



**COACH**

**AN ONLINE EXPERIENCE**

High impact coaching  
for individuals, teams  
and organisations ●

[thecoachplace.com](http://thecoachplace.com)

## COACH: An Online Experience

If you are responsible for the performance, effectiveness, and well-being of others, then having high impact coaching skills is critical. The world is asking for master communicators who can empower, build bench strength at pace, all while connecting on a trusted level. The future success of individuals and businesses everywhere depends on our ability to grow the people around us. Future innovation is not about technology, rather it is about human capital.

Having talented people in your business is not enough, neither is having people who work hard or have high EQ. The world we live in requires people who are self-aware, ask better questions, listen hard and can look around corners. We need people to know their strengths and leverage them. The role of a coach is to truly grow the effectiveness and impact of those they are working with.

It matters little whether you are a start-up business or leading a global team; a coach who wants to sharpen your skills or an aspiring leader who wants to add coaching expertise as part of your toolbox - our COACH program is for you. It is an accelerated and deep immersion into the most current and effective coaching strategies for the world that we live in now.

If you want to be that person who knows how to tap into the true potential of others, it starts within. Great coaches are intuitive thinkers who ask questions that have not been asked before. They know when to prod, when to listen and how to create significant accountability. As a result, they upskill those around them, have stronger working relationships and healthier teams with resilient and optimistic mindsets. The COACH program is delivered to you by some of the most experienced and talented coaches from around the globe.

The complex and fast paced environment we are all living and working in requires constant and agile learning, and our COACH program builds the skills and knowledge you need to lead the way.

# Tailoring our programs for organisations, teams and individuals

## A program for everyone:

Our COACH programs are available in three different levels to reflect the coaching experience of participants. We will partner with you to determine the most valuable and high impact learning for your people.

**Level 1** - for those who are being introduced to coaching and need the fundamentals.

**Level 2** - designed for participants who are coaching as part of their role and want to upskill and build their knowledge of current strategies. Curated learning materials, stretch activities and optional (recommended) coaching are integrated.

**Level 3** - specifically for coaches, HR and L&D professionals, and leaders who want to stretch their learning and accelerate their expertise. Experienced guest speakers, case studies and practical projects are integrated.

## Are you an organisation?

- We work globally with our clients and can support the integration of this program into your current development initiatives and cultural programs.
- COACH can be scaled across your organisation with large masterclass sizes, allowing for participants to have a shared experience.
- ‘Train the Trainer’ programs are available for your internal HR and L&D teams. We provide you with all collateral, knowledge and training so that they can deliver COACH for you.
- COACH can be licensed on an annual basis.
- Please note, this program is also available as a face to face program with your people in the room.

## Are you part of a team?

- COACH can be delivered to established teams to develop shared language, commitment and coaching culture.
- For experienced teams, COACH will build capability and a high performing culture where people feel challenged, accountable and empowered.

## Are you an individual?

- See our programs page at [thecoachplace.com](https://thecoachplace.com) for the next public program dates for COACH, related masterclasses or make an enquiry for more information
- Yes! One of our experienced coaches can deliver this program for you privately. Fees available on application after further understanding of your desired outcomes.
- If you're an entrepreneur, founding director or anyone wanting to be better and do more, see our individual coaching programs at [thecoachplace.com](https://thecoachplace.com)
- Subscribe via our website to The Coach Place program for immediate access to thought provoking articles, masterclasses, curated learning materials and inspiring interviews.

# COACH: An Online Experience

## objective

To build confidence and current coaching strategies in individuals who are responsible for the performance, effectiveness and well-being of others.

## coaching is different

Coaching is different to mentoring, leading, managing and counselling. Those roles are effective in their own way, have their own place, and achieve different outcomes. Coaching - uniquely - trusts that the coachee has the ability to solve the problem, make the decision, plan the outcome and think through what success really looks like. Coaching is about tapping into potential - empowerment, accountability, responsibility, getting results. (A coach rarely gives advice or makes a recommendation.) The evidence for positive impacts from effective coaching is growing, significant and global. Workplaces with a coaching culture have higher retention of talent, increased productivity, and deeper more respectful relationships.

