



PERFORMANCE
CONSULTANTS



Coaching for Performance Module 5 Self-Transformation

The program is recognized by the International Coaching Federation (ICF), the European Mentoring & Coaching Council (EMCC) and the Association for Coaching (AC)

Based on the work of Gita Bellin, Module 5 is designed to explore inner leadership, self-mastery and authenticity. Championed the world over by leaders, change agents and coaches, the course introduces transformational coaching and leadership by developing excellence and maximum performance through personal reflection and exchange with other participants.

Coaching Presence, Authenticity and Awareness

The course offers opportunities to explore and re-create dysfunctional behaviour and mindsets. Leaders and coaches will be shown transformational techniques to alter the root perspective from which we experience and respond to our own thoughts and actions, and the situations in which we find ourselves. The focus is on the mastering of the mind, developing emotional and social intelligence, experiencing the power of acknowledgement and deepening core coaching skills. By establishing trust, intimacy, accountability and high levels of empathy, presence and awareness, participants will be given the opportunity to take their leadership and coaching to the next level, thus enabling individuals and organizations to move towards sustained excellence and maximum performance.

Our programs feature dynamic, interactive learning with a diverse participant group and observed coaching practice with feedback.

Live Training Hours: 21.5
Self-paced Training Hours: 4.5