Coaching for Performance: Level 3 Module 1

Coaching for Performance Level 3 is a series of advanced coach training modules. Module 1 is a 3-day workshop 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.

Some of the themes covered include:

- 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

Structure and Materials: Dynamic interactive learning with a diverse participant group and observed coaching practice with feedback will develop you

- 3 in-person training days followed by practice coaching assignments and
- 1 group Supervision Call run by a senior qualified coach
- 80-page training manual
- Maximum group of 12 participants
- In total you’ll take part in 20 hours of learning and practice

Training aligned with the International Coach Federation (ICF) definition that “coaching is partnering with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential.”