

Coaching Mastery

Example Programme Structure



Coaching Mastery	
Day 1	Managing Emotions <ul style="list-style-type: none">• Programme set up• Psychology and biology of emotions• Building emotional regulation• State management
Day 2	Leading people through change <ul style="list-style-type: none">• Psychology and change• Formula for facilitating behavioural change• Modelling excellence
Day 3	Building confidence <ul style="list-style-type: none">• Overcoming imposter syndrome• Techniques for confidence building
Day 4	Advanced Linguistics <ul style="list-style-type: none">• Advanced language patterns• Storytelling and metaphor
Day 5	Time Management <ul style="list-style-type: none">• Finding rhythm and avoiding burnout• Thinking beyond standard time management models• Advanced values
Day 6	Strategic Thinking <ul style="list-style-type: none">• Advanced Goal setting and planning• Programme integration and practise