



Coaching  
Skills  
Accelerator

# Become the Leader People Want to Work For

**Coaching Skills Accelerator** is a practical program designed to help you navigate the challenges that emerge for leaders in today's workplace.

Today, effective leadership demands more than just providing direction—it requires the ability to coach and empower others to excel. Research shows that employees who report to **managers** with **strong coaching skills** are **40% more engaged** and **three times more likely** to be **high performers**. Studies from **Gallup** and **Harvard Business Review** consistently demonstrate that **leaders who prioritize coaching** foster more **collaborative, innovative, and resilient** cultures.

Yet, despite this compelling evidence, many managers have never received formal training in these essential skills.

The **Coaching Skills Accelerator** is designed to close that gap. Grounded in research and built for real-world impact, this program equips leaders with a practical, structured approach to integrate coaching into their daily management practices. Through **hands-on exercises, actionable tools, and expert feedback**, participants **enhance their leadership effectiveness** and, in doing so, further unlock the full potential of their teams.



## Experiential Learning

A **hands-on approach** enables participants to actively learn by doing, reflect on their experiences, and apply gained insights in real-world situations with their team members.



## Live, Interactive Sessions

**Real-time learning** experiences foster engagement through discussion, collaboration, and immediate feedback.



## 8 Two-Hour Live Modules

A **structured learning** journey with one focused module released each week, progressively building core coaching skills over 8 weeks.



## 24 Learning Hours

Focused, **high-value content** designed to maximize growth within a concise and manageable timeframe.



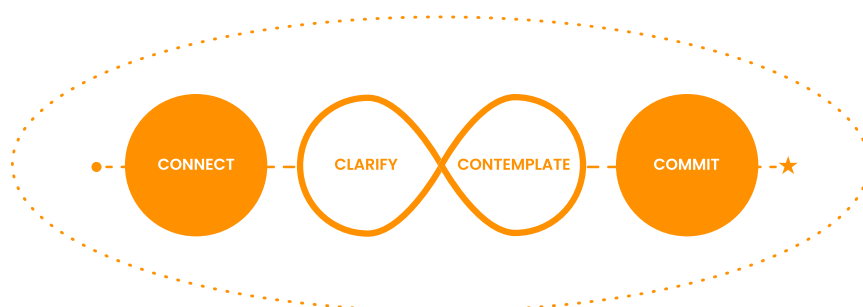
## Certificate of Completion

**Formal recognition** of your achievement and unwavering commitment to professional development.



# The Catalyst Coaching Model™

The Catalyst Coaching Model is a straightforward framework that leaders can use in everyday conversations to enhance their impact. Like a catalyst that sparks growth and accelerates progress, this model is designed to ignite meaningful development and create forward momentum.



Coaching Mindset: People are naturally resourceful, creative and whole.

- **Connect** – Establish trust and focus the conversation.
- **Clarify** – Explore challenges and identify what matters most.
- **Contemplate** – Facilitate reflection and insight.
- **Commit** – Align on action and follow through.

This model supports managers in evolving from being operationally-focused to people-focused by weaving coaching techniques, such as attentive listening and powerful questioning, into their approach to leading others.

## Who Should Attend

- **Emerging-to-mid-level managers** committed to building strong coaching skills and elevating their leadership and positive impact on others.
- **Individual contributors transitioning into leadership roles**, looking to develop a coaching mindset and collaborate more effectively with others.
- **HR and talent development professionals** seeking to cultivate a coaching culture within their organization.

## What Sets Coaching Skills Accelerator Apart?

Traditional leadership training is outdated. This program is designed for today's workplace.



**Neuroscience-infused  
Coaching Strategies**

Learn brain-based techniques to enhance employee learning and performance.



**Real Coaching Demonstrations  
& Practice**

Observe seasoned practitioners coaching others and apply what you learn in real-world scenarios.



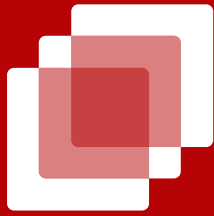
**A Simple & Effective  
4-Step Coaching Model**

Implement a structured framework that can be easily integrated into everyday leadership conversations.



**6 Conversation  
Guides**

Explore structured conversation guides to help you navigate key conversations you will have with team members.



# Coaching Skills Accelerator

Next Cohort Begins:

**7**  
Oct

Spaces are **limited**.

## Program Overview

This **8-week program** includes live instruction, coaching demonstrations, and hands-on coaching practice to ensure practical real-world application

### Module 1: Adopting a Coaching Mindset

- Understand how coaching differs from mentoring, advising, and managing.
- Identify how mindset shifts can empower employees.
- Explore how coaching integrates with effective leadership.

### Module 2: Mastering Core Coaching Skills

- Practice advanced listening techniques to enhance understanding and connection.
- Master the art of crafting powerful, thought-provoking questions.
- Apply active listening and questioning skills to drive engagement and clarity.

### Module 3: Applying a Coaching Framework

- Explore the difference between relationship-oriented and task-oriented coaching.
- Learn a versatile coaching framework for diverse leadership contexts.
- Apply a coach approach to the most common scenarios managers face within the workplace.

## Module 4: Cultivating Coaching Presence

- Build emotional intelligence and trust as a leader.
- Strengthen personal leadership presence.
- Develop self-management techniques for emotional awareness and control.

## Module 5: Activating the Brain for Change

- Learn the science behind neuroplasticity and behavioral change.
- Apply strategies to activate the brain's potential during coaching.
- Build habits that encourage adaptive and agile thinking.

## Module 6: Connecting to Values and Purpose

- Recognize the central role of values in motivation and engagement.
- Tune into language that reveals core values during coaching conversations.
- Utilize techniques to create personal relevance and 'stickiness' for the coachee.

## Module 7: Managing Stress and Building Resilience

- Assess the presence and impact of stress on performance.
- Learn five proven techniques to reduce stress in real-time.
- Integrate strategies to promote resilience and sustained performance.

## Module 8: Integrating and Applying Coaching Skills

- Apply coaching skills in real-world leadership situations.
- Gain confidence through live coaching practice and actionable feedback.
- Observe participants' coaching and learn different styles and approaches.



## Program Details & Pricing

Group pricing and enterprise packages are available upon request.  
Please contact us to discuss your team's specific needs.

Duration	8 Weeks
Total Learning Hours	24 Hours
Live Modules (Theory + Practice) <ul style="list-style-type: none"><li>In every session, there will be hands-on dyad or triad practice, small group discussions, skill drills, and reflection assignments.</li></ul>	8 Hours
Live Coaching Assignments	8 Hours
Recorded Coaching Demonstrations (Self-paced)	10
Conversation Guides	6
Full Payment	\$1,750
Flexible Payment Plan	\$475/month for 4 months



## Contact Us

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