

# Mind Mastery Foundation

## Example Programme Structure



Mind Mastery Foundation	
Day 1	<p><b>A Coaching Mindset</b></p> <ul style="list-style-type: none"><li>• Understand what coaching is and isn't and how it compares to other forms of supportive interventions</li><li>• The essential ingredients of becoming a good coach</li><li>• Building a coaching relationship</li><li>• Key coaching principles</li></ul>
Day 2	<p><b>Understanding others</b></p> <ul style="list-style-type: none"><li>• Develop a core understanding of how differently people think, process and experience the world</li><li>• Learn how to suspend judgement and work with another person's reality</li><li>• Learn some key ways that people think, process and experience the world differently</li></ul>
Day 3	<p><b>Coaching Interventions</b></p> <ul style="list-style-type: none"><li>• Learn interventions to help others get perspective, understand complex situations and make clearer decisions</li><li>• Learn how to use linguistics to bring about change conversationally and informally</li><li>• Understand the power (and pain) of different kinds of feedback and how and when to use it for good outcomes</li><li>• Learn interventions to help yourself and others achieve emotional regulation and control states, particularly in difficult situations</li></ul>
Day 4	<p><b>Career and life planning models and approaches</b></p> <ul style="list-style-type: none"><li>• Learn how to work with values both individually and organisationally</li><li>• Work with powerful career planning models</li><li>• Coaching practice and case study reviews</li></ul>