



Coaching Academy

Course and Module Descriptions

Course 2: Coaching in Practice

Presence, Insight, and Growth

Building on the foundations established in Course 1, this two-day, in-person course focuses on applying and integrating core coaching competencies to support deeper insight, forward movement, and meaningful growth in others. Participants will strengthen their coaching presence, increase skillful use of intuition and curiosity, and refine their ability to partner effectively throughout the full arc of a coaching conversation.

Through experiential learning and observed practice, participants will develop greater confidence in setting a clear coaching focus, evoking awareness that leads to meaningful shifts, and supporting others in translating insight into action. Emphasis is placed on integration, accountability, and closing coaching conversations with clarity and purpose.

Course 2 Modules

Personal Styles and Preferences

Using the Insights Discovery tool as a model, this session helps participants deepen awareness of personality, communication, and learning style differences. Participants identify their own preferences and explore how perception and style influence coaching relationships. Emphasis is placed on adapting communication and coaching approaches to effectively partner with a wide range of others' styles.

Mindfulness, Intuition and Curiosity

This module explores mindfulness, intuition, and curiosity as essential elements of effective coaching presence. Participants examine how mindfulness practices support awareness, intuition, and curiosity, and how these capacities strengthen presence and partnership in coaching conversations. Participants will practice techniques for building these capacities and explore the appropriate and intentional use of humor in coaching interactions.

Setting the Focus for Impactful Coaching

Effective coaching begins with clarity and shared purpose. In this module, participants learn how to collaborate with a coachee to establish a clear coaching focus and session agreement. Through hands-on practice and faculty feedback, participants strengthen their ability to create alignment, direction, and purpose at the start of a coaching conversation.

Evoking Awareness and Supporting Forward Movement

This module deepens participants' ability to facilitate insight and spark "aha" moments that expand perspective, deepen self-understanding, foster learning, and lead to meaningful shifts in thinking. Through discussion, demonstration, and practice, participants apply techniques such as clarifying reflections, reframing, metaphor, and noticing subtle shifts to evoke awareness and support purposeful forward movement.



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Supporting Growth and Closing the Coaching Conversation

This module focuses on supporting others in translating insight into action and bringing coaching conversations to effective closure. Participants practice reflecting on progress toward session goals, designing actions and accountability, and closing conversations in ways that reinforce learning, commitment, and clarity.