

THE POWER TO COACH PROGRAM™

OUR FIVE SESSION CURRICULUM

Session 1: Merge with the **Field**; Finding the Signal in the **Noise**

In this session, you will learn:

1. The dimensional leadership model in the context of coaching
2. The art of tuning in to the levels of listening to build resonance and explore the field
3. Framing questions that evoke insight, new perspectives and choice



Session 2: Ride the Emergent Wave; Move from **Chaos** to **Clarity**

In this session, you will learn:

- The relationship of chaos theory & complexity science to leadership and coaching
- How to access flow state for the sake of empowered coaching
- The arc of a coaching conversation



Session 3: Find Your Teacher; Nurture the Space Within

In this session, you will learn:

- How to leverage mindful presence in coaching
- To tap into and trust your intuition to empower the coaching relationship
- To apply the concept of vertical v. horizontal development to coaching leaders



Session 4: Build the Bridge; Acquire the Tools to **Self-architect**

In this session, you will learn:

- The why and how of human meaning-making and the power of story
- To uncover limiting beliefs as a coach and within coachees
- Methods for closing the gap between the current self and the desired future self
- To put the power of choice at the center of the coaching relationship



Session 5: Bring it Together; The **Power** of Play in the Field of Possibilities

In this session, you will learn:

- To claim a growth mindset to sustain peak performance and greater resilience
- To effectively navigate the continuous interplay of the multiple roles within the contexts of leadership and coaching
- How far you are willing to go for the sake of developing other leaders.

