

CHANGECOACHES

COACHING BELOW THE SURFACE: MASTERING THE ART OF CONNECTION

The Future of Coaching Starts Here



Welcome to a Coaching Experience Unlike Any Other

Most coaching programs just scratch the surface. But real progress? That happens *below* where trust is built, barriers break down, and real change begins.

This isn't just another coaching course. This is about leveling up, about becoming the kind of coach who can navigate complexity, foster real belonging, and create lasting impact. And *you're* right at the center of it.

Over 21 hours of immersive, hands-on learning, you won't just gain new knowledge, you'll *feel* the shift in your coaching. You'll walk away with the tools, confidence, and insight to coach at a deeper level than ever before.



AGENDA AT A GLANCE

DAY 1

LAYING THE FOUNDATION FOR IMPACT (In-Person)

9:00 AM - 10:15 AM

Opening: Building Connections & Setting the Stage

Coaching is built on relationships. We'll start with interactive exercises designed to create trust and psychological safety because real breakthroughs only happen when people feel truly seen and heard.

10:15 AM - 11:15 AM

Adapting to the Future Workplace: The Coach Tomorrow Needs

Workplaces are evolving, AI, hybrid teams, and heightened anxiety are changing the game. Are your coaching skills keeping up? This session is all about helping you stay ahead of the curve.

11:15 AM - 11:30 AM

Break

11:30 AM - 12:00 PM

From Insight to Action: Bridging Theory and Practice

Learning is great, but applying what you learn is what makes the difference. In this hands-on session, you'll start putting your insights into practice *right away*.

12:00 PM - 1:00 PM

Lunch Break

1:00 PM - 2:00 PM

Creating a Culture of Belonging in Your Coaching Relationships (Live Coaching Demo)

Clients don't just want to be coached. They want to *belong*. Learn how to create that space for them -- and observe a live coaching demo showing exactly how it's done.

2:00 PM - 2:15 PM

Break

2:15 PM - 3:15 PM

Psychological Safety: The Bedrock of Effective Coaching

If clients don't feel safe, they won't open up. And if they don't open up, transformation won't happen. Learn how to create an environment where clients can take the kind of risks that lead to real growth.

3:15 PM - 4:00 PM

Embracing REAL Coaching: Elevating Your Practice

REAL Coaching isn't just another framework, it's a game changer. See it in action and walk away with techniques that will shift the way you coach *forever*.

4:00 PM - 4:45 PM

LEAD Assessment & Development Planning

This is your roadmap. Take stock of where you are, identify where you want to go, and start setting up your next-level coaching game plan.



DAY 2

TURNING INSIGHT INTO ACTION (In-Person)

8:30 AM - 9:00 AM

Reflection & Day 1 Integration

The best insights often come *after* the session ends. We'll reflect on key takeaways from Day 1 and explore how to integrate them into real-world coaching.

9:00 AM - 9:30 AM

Interactive Q&A & Collective Dialogue

No boring lectures here. Bring your toughest coaching questions, your biggest challenges, and we'll unpack them together in a lively, real-time discussion.

9:30 AM - 10:30 AM

Engaged Practice: Coaching Below the Surface

Now it's time to put everything into action. In small groups, you'll practice deep coaching techniques and get immediate feedback on your approach.

10:30 AM - 10:45 AM

Break

11:30 AM - 12:00 PM

Insight Sharing & Community Anchoring

Coaching is a journey and you're not on it alone. Capture your biggest takeaways, share breakthroughs, and commit to your next steps alongside a community of like-minded coaches.

DAY 3-8

ADVANCED APPLICATIONS & FINAL MASTERY (Virtual Sessions)

Day 3 | 10:00 AM - 11:30 AM

Uncovering Hidden Barriers: Dominant Leadership Standards

Are hidden biases shaping the way you coach? In this session, we'll explore traditional leadership norms that may be limiting your impact and learn how to break through them.

Day 4 | 10:00 AM - 11:30 AM

Joyfully Coaching Below the Surface

Deep coaching doesn't have to feel heavy. In fact, it can be *joyful*. Discover how to bring authenticity, energy, and ease into your practice while still creating profound change.

Day 5 | 10:00 AM - 11:30 AM

Bridging Theory & Practice: Live Coaching Demos

Let's take it up a notch. Watch expert coaches apply everything you've learned in a live demo then break it down so you can integrate these techniques into your own coaching practice.

Day 6 | 10:00 AM - 11:30 AM

Embodied Coaching: Exploring Somatic Practices

Coaching isn't just about words, it's about energy, presence, and the unspoken. Learn how to tap into the body's wisdom for deeper, more intuitive coaching experiences.

Day 7 | 10:00 AM - 11:30 AM

Crafting Your Path Forward: Personalized Action Planning

This isn't about theory. It's about results. Develop a customized plan to integrate what you've learned so your coaching continues to grow long after the program ends.

Day 8 | 10:00 AM - 12:00 PM

Celebrating Milestones: Sunsetting & Graduation

Your growth deserves to be celebrated. In our final session, we'll reflect on your journey, acknowledge your progress, and set you up to take your coaching to new heights.