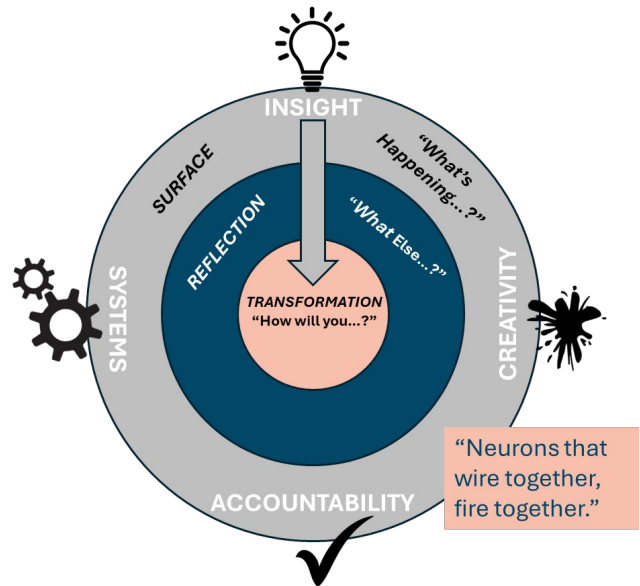


Course Overview

This one-day intensive workshop translates the International Coaching Federation (ICF) Core Competencies into a practical, business-ready playbook for leaders to coach in real time. Participants master rapid trust-building, deep listening, and—most critically—the art of asking thought-provoking questions that spark insight and ownership. Hands-on drills with tools such as T-GROW, the “AWE” sequence, and the Ask-Coach-Commit rhythm turn concepts into repeatable habits. Live practicums, peer feedback, and take-away resources ensure immediate workplace application and impact.

Learning Objectives

1. Adopt an ICF-aligned coaching mindset that swaps advice for curiosity and ethical practice.
2. Evoke insight and accountability through powerful questioning, goal-setting, and feed-forward techniques.
3. Build trust and psychological safety quickly through presence, centering, and inclusive language.
4. Integrate coaching into everyday leadership rhythms with simple tools for one-on-ones and team huddles.



Who Should Attend?

Team leads, project owners, middle managers, and executives who need to unlock performance through their organization with deliberate coaching conversations—without adding more meetings to their calendar.

Summary Course Agenda

Day 1	• Coaching: What it IS and ISN'T • Ask-Tell self-diagnostic • Ethics & the Coaching Mindset: Taming Your Advice Monster • Generating Trust & Psychological Safety • Presence & Deep Listening	LUNCH	• Catalytic Questioning • Goal-Setting & Accountability • Live Coaching Practicum with Peer-Observation • Ask-Coach-Commit rhythm & action planning
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Logistics and Pricing

This course is designed for delivery at the client’s location. A standard class size is up to **20 participants**. Clients are asked to provide basic audio/visual support (e.g., projector/screen, flip charts, markers) and a suitable training space. Optionally delivered as (2) half days. Detailed price estimates available upon request.