



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.

Essentials of Leadership Coaching can be taken as a stand-alone course or as a prerequisite for the [Executive Certificate in Organizational Leadership](#).

Program Agenda

DAY ONE

9 - 10:30 a.m.	Introduction to Coaching and Coaching Strategies Live Zoom Session (Full Group)
10:30 - 10:45 a.m.	Break
10:45 a.m. - Noon	The Coaching Mindset Connection and Co-Creation Live Zoom Session (Full Group)
Noon - 12:45 p.m.	Lunch
12:45 - 1:45 p.m.	The Coaching Conversation <i>Phase 1: Agenda Setting</i> Live Zoom Session (Full Group and Break out)
1:45 - 2:00 p.m.	Break
2 - 3 p.m.	The Coaching Conversation <i>Essential Skill 1: Active Listening</i> Live Zoom Session (Full Group and Break out)

DAY TWO

9 - 10 a.m.	The Coaching Conversation <i>Essential Skill 2: Powerful Questions and Essential Skill 3: Raising Awareness</i> Live Zoom Session (Full Group)
10 - 10:45 a.m.	Break
10:45 a.m. - Noon	The Coaching Conversation Powerful Questions and Raising Awareness Live Zoom Session (Break out)
Noon - 12:45 p.m.	Lunch
12:45 - 2:30 p.m.	Facilitated Coaching Demonstration Live Zoom Session (Full Group)
2:30 - 3:00 p.m.	Reflections Live Zoom Session (Full Group)

DAY THREE

9 - 10:30 a.m.	<i>Essential Skill 3: Goal Setting and Essential Skill 4: Action Planning</i> Live Zoom Session (Full Group and Break out)
10:30 - 10:45 a.m.	Break
10:45 a.m. - Noon	Designing Actions Live Zoom Session (Break Out and Independent Activities)
Noon - 1 p.m.	Lunch
1 - 1:30 p.m.	Managing Accountability Live Zoom Session (Full Group)
1:30 - 2:30 p.m.	Pacing, Practice and Presence Partner Activities (Break out and Break)
2:30 - 3 p.m.	Wrap-Up Reflections Live Zoom Session (Full Group)