

TWO LABS - ONE GOAL

Join the School of Change Community

ONE GOAL

In light of today's complex challenges, we believe coaching skills to be essential to effect powerful and sustainable change for individuals, teams, organisations, and society at large. This is why we work relentlessly towards having 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 or change professional in search of deeply transformational and systemic approaches?
- You are a novice wanting to work as an internal or external coach?
- You work on building capacity for progression, complex and challenging relationships, and with ambiguity and change?

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

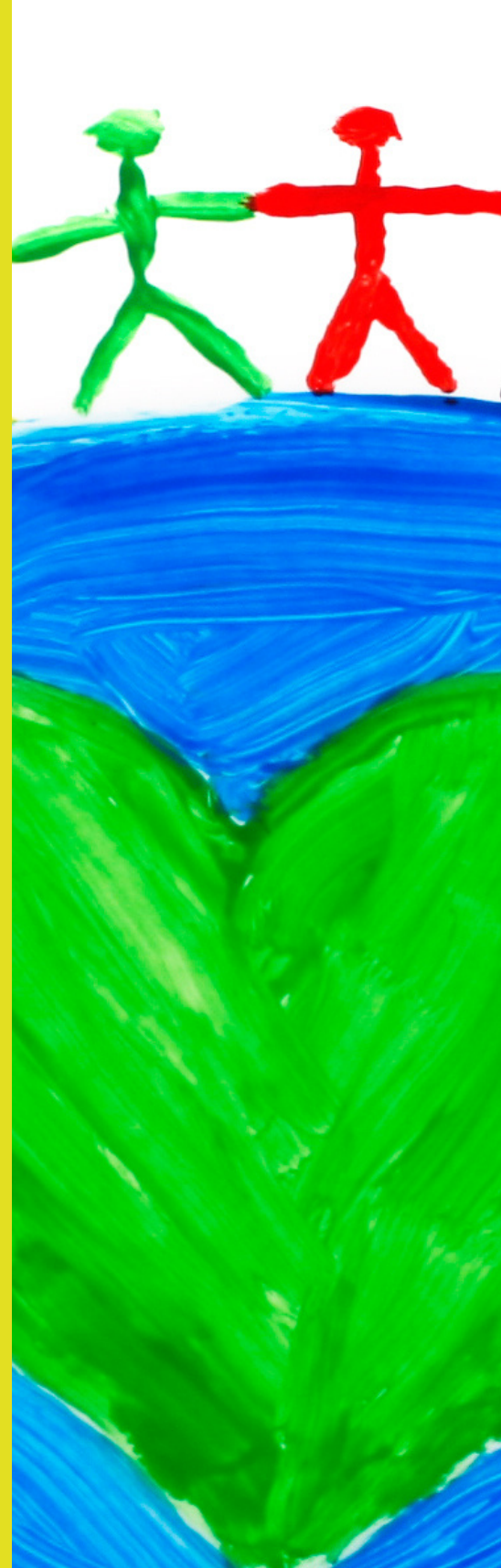
- **Coaching Practice Lab:** Engage in reflective practice to discern your patterns, question your approach, expand your self-awareness and benefit from feedback
- **Theory Lab:** Enrich your toolkit around leadership and change, draw on a range of frameworks to manage change across multiple levels of self, team, organisation, and society
- Broaden your worldview & join a supportive network of people

HOW TO JOIN

- We're 100% online
- Book either the CLC 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 Practice Lab:** 3 ICF CCEUs with monthly 2-hour live group session and 1 hour of self-paced learning with online resources
- **Theory Lab:** 4 ICF CCEUs with monthly 2-hour live-group session and 2 hours of self-paced learning with online resources



CCE

ICF CONTINUING
COACH EDUCATION

ICF

OUR PLANS

Our Labs are accredited by the International Coaching Federation! You can earn 36 CCEUs per year with the Coaching Practice Lab and 48 CCEUs with the Theory Lab.

BRONZE

- Join the online community platform
- Monthly 2-hour live Lab group session (either Theory or Practice)
- self-paced learning with curated resources on our platform
- Earn up to 48 ICF Continuing Coach Education Units per year

SILVER

- Join the online community platform
- 2 x monthly 2-hour live Lab group session (Theory and Practice)
- self-paced learning with curated resources on our platform
- Earn 84 ICF Continuing Coach Education Units per year

GOLD

- Everything on the Silver Plan
- Quarterly 1:1 Coaching or Supervision
- 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.



Book the Coaching Practice and Theory Lab Bundle for up to 42 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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THEORY LAB

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

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

Ethics & Contracting

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

