



# ESSENTIALS OF LEADERSHIP COACHING

## Program Overview

Become an instrument of change for your team or organization.

Leadership coaching is an essential tool for senior-level professionals and rising managers who aim to maximize impact on their teams and organizations. Predicated on the creation of a professional and productive relationship, leadership coaching can serve as an opportunity for reflection, observation and growth.

In our Essentials of Leadership Coaching course, discover the field of leadership coaching, the coaching process and how to implement coaching skills in professional and organizational relationships. Connect with other professionals through engaging discussions and experiential activities. Explore the field of coaching, practice new skills in a safe and supportive environment, and create an individualized plan to implement coaching skills in professional conversations.

## Program Agenda

times	DAY 1	times	DAY 2	times	DAY 3
9:00 AM - 10:30 AM	<b>Introduction to Coaching and Coaching Strategies</b> Live Zoom Session (Full Group)	9:00 AM - 10:30 AM	<b>The Coaching Conversation</b> <i>Essential Skill 2: Powerful Questions &amp; Essential Skill 3: Raising Awareness</i> Live Zoom Session (Full Group)	9:00 AM - 10:30 AM	<i>Essential Skill 3: Goal Setting &amp; Essential Skill 4: Action Planning</i> Live Zoom Session (Full Group and Break out)
10:30 AM - 10:45 AM	Break	10:30 AM - 10:45 AM	Break	10:30 AM - 10:45 AM	Break
10:45 AM - 12:00 PM	<b>The Coaching Mindset Connection and Co-Creation</b> Live Zoom Session (Break out)	10:45 AM - 12:00 PM	<b>The Coaching Conversation</b> <i>Powerful Questions &amp; Raising Awareness</i> Live Zoom Session (Break out)	10:45 AM - 12:00 PM	<b>Designing Actions</b> Live Zoom Session (Break Out and Independent Activities)
12:00 PM - 12:45 PM	Lunch Break	12:00 PM - 12:45 PM	Lunch Break	12:00 PM - 1:00 PM	Lunch Break
12:45 PM - 1:45 PM	<b>The Coaching Conversation</b> <i>Phase 1: Agenda Setting</i> Live Zoom Session (Full Group and Break out)	12:45 PM - 2:30 PM	<b>Facilitated Coaching Demonstration</b> Live Zoom Session (Full Group)	1:00 PM - 1:30 PM	<b>Managing Accountability</b> Live Zoom Session (Full Group)
1:45 PM - 2:00 PM	Break	2:30 PM - 3:00 PM	<b>Reflections</b> Live Zoom Session (Full Group)	1:30 PM - 2:30 PM	<b>Pacing, Practice and Presence</b> Partner Activities (Break out and Break)
2:00 PM - 3:00 PM	<b>The Coaching Conversation</b> <i>Essential Skill 1: Active Listening</i> Live Zoom Session (Full Group and Break out)			2:30 PM - 3:00 PM	<b>Wrap-Up Reflections</b> Live Zoom Session (Full Group)