## proposed outcomes

- Greater awareness of the impact they have on the performance of others by upgrading coaching skills
- Learn/build the skills required to engage in robust, trusting and results-focused coaching conversations
- Understanding of strategies to self-manage, positively influence, and create accountability when coaching
- Build appreciation for the role of beliefs and values when it comes to coaching and personal success
- Increased knowledge of different models and methods to coach (lasered, momentary, individual, team...)
- Creating of a coaching space for different people and varied situations (the 'coaching lens')
- Improvement in emotional intelligence and understand what current personal strengths to leverage
- A lifelong commitment to inspiring and facilitating the self-development of others
- Becoming a better team player, leader, partner, parent and friend, as a result of knowing how to coach
- Stronger and more respected/trusted personal brand

# COACH: An Online Experience

## core elements

- Online Masterclasses - 4 x 2.5-hour masterclasses and 1 x 3-hour masterclass
- Masterclasses occur every 3 to 4 weeks depending on client-preferred timeline
- All masterclasses are facilitated online via your preferred platform
- We are able to tailor this experience for your people in the following ways if needed:
  1. Integrate your senior leaders as guest speakers or invite them to a Q&A session.
  2. Provide one-on-one coaching to complement the work being done in the online masterclasses.
  3. Utilise various profiling tools and assessments where this would add value to learning.
  4. Tailor the tone, content and pre-work for the experience/background of the group. COACH can be modified for participants who are learning about coaching for the very first time, right through to highly experienced leaders who want to sharpen their coaching strategies.

## the coach place team

We have highly skilled coaching facilitators who can create an impactful experience for your leaders. The experience will be thought-provoking and practical and will absolutely build effectiveness and impact. Our team has been working with individuals, teams, and global organisations across all levels, for 15 years.

## pre-program experience for COACH participants

- Participants receive a calendar of events for their diary.
- We will introduce participants to their facilitator. And, one week prior to the first masterclass participants will receive pre-work with tips on how to leverage this experience.
- Participants have an opportunity to submit questions to our mailbox with any related topics of particular interest to them.

## duration of program experience for COACH participants

- A dynamic slide deck is used for each session with energising clips (not provided to participants).
- Content will be provided to participants to reinforce learning.
- A recommended reading/resource list for topics covered in each masterclass is shared on conclusion of the masterclass (books, podcasts, TED talks etc).

# COACH: An Online Experience

## overview of masterclasses

2.5 HOURS

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### **Masterclass One: Immersion to Self**

Program overview, outcomes and expectations

Coaching skills audit – leveraging my natural style and identifying my gaps

Coaching responsibility and integrity

Transactional Analysis – understanding the role of ego (adapting for results)

JoHari Window – it all starts with self-awareness and emotional intelligence

Why people behave as they do? (Relationships, decision making, instincts, intuition)

Building clarity about who you are when coaching (not mentoring, leading, managing or counselling)

What next? Homework activity. Recommended reading.

2.5 HOURS

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### **Masterclass Two: Coaching Culture, Relationships and Skills**

The role of values, discomfort, biased thinking, optimism, fear and self-sabotage, in coaching relationships

Accountability, confidentiality and influencing needs

Questions (scaling, trigger, white space), pace/tone, listening and trust are the coaching non-negotiables

Instinct V's intuition (coaching from the head and heart)

Coaching to a high performing and healthy culture

20 behaviours/outcomes linked with coaching success and how to create them

What next? Homework activity. Recommended reading.

3 HOURS

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### **Masterclass Three: How to Coach**

Self, individuals and teams (identifying the need, creating focus/momentum and vision)

GROW, Lasered, EARS, Quick wins, Chunking and Performance - coaching strategies and structures

The six levels of coaching conversations and the importance of language

The learning cycle, behavioural preferences and coaching to strengths

Coaching challenges – avoidance, blame, storytelling, excuses, obstacles, poor performance and conflict

What next? Homework activity. Recommended reading.

# COACH: An Online Experience

2.5 HOURS

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## Masterclass Four: What Every Coach Needs to Know

Documentation, scripting, risk, preparation and when to call it!

The role of feedback – for them and you!

When to bring in external support

Celebrating success

Building your tribe – coaching resources, the importance of debriefing and ongoing coaching development

Life changing moments and the privilege...

What next? Homework activity. Recommended reading.

2.5 HOURS

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## Masterclass Five: Coaching, Global Trends and Next Step

Why being a master communicator is critical in today's complicated world

Why adaptability, proactivity, positivity and the ability to reframe and pivot is even more important

Latest research on what work and the world we live in looks like for the next 5 years

Group coaching session to share learnings so far and commitments going forward

What next? Homework activity. Recommended reading.

## rates

Please let us know how many participants you have and the level of their experience. A friendly reminder that COACH is also available as a face to face program. All enquiries and questions are welcome! We will provide you with full rates and inclusions at your request. Please see our testimonials on the 'programs' page @ [thecoachplace.com](http://thecoachplace.com) to see what our clients say about learning with us.



Email, call, zoom  
or DM us soon.  
We're ready when  
you are ●



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