of intelligences?



- How might working with your top 3 “Intelligences” further your affirmation agendas?

Discover Creative Core Coaching!

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