

Self Coaching Workshop

Duration: 1 day

Description

It is observed that individuals who receive coaching services and apply coaching approaches on themselves discover more creative solutions, work more efficiently and focused, and are healthier and happier. The self-coaching workshop aims to help participants think with powerful questions, move from a judging mindset to a learning mindset, create positive future images that will support them from today to the future, recognize and mobilize their inner resources to achieve that image, and initiate their inner transformation.

Audience

Anyone who wants to meet their true potential and reflect it in their life

Duration

Face-to-face or online 1 day or 2 sessions of 3 hours online. Upon request, 1.5 hours of Team Coaching is added to ensure continuity of Development.

Outline

What is coaching? What is not?

Brain Information from the Perspective of Learning, Development, Change

Judging Mindset / Learning Mindset

Basic skills for Coaching (Listening, Asking Questions, Feedback and Appreciation)

A method for Self-Coaching

Applications

Resources & Recommendations for continued development

Prerequisites

There are no prerequisites for this course.