

THE COACHING INTENSIVE

This six-part workshop series combines assessments, individual coaching, self-study and reflection, and coaching practice. Learners gain critical knowledge, insights, and skills that align with the competencies of the International Coach Federation (ICF). Learning topics include the Dion Leadership Coaching Model, mindset, presence, powerful questioning, mindfulness, personal style, emotional intelligence, ethics, trust, communication, conflict management, change management, goal setting, accountability, and commitment to the coaching relationship.

LEARNERS WILL:

- Acquire and apply a range of coaching skills, techniques, and concepts that reflect established industry standards and competencies
- Improve self-knowledge as the foundation for skill building through assessments, personal coaching experiences, cohort relationships, and practice
- Define a point of view and personal commitment to coaching by creating an integrated plan to sustain growth and development as a coach

WHY THIS MATTERS:

Our holistic approach enables and reinforces the development of critical coaching competencies. Learners will be prepared to test for ICF coaching certification upon completion.

ASSESSMENTS:

- Profilor 360 Assessment, Everything DiSC Workplace® Profile, Thomas Kilmann Conflict Mode Instrument, EQ-i 2.0, and MRG Individual Directions Inventory

DELIVERY OPTIONS:

In-Person: Six 8-hour workshops, 15 hours of individual coaching, with additional learning activities

See also: Coaching Skills for Leaders