

COACHING SKILLS FOR YOUNG LEADERS

The courses will start every day at 10h00. The ending time is around 15h00. There will be a one-hour lunchbreak between 12h00 and 13h00. Often, there will be a homework assignment of between 1 and 2 hours to prepare for the next day.

Day 1 – The overview

- Taking stock of where you are now
- Result oriented coaching
- Coaching principles
- Feelings, needs and beliefs
- Setting goals and inspiring commitment

Day 2 – Radical empathy in coaching

- Connecting to feelings and needs
- Listening beyond beliefs, opinions and judgements
- Awareness of how internal dialogues represent several parts of your being
- Helping your coachee to integrate several parts into a coherent life choice
- Understanding survival strategies

Day 3 – The power of vulnerability

- Why vulnerability is a key to successful coaching
- Creating safety first!
- Leading by example: exploring your personal history and lifeline to coach each other
- Exploring common humanity
- Being with what is, postponing your judgement and deep empathy

Day 4 – Purpose and meaning

- How your coachee looks at the “now” through the lens of the “past”
- Guiding the coachee towards a place of real choice
- A systemic approach to coaching
- Realizing what truly matters in your life
- Working on resilience

Day 5 – Compassion & appreciation in coaching

- Helping the coachee to appreciate more what makes them unique
- Principles for growth from Positive Psychology
- Using (self) compassion in your coaching
- Coaching way of being
- Goodbye’s and what’s next