



Coaching Academy

Course and Module Descriptions

Course 3: Coaching with Emotional Intelligence and Somatic Awareness

Working Skillfully with Emotion, the Body, and Barriers to Change

This two-day, in-person course deepens coaching capability by focusing on emotional intelligence, emotional regulation, and somatic awareness as essential dimensions of effective coaching. Participants will explore how emotions, thought patterns, and bodily responses influence insight, decision-making, and forward movement in coaching conversations.

Through reflection, discussion, and coaching practice, participants will strengthen their ability to work skillfully with emotions—both their own and the emotions of others—support self-regulation and help people move through stuck patterns that limit growth. This course supports greater confidence, adaptability, and impact in coaching conversations and serves as a critical bridge between foundational coaching skills and professional-level practice.

Course 3 Modules

Emotional Intelligence

This session introduces emotional intelligence (EI) and its relevance to effective coaching. Using the Emotional Quotient Inventory (EQ-i 2.0) as a framework, participants will explore the core domains of EI and reflect on their own emotional intelligence strengths and opportunities for growth. Emphasis is placed on how EI supports coaching presence, relationship-building, and awareness.

Working with Emotions

This module explores the language, meaning, and expression of emotions within a coaching context. Participants will reflect on their personal comfort with different emotions, particularly those they find challenging, and examine how emotions may surface in coaching conversations. Through discussion and practice, participants will strengthen their ability to recognize, label, and work effectively with emotions, and apply simple self-regulation strategies to respond skillfully to strong or challenging emotional experiences.

Somatic Coaching

This session introduces somatic coaching as an approach that integrates body awareness into coaching conversations. Participants will explore how physical sensations, posture, breath, and movement can provide valuable information and support deeper awareness. Through experiential practices, participants will learn how to invite somatic awareness in



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coaching while maintaining ethical boundaries and alignment with core coaching competencies.

Getting Unstuck

This module focuses on supporting clients who encounter barriers, limiting beliefs, or unproductive thought patterns when articulating goals or taking action. Participants will identify common limiting patterns and practice coaching strategies that help clients shift perspective, expand choice, and generate forward movement. Connections between these strategies and the core coaching competencies are explicitly explored.