

In A Coach Approach



WE STRIVE FOR GROWTH

Copyright © 2024 PragmaDoms. All rights reserved.



In A Coach Approach

Based on recent scientific studies that show the positive impact of coaching and coaching conversations on every aspect of peoples' lives, the project was initiated to materialize these discoveries in a unique workshop inspired by ICF coaching competencies.

Why a Workshop?

Because in this era communication and relationships are mostly based on a screen, whether it is by WhatsApp, messages or emails, relationships have become challenging.

And because we believe that coaching should no longer be an external strategy but should rather be something that stems from the inside. we decided to design a workshop because we want to let coaching as competency infiltrate into every home, relationship and organization.

In A Coach Approach

The workshop's main idea is to show people how to integrate coaching conversations in their day to day interactions. Its purpose is mainly to:

- Help people reach solutions and generate actions through their daily discussions;
- Show that the coach approach brings positive results far more than a heated conversation where people “listen to reply and not to understand” (inspired by Stephen Covey’s quote);
- Inspire people to aim for sane, healthy relationships for a better quality of life;
- Introduce people to the coaching world where sustainable development and futuristic outlooks are the main essence of any success;
- Speaking other people’s language and creating a stronger impact.

In A Coach Approach

Target Audience

Anyone who is interested to elevate the level of communication with his manager, his customers, his peers, his subordinates, his parents, his kids, his spouse, his students, his patients, etc.... and those who are interested in coaching as a tool but not in the full certification process.

Workshop Objectives

After this workshop, attendees will be able to:

- Determine the four areas of a positive attitude and interpret the meaning of a person's body language
- Practice curiosity through questioning techniques inspired by the QFT methodology & create an ambiance of safety to encourage open communication
- Understand and distinguish between different communication approaches
- Understand what coaching conversations are and follow a simple coaching conversation model inspired by ICF core competency model
- Practice all four pillars of the coaching conversations model

In A Coach Approach

Program Details

What's Included?

- Instruction by an expert facilitator
- Small interactive classes
- Specialized manual and course materials
- Personalized certificate of completion with ICF credentials
- Minimum of 10, Maximum 15 participants
- (2 ½ days)

What's the Content?

- Module 1: Holistic Communication
- Module 2: Coaching Conversations

In A Coach Approach

Module 1: Holistic Communication

Section 1: *The Non-Verbal Cues: Attitude & Body Language*

The four components of a positive attitude (Assertiveness, Authenticity, Open-mindedness, Empathy)
Body language interpretation

Section 2: *The Verbal Cues: Curiosity and Safety*

Questioning Technique
A safe environment to have a conversation

Section 3: *Active Listening*

What are the signs of active listening?

Section 4: *Communication Approaches*

In A Coach Approach

Module 2: Coaching Conversations

Section 1: *Coaching*

Coaching defined

The Impact of coaching

What is and is not a coaching conversation?

Section 2: *Coaching Conversations Model (inspired by ICF core competencies model)*

Section 3: *Coaching Conversations Model: Focus*

Section 4: *Coaching Conversations Model: Listen*

Section 5: *Coaching Conversations Model: Question and Challenge*

Section 6: *Coaching Conversations Model: Promote Growth*