

# THE INFORMED COACH

Human Design Quick Reference · Cheat Sheet for Coaches

Yeugenia Kazantseva | Certified Coach | [www.yeugenia.com](http://www.yeugenia.com) | @yeugenialifecoach

ICF International Coaching Week

"What if your client's struggles aren't a mindset problem — they're a matter of being out of alignment with their design?"

- Generators and Manifesting Generators together represent 70% of the world's population — and share the same core strategy and authority.

## THE 5 TYPES — Strategy · Authority · Signature · Not-Self · Coaching Anchor

GENERATOR · 70% of the World	MANIFESTOR	PROJECTOR	REFLECTOR
<p>Energy Type · Same Strategy &amp; Authority</p> <p><b>STRATEGY</b> Wait to Respond</p> <p><b>AUTHORITY</b> Sacral — gut sound: uh-huh (yes) / un-uh (no)</p> <p><b>SIGNATURE</b> Satisfaction</p> <p><b>NOT-SELF</b> Frustration</p> <p><b>WHY</b> Said YES without checking gut — pause here</p> <p><b>ANCHOR</b> "Waiting to respond is your power."</p> <p><b>ASK CLIENT</b> Does this light you up, or drain you?</p> <p><b>SUBTYPE: MANIFESTING GENERATOR · 33%</b></p> <p><i>Active throat centre gives more initiating energy at times — multi-pass</i></p> <p><b>SIGNATURE</b> Satisfaction + Peace</p> <p><b>NOT-SELF</b> Frustration + Anger</p> <p><b>WHY</b> Skipped gut check or acted without informing</p> <p><b>ANCHOR</b></p>	<p>9%</p> <p>Non-Energy</p> <p><b>STRATEGY</b> Inform — before acting</p> <p><b>AUTHORITY</b> Emotional / Splenic / Ego</p> <p><b>SIGNATURE</b> Peace</p> <p><b>NOT-SELF</b> Anger</p> <p><b>WHY</b> Shrunk to fit in or acted without informing — a red flag</p> <p><b>ANCHOR</b> "You are not rude — you are a visionary who needs space."</p> <p><b>ASK CLIENT</b> Where are you making yourself smaller to fit in?</p>	<p>20%</p> <p>Non-Energy</p> <p><b>STRATEGY</b> Wait for the Invitation</p> <p><b>AUTHORITY</b> Emotional / Splenic / Self-projected</p> <p><b>SIGNATURE</b> Success</p> <p><b>NOT-SELF</b> Bitterness</p> <p><b>WHY</b> Wisdom given without invitation — a red flag to pull back</p> <p><b>ANCHOR</b> "Your gifts are extraordinary — be where discerning you offer them."</p> <p><b>ASK CLIENT</b> Where are you working to be seen vs. to waiting to be recognised?</p>	<p>1%</p> <p>Non-Energy</p> <p><b>STRATEGY</b> Wait 28 Days — follow the lunar cycle</p> <p><b>AUTHORITY</b> Lunar cycle + environment</p> <p><b>SIGNATURE</b> Delight + Surprise</p> <p><b>NOT-SELF</b> Disappointment</p> <p><b>WHY</b> Environment is unhealthy or a decision was rushed</p> <p><b>ANCHOR</b> "Your cycle is your compass — your is timing sacred."</p> <p><b>ASK CLIENT</b> How does your environment feel? Is it for healthy you?</p>

## WHAT HUMAN DESIGN IS NOT — A Reminder for Coaches

### Not a replacement for coaching

It gives richer context. You still hold the space, ask the questions and facilitate the shift.

### Not a personality box

Your client is not their Type. Two Generators can look completely different. Use it to open doors, not close them.

### Not a fixed destiny

It shows the path of least resistance — not your ceiling. It is about deconditioning, not limitation.

### Not a belief system

You don't need to believe in astrology. Strategy and Authority are practical — they work because they align with how the nervous system operates.

## STRATEGY + AUTHORITY — How Each Type Is Designed to Navigate and Decide

### HOW TO NAVIGATE — By Type

- Generator + Mfg. Generator (70%)**  
Wait to Respond — check your gut before acting. MGs also have more initiating energy.
- Manifestor**  
Don't ask permission — inform. 'I am going to do X' is enough.
- Projector**  
Wait to be seen and invited. Don't offer your wisdom until asked.
- Reflector**  
Track across a full lunar cycle (28 days) before any major decision.

### WHERE DECISIONS COME FROM — Authority Types

- Sacral:**  
Gut sound in the moment — uh-huh (yes) / un-uh (no). Pre-verbal.
- Emotional / Solar Plexus:**  
Never decide in the NOW. Wait for clarity to emerge over time.
- Splenic:**  
A quiet in-the-moment body whisper. Trust it instantly or lose it.
- Ego / Heart:**  
What do I genuinely want? What am I willing to stand behind?
- Self-Projected:**  
Speak it aloud to a neutral listener — the truth emerges in speech.
- Mental / Outer:**  
Talk to trusted others; sample environments. The answer is external.
- Lunar (Reflector only):**  
Track how it feels across 28 days and a full moon cycle.

## ALIGNMENT SIGNALS — Read Your Client in Real Time

GENERATOR + MFG GEN. 70% of population	MANIFESTOR	PROJECTOR	REFLECTOR
<p><b>OUT OF ALIGNMENT</b> Frustration / Anger</p> <p><b>THRIVING</b> Satisfaction / Peace</p>	<p><b>OUT OF ALIGNMENT</b> Anger</p> <p><b>THRIVING</b> Peace</p>	<p><b>OUT OF ALIGNMENT</b> Bitterness</p> <p><b>THRIVING</b> Success</p>	<p><b>OUT OF ALIGNMENT</b> Disappointment</p> <p><b>THRIVING</b> Delight + Surprise</p>

## REFLECTOR SPOTLIGHT — The Rarest Type · 1% of the World

### The Mirror

Reflects the health of their community back to it. A thriving Reflector = a healthy community. A struggling Reflector = a problem in the environment

### Completely Open

No defined energy centres. They absorb and amplify everything around them. This is profound sensitivity by design — not weakness.

### Environment First

Before any goal or strategy — ask: Is this environment healthy for you? Their output is directly proportional to where they live and work.

### Never Rush Them

Ask: 'How has this felt over the last few weeks?' Track across a full 28-day lunar cycle before any major commitment. This is not indecision — it is

## EXCLUSIVE OFFERS FOR ICF COACHING WEEK ATTENDEES

### Discovery Coaching Session

A coaching session with Yeugenia to explore Human Design and how it can deepen your practice.

### Client Design Reading

A 30-min recorded reading of your client's Human Design chart — shareable and tailored to their journey.

### Connect with Yeugenia

[www.yeugenia.com](http://www.yeugenia.com)  
@yeugenialifecoach