

## MODULE EXAMPLES

### Know Yourself

- V-I-A model
- Personality Theory
- Values, Needs & Wellbeing
- Expressive Coaching & Art

### Leading in Complexity

- Cynefin Framework
- Managing Polarity
- Thriving in Uncertainty
- Resilience

### Emotional Literacy

- Wheel of emotions
- Empathy
- Metaphors
- Somatic Coaching

### Systemic Change in Organisations

- Decentral organisations
- Change Management
- Design Thinking & Scrum
- Decision-Making
- Team Dynamics

### Agile & Leader as a Coach

- Adaptive Leadership
- Servant Leadership
- Agile mindset
- Positioning as a coach
- Presence

### Communication & Power

- Non-Violent Communication
- Neuroscience & Diversity
- Unconscious Bias

### Transformational Coaching

- Change vs Transformation
- Whole person coaching
- Narrative approach

### From Doing to Being

- Deepening your coaching presence
- Coaching & Energy
- Breathwork & Meditation

### Ethics & Contracting

- Ethics case studies
- In and out of contracting
- Tripartite contracting

## OUR FACULTY



Previously Director for Organisational Design and Change Management at the European Bank for Reconstruction and Development in London, Lise is the Founder and Director of Training of the School of Change Coach Certification Programme. She is a Lecturer on Design Thinking and Complexity at Sciences Po Paris and on Personal Development and Change Management at Anant University in India. Lise is a Professional Certified Coach with the International Coaching Federation, a Supervisor for coaches and consultants, and Board Director for Thought Leadership with the UK Chapter of the ICF.



Based in Hong Kong since 2010, Mathilde enjoys being a coach in vibrant Asia. Previously a Learning and Development specialist at a Big Four company, she has a wealth of experience with cross-cultural teams, high potential development, and accelerated leadership skills programs. She provides coaching and coaching supervision to help people take a deep dive into their being, and shine from their strengths. Mathilde is a Professional Certified Coach with the International Coaching Federation and has been the President of the Hong Kong Chapter of the ICF since 2019.

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