



COACHING PROGRAM

The Science and Art Of Coaching practices



Introduction

Coaching

Coaching is a powerful and popular way for anyone to learn new skills, overcome challenges, achieve new levels of performance, and make behavioral changes in their life. The benefits of coaching apply in a wide range of areas such as personal development, business, skill development, relationships, leadership, family, sports, and living life itself.

NLP offers powerful and highly advanced methods which elevate standard coaching into an accelerated and transformational process. This program is for professional coaches who want to produce faster, easier and more transformational results with their clients.

Executive Coaching

Senior managers today are faced with new kinds of issues involving high levels of complexity. In addition to straight managerial competencies, their issues can involve other complex elements as people issues, cultural dynamics, leadership abilities, communication skills, intellectual strategies, emotional intelligence, stress management and personal peak performance under pressure. One of the most effective ways to support senior managers today is through the power of personal coaching.

Coaching a senior executive is not the same as basic life coaching or standard coaching for general employees. A senior executive has unique issues, concerns, and psychological demands that require highly advanced levels of coaching. This program can be designed for two different audiences, 1) senior executives who want to benefit from a group coaching environment, 2) people who work with and/or coach senior executives.



Workshop outline

Part 1:

Why coaching

Dose coaching synchronize with your passion

Bridging coaching with your values and principles

Coaching and your higher self

Self image and Coaching

Emotional intelligence and Coaching

Part 2:

Coaching and Professionalism

Coaching and the business world

Introduction in starting up your coaching business

Part 3:

How coaching works?

What is coaching

Definition of Coaching

The philosophy of Coaching

The history of Coaching

What is Coaching and what is not “Keeping Coaching practices into a clear context by comparing Coaching and different development Practices”

Psychology and Coaching

NLP and Coaching

Behavioral Modeling and Coaching

Skills and practices of coaching

Critical abilities of a successful coach

Professional coach mindset



Workshop outline

Part 4:

Diagnosing model:

Type of clients

4 Categories

Five obstacles of change

Coaching and facilitating change

Transition

Transformation

Introduction of psychology and human behavior:

Values

Principal

The belief system

Types of beliefs

Mental senses and strategy

Personality Pattern

Physiology and body

The ecological system

Part 5:

Powerful Quotations:

believes questions

Value questions

Mental census strategy questions

Physiology questions

Ecological questions

Ethical questions



Workshop outline

Facilitating change:

Creating quality outcomes
The POSEEEA outcome Frame model
The SMART outcome Frame model
The power of visualizing
The vision board
6 steps toward change

Part 6:

The wheel of life
wheel of life tools
Wheel of life apps

Part 7:

Containing and rapport:
sensor equity
The VAK system
Observation
5 step to build rapport

Part 8:

Quality feedback Model

Part 9:

Learning and Basic behavior modeling



Workshop outline

Part 10:

Skills and practices “the coaching model”

The inner game of a coach “mental and emotional awareness”

Principles of coaching

Rapport

Observing and diagnosing

Assessments

Powerful questions

Prioritizing

Outcome

Planning

Motivation

Facilitating change

Feedback

The outcome will be in level one diploma in coaching with Dr.Loay Alkhaja

- 1- Having a scientific and Philosophy background of coaching
- 2- Having Coaching as a mission
- 3- Valuing importance of Coaching practices as a human resource development Model
- 4- Starting up towards being a professional coach who can add value to people
- 5- Being a practitioner coach under a mentor supervision
- 6- Starting a coaching business
- 7- The ability of understanding the technical aspects of coaching
- 8- Facilitating simple change
- 9- Having tools to practice Coaching procedures
- 10- Getting ready for a level two



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