

# TWO LABS - ONE GOAL

## Join the School of Change Community

### ONE GOAL

In light of today's complex challenges, we believe coaching skills are essential to effect powerful and sustainable change for individuals, teams, organisations, and society at large. This is why our goal is to democratise coaching skills and have more and more people skillfully embrace coaching as a way of being.

- You are a leader and want to use coaching as part of your main job?
- You are an experienced executive coach in search of deeply transformational and systemic approaches?
- You are a novice wanting to work as internal or external coach?

Read on.

### OUR APPROACH

We aim to bridge the gap between "client" and "coach/change practitioner" between "experienced" and "novice" and bring you all together for a deeper understanding of your respective worldviews and challenges. Our strength is our diversity - we are global and interdisciplinary. What unites us is the use of coaching to enable change across a range of clients, contexts, and organisations.

### YOUR BENEFITS

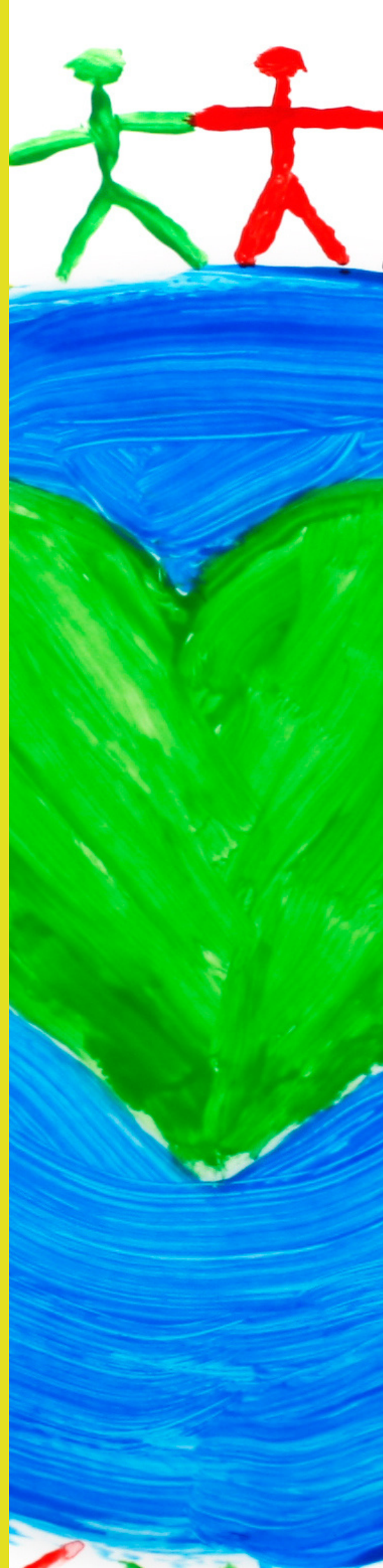
- Join the Coaching Theory Lab: enrich your coaching toolkit, draw on a range of theories, models, and frameworks to manage complex and challenging relationships and work with ambiguity and change across multiple levels of self, team, organisation, and society
- Join the Coaching Practice Lab: benefit from feedback and engage in reflective practice to discern your patterns, question your approach, expand your self-awareness
- Broaden your worldview
- Join a supportive network of like-minded people

### HOW TO JOIN

- We're 100% online.
- Book either the Coaching Theory Lab, the Coaching Practice Lab or both Labs.
- Add 1:1 supervision or coaching with the Silver or Gold plans.
- You can join anytime and pay annually or in monthly installments.

### THE LABS

- Coaching Theory Lab: monthly 2-hour live-group session and 2 hours of self-paced learning with online resources.
- Coaching Practice Lab: monthly 2-hour live group session and 1 hour of self-paced learning with online resources.



## OUR PLANS

### BRONZE

- Join the online community platform
- Monthly 2-hour live group session: either Coaching Theory or Practice Lab
- Access and share curated resources on our platform to help you develop as a coach: grow your coaching competence and professionalise your approach in line with Ethics and Core Competencies of the International Coaching Federation

### SILVER

- Everything on the Bronze Plan
- Quarterly 1:1 Supervision or Mentor Coaching
- Gain access to opportunities to practice your coaching skills with external clients

### GOLD

- Everything on the Bronze Plan
- Unlimited 1:1 Coaching and/or Supervision or Mentor Coaching for a year
- Gain access to opportunities to practice your coaching skills with external clients

Annual membership from EUR 900 (Bronze Plan)

Costs for corporates and students are on our website:

[www.profound-consulting.com/shop](http://www.profound-consulting.com/shop).



**Are you an ICF  
coach looking to  
re-certify?**

**Book the Coaching Practice and  
Coaching Theory Lab Bundle for  
48 CCEUs and four 1:1 mentor  
coaching sessions**



## YOUR HOSTS



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 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.

ProFound  
Consulting



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# MODULE EXAMPLES

## Know Yourself

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

## Emotional Literacy

- Wheel of emotions
- Empathy
- Metaphors
- Somatic Coaching

## Transformational Coaching

- Change vs Transformation
- Whole person coaching
- Narrative approach
- Othering

## From Doing to Being

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

## Ethics & Contracting

- Ethics case studies
- In and out of contracting
- Attachment to outcome
- Tripartite contracting

## Agile & Leader as a Coach

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

## Leading in Complexity

- Cynefin Framework
- Managing Polarity
- Thriving in Uncertainty
- Business Agility & Resilience

## Systemic Change in Organisations

- Organisational Design & (Digital) Transformation
- Change Management
- Design Thinking & Scrum
- Decision-Making
- Team Dynamics

## Communication & Power

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

