

Module	Module Outline	Major competencies
1. Basic Orientation	Program overview; Outcomes; Program logistics; Setting personal goals; The way we teach and learn; Program agreements and rules	1. Meeting ethical guidelines and professional standards; 2. Establishing the coaching agreement; 8. Creating awareness
2. What is coaching?	Defining coaching, Coaching foundations; What influenced coaching; What is not coaching	1. Meeting ethical guidelines and professional standards; 8. Creating awareness
3. Fundamental principles of thinking	8 fundamental principles of thinking; Impacts on communication; Effective coaching session, How to deal with change; Qualities of a great coach	3. Establishing trust and intimacy with the client; 4. Coaching presence; 7. Direct communication; 11. Managing progress and accountability
4. The pillars of coaching	Everyday communication vs. Coaching communication; The pillars of coaching;	1. Meeting ethical guidelines and professional standards; 5. Active listening; 7. Direct communication;
5. Coaching and your vision	Coaching vs. Coaching skills; Coaching - your vision	1. Meeting ethical guidelines and professional standards; 2. Establishing the coaching agreement; 8. Creating awareness
6. ICF Competencies	ICF - basic information; ICF competencies overview	1. to 11.
7. Basic conditions for coaching	Conditions for coaching; Trust; Characteristic of a good coach	1. Meeting ethical guidelines and professional standards; 3. Establishing trust and intimacy with the client;
8. Communication in coaching (1)	Listening as a coach	3. Establishing trust and intimacy with the client; 5. Active listening;
9. Communication in coaching (2)	Speaking as a coach	3. Establishing trust and intimacy with the client; 7. Direct communication
10. RE Coaching session model (1)	Essential part - Trust and relationship	3. Establishing trust and intimacy with the client; 4. Coaching presence; 7. Direct communication
11. RE Coaching session model (2)	The purpose of an session	3. Establishing trust and intimacy with the client; 4. Coaching presence; 5. Active listening
12. RE Coaching session model (3)	The 3 basic pillars; Rules; Topic; Desired result	2. Establishing the coaching agreement; 4. Coaching presence; 5. Active listening; 7. Direct communication; 10. Planning and goal setting
13. RE Coaching session model (4)	Content - Questions	6. Powerful questioning
14. RE Coaching session model (4)	Content - Verification; Recapitulation	4. Coaching presence; 5. Active listening; 6. Powerful questioning; 7. Direct communication; 8. Creating awareness
15. RE Coaching session model (5)	All parts, practicing; Stages of a session	4. Coaching presence; 5. Active listening; 6. Powerful questioning; 7. Direct communication; 8. Creating awareness; 9. Designing actions
16. Focused on the present	Coaching presence	4. Coaching presence
17. Feedback	Classic feedback vs. Feedback in coaching; The purpose of a feedback	1. Meeting ethical guidelines and professional standards; 4. Coaching presence; 7. Direct communication; 8. Creating awareness
18. Long-term cooperation with client	Long term cooperation - benefits for client	11. Managing progress and accountability

19. Coaching series	Coaching series - parameters	2. Establishing the coaching agreement; 8. Creating awareness 10. Planning and goal setting; 11. Managing progress and accountability
20. From dream to action	"Dream - Purpose - Goal - Plan - Action" Model - basic pillars	2. Establishing the coaching agreement; 8. Creating awareness; 10. Planning and goal setting; 11. Managing progress and accountability
21. Key areas for coaching	Key areas for coaching - setting up	2. Establishing the coaching agreement; 3. Establishing trust and intimacy with the client; 5. Active listening; 6. Powerful questioning; 7. Direct communication; 10. Planning and goal setting;
22. Setting the goals	Setting the goals process stages; Parameters of a good goal	4. Coaching presence; 5. Active listening; 6. Powerful questioning; 7. Direct communication; 10. Planning and goal setting;
23. Plan setting	Setting the plan process stages; Parameters of a good plan	5. Active listening; 6. Powerful questioning; 7. Direct communication; 10. Planning and goal setting; 11. Managing progress and accountability
24. Designing actions	Setting the action process stages; Parameters of a good action	4. Coaching presence; 5. Active listening; 6. Powerful questioning; 7. Direct communication; 9. Designing actions
25. Three main branches of coaching series	Achieving results; Promoting learning and change; Emotional branch	3. Establishing trust and intimacy with the client; 4. Coaching presence; 8. Creating awareness; 9. Designing actions; 10. Planning and goal setting; 11. Managing progress and accountability
26. Revision for edification	Revision for edification - purpose, stages, outcomes, actions	8. Creating awareness; 9. Designing actions; 10. Planning and goal setting; 11. Managing progress and accountability
27. Elements of coaching sessions in a series	Stages of regular coaching session in a series	2. Establishing the coaching agreement; 8. Creating awareness; 10. Planning and goal setting; 11. Managing progress and accountability
28. The start of a coaching session	How to start coaching session effectively	2. Establishing the coaching agreement; 4. Coaching presence; 8. Creating awareness; 10. Planning and goal setting; 11. Managing progress and accountability
29. The conclusion of a coaching session	How to end coaching session effectively	3. Establishing trust and intimacy with the client; 4. Coaching presence; 8. Creating awareness; 9. Designing actions;
30. Challenging situations in coaching	Challenging situations - theory + how to handle them	1. Meeting ethical guidelines and professional standards; 3. Establishing trust and intimacy with the client; 4. Coaching presence; 7. Direct Communication
31. Reaching a breakthrough - suitable conditions	Appropriate environment for new ideas	4 Coaching presence; 5. Active listening; 6. Powerful questioning; 7. Direct communication; 8. Creating awareness
32. Reaching a breakthrough - suitable questions	Questions on conscious thinking; Questions on emotions; Questions on self-knowledge; Questions on intuition	4 Coaching presence; 5. Active listening; 6. Powerful questioning; 7. Direct communication; 8. Creating awareness
33. Working with habit	Working with habit - essence, purpose, process, stages	3. Establishing trust and intimacy with the client; 4. Coaching presence; 8. Creating awareness; 9. Designing actions;
34. Praise and appreciation in practice	Praise and appreciation in practice	1. Meeting ethical guidelines and professional standards; 3. Establishing trust and intimacy with the client; 4. Coaching presence; 7. Direct communication; 8. Creating awareness;
35. Coaching series and approach to the client	Coaching series - critical parts; Introducing process and yourself as a coach	1. Meeting ethical guidelines and professional standards; 2. Establishing the coaching agreement; 8. Creating awareness; 11. Managing progress and accountability
36. Your coaching style	Finding ideal coaching style within RE methodology	1. to 11.