

Curriculum for the Learning Lab

3 Modules | 12 Virtual Classes spanning over 4 weeks | 2 hours per class

Module A Fundamental of Transformative Coaching

A coaching conversation is a special conversation. As the primary vehicle for the coach to deliver the coaching, it is a conversation in which the Coach is speaking and listening with a total commitment to helping a person to succeed.

- Part 1: Defining a Professional Coaching
- Part 2: 4 Fundamental Coaching Paradigms
- Part 3: Reflective Learning Conversation
- Part 4: Applying Positive Psychology

Module B Transformative Shift Principles

A perspective transformation leading to sustainable change is the result of active and deep listening. It fuels the coach's capacity to ask powerful questions that directs the attention to areas that have not yet been considered, enabling new understanding through thoughtful and reflective thinking. In this module, we will cover the transformative principles required to create a powerful perspective transformation.

- Part 1: Principle of Observation
- Part 2: Observing the Structural Layout of the Thought Process
- Part 3: Observing how People Experience their Situation
- Part 4: Observing the Element of the Story

Module C Transformative Process

The ACC Conversation is a deep and focused conversation that expands people's thinking capacity. The coaching process stimulates reflective thinking evoking greater awareness, clarity and understanding. It shifts the attention from a situational context to personal awareness to uncovering how people construct their meaning, understanding what matters most, and then using this emerging understanding to create a clear path forward.

- Part 1: Expanding the Mind
- Part 2: Determining the Focus for Conversation
- Part 3: Uncovering the Dynamic Gap
- Part 4: Creating Accountability and Forward Action