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# Coaching for Performance

## Module 4

### Coaching for Transformation

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

**Modules 4–6 of the Coach Certification Pathway are included in the Performance Coach – Gold Plan. Module 4 – Coaching for Transformation is designed to explore the neuroscience of human change and its application within coaching practice. It takes an in-depth look at several key principles of neuroscience and the clear indicators they give, which can be used to coach effectively to bring about transformative change and gain sustainable results.**

#### **The syllabus covers:**

- Change models
- Mastering the inner state of presence
- Focusing on the coachee and their journey, not their issue
- Uncovering values
- Victim mindsets
- Perspective coaching for powerful choices
- Working with resistance and the inner critic
- Connecting your coachee to their power sources
- Sharpening specific ICF Core Competencies

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

Live Training Hours: 18  
Self-paced Training Hours: 4.5



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# 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



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# Coaching for Performance Module 6

## Advanced Coaching for Transformation

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

**Module 6 brings into focus four themes of advanced coaching that underpin transformational coaching:**

- Transformation
- Presence
- Inspiration
- Direct communication

**Through these four themes you'll cover:**

- Cultivating coaching presence
- Working with resistance and the inner critic
- Deep connection to your power sources as a coach
- Listening to your wisdom voice
- Making powerful choices/perspective coaching
- Uncovering vision and purpose
- The power of pause
- Integration of coaching skills
- Sharpening specific ICF Core Competencies

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

Live Training Hours: 13  
Self-paced Training Hours: 4