

Brain Based Intensive Coach Training

Everything you need to begin coaching

About this program

If you are interested in making a career change, building an additional revenue stream as a professional coach, or learning to coach others inside your organisation, this is one of the coaching world's most respected and intensive training experiences.

The Brain Based Intensive Coach Training is designed to give participants cutting-edge coaching skills, tools and resources to effectively coach others in any situation.

The models at the core of the program draw on the hard science of how the brain works and provide practical, useful tools for improving other people's thinking and performance.

You will learn the principles behind each coaching technique and become confident in its effective use through regular practice with your fellow trainees and 'live' coaching clients.

By the end of the course you will know how to:

- Build trust with your coachees
- Communicate effectively as a coach using a wide range of powerful questioning and listening techniques
- Create inspiring goals with your coachees using the Results Coaching Model
- Motivate your coachees to sustain progress towards their goals
- Create new awareness in your coachees on how to overcome any obstacles they encounter

You will also get practical experience delivering powerful trial sessions using the Results Coaching Model, enhancing your opportunities to develop your client base, either as an independent coach or a coach inside your organisation.

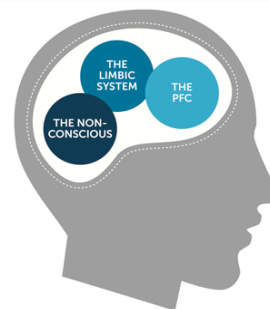
Benefits for participants attending this program:

- Learn to facilitate ongoing positive change
- Experiential training with practical coaching skills that can be used immediately
- A proven coaching structure for unlocking people's potential
- Skills for having tough conversations
- An ability to have shorter conversations with more impact
- New ways to manage priorities, worry less about details and feel less overwhelmed
- Improved relationships with direct reports, peers and supervisors
- Access to a variety of additional business tools and support services post training

Six Insights About the Brain



Brain State Required for Insight



Getting Started

For more information or to register for this program, please contact us on info@resultscoaches.co.za or 0860 864 864.

Visit our website www.neuroleadership.co.za to see upcoming training schedules or for more information.

Course Overview

Coaching communication skills

In the first part of the program, you'll explore some of the origins of coaching, looking specifically at contemporary neuroscience and its implications on coaching and facilitating change. You'll then move in to developing key coaching communication skills that will transform the way you communicate.

Topics include:

- Think about thinking
- Listen for potential
- Speak with intent
- The Results Coaching Model
- The Dance of Insight
- CREATE new thinking
- Follow up with FEELING and REVIEW actions

The processes of coaching

Once you have learned how to communicate like a coach, you'll move in to applying these new skills to key coaching processes. Topics include how to:

- Set powerful goals with your clients
- Establish a coaching relationship and build trust
- Develop strategies for success
- Get your clients into action
- Manage coaching sessions
- Manage progress and accountability
- Generate insights
- Work with habits
- Operate as a coach

Live learning

By teleclass four, you will have learnt how to communicate like a coach within the Results coaching framework so that you can start working with clients outside of class. This is an integral part of the learning experience.

In this program you'll also complete one coaching observed session assignment and one live assessment with a qualified Results Assessor. Both these exercises will give you a solid understanding of your progress in the course and will build your confidence as a coach.

What you get

- Certificate of Completion (upon successful completion of all elements of the program)
- 3 day intensive workshop
- 8 x 90 minute teleclasses
- A feedback report on your observed session coaching assignment
- A live coaching assessment with a Results Assessor
- Manual
- Coach and client materials to use in your coaching practice
- Access to our online coach only Resources section
- Community groups and networking events
- Access to all the support services available to Results coaches
- Podcalls to enhance learning

Feedback from previous students

"What I really liked about the course was the perfect balance struck between offering a structured coaching methodology and a more intuitive approach driving at clients' insights."

Clara Seeger, Certified Coach

"To think that I almost didn't sign up for the course...what was I thinking of?! When I think of your course, these words spring to mind – high levels of quality, integrity and authenticity. Truly inspiring."

Sarb Chowdry, Certified Coach

"I conducted a complimentary session today, with my first director level client. My client was delighted with the coaching outcome. Thank you Results for your excellent training. The hard work and investment has really paid off!"

Beverley Anderson, Coach

"I'm very proud to be a Results coach, and I think others are too – I've noticed that whereas other coaches don't talk about their training school unless asked, Results coaches are most likely to introduce themselves as a Results coach. That's an achievement."

Cally Robson, Certified Coach

"We covered an amazing amount in a relatively short time. So time management and design of the course were excellent. Compressed a lot of learning & growth in short time."

New York ICT Participant

"The course was excellent – my expectations were exceeded. Ongoing mentoring is a real plus. The fact that inside three months students are actively coaching, underpins the power and quality of Results Coaching."

Sydney ICT Participant

"The Intensive Coach Training Program by RCS is the best training I have come across in my 22 year career. The program has given a different dimension to my professional life."

Bangalore ICT Participant