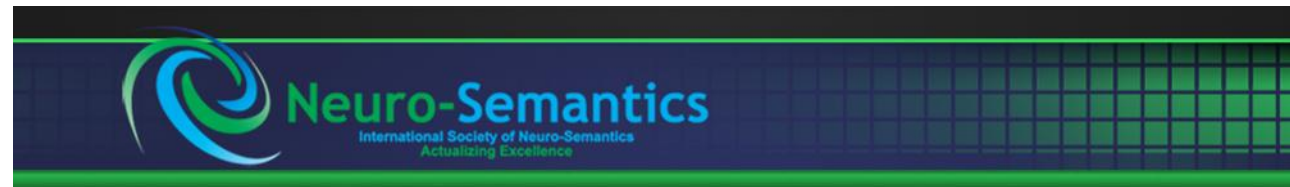


MCC Internal Coach Training

Overview of Program – Each day is from 8:30 – 18:00



Module 1 Coaching Fundamentals			Module 2 Coaching Essentials			Module 3 Coaching Effectiveness		
Day 1 Awakening Possibilities	Day 2 Relationships of Trust	Day 3 Magical Conversations	Day 4 Power up	Day 5 Exploring	Day 6 Stretching	Day 7 Changing Perspective	Day 8 Dancing	Day 9 Integration
<ul style="list-style-type: none"> • Frames • Organizational Introduction & expectations • Explain program, structure and pathway to accreditation • What is Coaching? • Different types of coaching • 5 Levels of focus • What is Meta-Coaching, NLP and Neuro-Semantics • Self-Actualisation Quadrants 	<ul style="list-style-type: none"> • NLP/NS Pre-suppositions • Mind to Muscle • Rapport • VAKAd • Listening • TRIADS – just feedback on listening and supporting 	<ul style="list-style-type: none"> • NLP/NS Pre-suppositions • Mind to Muscle • Eye accessing cues • Representation al Predicates • Cognitive distortions • Well formed Outcome • TRIADS – benchmarking listening and supporting 	<ul style="list-style-type: none"> • Review of skills and development areas of coaching • NLP/NS Pre-suppositions • Mind to Muscle • Human Being/ Human Doing • Power Zones • Responsibility to/for • Meta Model • TRIADS – benchmarking listening and supporting • States and Coaching state • Sphere of Excellence 	<ul style="list-style-type: none"> • NLP/NS Pre-suppositions • Mind to Muscle • Ladder of Meaning • Questioning • Coaching demo (flop and real) • TRIADS – benchmarking listening, supporting and questioning • Meta-stating intentionality 	<ul style="list-style-type: none"> • NLP/NS Pre-suppositions • Mind to Muscle • Introduce Meta-programs, first 6 MP • Expanding meta-programs • Giving Feedback • Receiving Feedback • TRIADS – benchmarking listening, supporting and questioning 	<ul style="list-style-type: none"> • NLP/NS Pre-suppositions • Mind to Muscle • Emotions • Meta-stating emotions • Next 6 Meta Programs • Meta-stating concepts • Personal Genius • Belief Change • TRIADS – benchmarking listening, supporting, questioning and feedback 	<ul style="list-style-type: none"> • Next 6 Meta-programs • 5 Year Vision • Excuse Blow Out • Dragon Dancing • Miracle Question • TRIADS – benchmarking listening, supporting, questioning and feedback • Time 	<ul style="list-style-type: none"> • Facilitation Model • Axes of Change • Personal Brand • Ideal Client • Pulling 9 days together • Governance, ethics and confidentiality • Celebration