

# MODULE 1 STRUCTURE

UP

- 1** — How coaching works. Stages of Adult development. Partnering
- 2** — Trust. Safety. Empathy. Ethics
- 3** — Coaching presence. Core Competency 5.
- 4** — Active listening
- 5** — Goal setting theory. Coaching agreement.
- 6** — Coaching session structure.
- 7** — Coaching engagement. Discovery call and Intake session.

## YOUR RESULTS:



Understand the distinctions between coaching and other helping professions. Understand the foundations of a coaching mindset.



Become familiar with the ICF Code of Ethics and understand its practical application through case studies.



Enhance active listening skills and become a better communicator



Understand the nature of relational presence and enhance your own presence in coaching sessions.



Know how to establish a coaching agreement for individual sessions and the whole coaching engagement.



Know how to structure an effective coaching conversation



Be prepared to start coaching your first clients

# MODULE 2 STRUCTURE



- 1** — Stages of Change. Change Cycle.
- 2** — Perspective Transformation Process. Change Equation.
- 3** — Emotional Intelligence in Coaching
- 4** — Powerful questions
- 5** — Unlocking mind. Visioning. Dreaming.
- 6** — Evoking Awareness. Core Competency 7. Reframing Self-Limiting Beliefs
- 7** — Self-efficacy theory. Action planning and accountability. Core Competency 8.

## YOUR RESULTS:



Understand the cycle of change and how to support others through change



Become familiar with EQ models and learn to coach around topics related to emotional awareness and management.



Understand how the perspective transformation process works and create a mind shift for your clients.



Learn about self-efficacy theory and will be able to use it to create a lasting change for your clients.



Learn multiple ways to enhance your client's awareness about themselves or their situation. Learn to create powerful questions.



Be able to coach around vision, dreams and client's Possible Self.



Be able to support your clients in identifying and reframing self-limiting beliefs. Support others in developing a growth mindset

# MODULE 3 STRUCTURE



- 1** — Core Competency 7. Coaching the Who
- 2** — Working with Values. Character Strengths Interventions
- 3** — Metaphors in Coaching. Clean Language
- 4** — Creative Approaches in Coaching.
- 5** — Perspective-taking Perceptual Coaching.
- 6** — Working with Systems. The Iceberg Model.
- 7** — Closing. Debriefing. Honoring experience. Celebrating.

## YOUR RESULTS:



Become more familiar with the "Who" level in coaching and practice coaching the Who.



Understand the difference between transactional and transformational coaching



Learn a strength-based approach to coaching and character strength interventions



Be able to coach around complex situations, using a systemic approach.



Practice coaching with metaphors and other creative approaches



Learn to coach clients around their values.



Be able to support your clients in reframing perspectives.