

# COACHING LAB

Join the School of Change Community

## THIS IS FOR YOU IF:

- You are a leader and want to use coaching as part of your 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 with ambiguity, change, and complex relationships?

## THE LAB

The Lab is a monthly gathering and online community of coaches, change practitioners, managers, leaders, and professionals keen to grow their coaching skills. The live Lab meetings consist of a thematic focus area, peer practice, supervision, and feedback. We embrace the reflective space of the Lab for deeper personal awareness and learning. Our strength is our diversity - we are global and interdisciplinary.

## YOUR BENEFITS

- Personal self-awareness and leadership presence
- Enhanced listening and conflict resolution skills
- Broadened toolkit to drive change
- Join a supportive and interdisciplinary network of professionals
- Opportunity to practice and obtain feedback in a confidential space
- Earn up to 48 ICF Continuing Coach Education Credits

## WHY THE LAB?

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 our ambition is to work relentlessly towards having more and more people skillfully embrace coaching as a way of being.

## HOW TO JOIN

- We're 100% online
- You can join anytime and pay annually or in monthly instalments
- Add 1:1 supervision or coaching with the Silver or Gold plans

## ICF ACCREDITED

- Gain up to 48 continued education credits certified by the International Coaching Federation.
- Start your journey toward formal accreditation with a professional coaching body.



# CCE

ICF CONTINUING  
COACH EDUCATION

ICF

# PRICE LIST

BRONZE	SILVER	GOLD
€ 1200	€ 2400	€ 6600
<p>Includes:</p> <ul style="list-style-type: none"><li>• Online community platform</li><li>• Monthly 2-hour long live Lab sessions</li><li>• Self-paced learning with curated resources on our platform</li><li>• 48 ICF Continuing Education Units per year</li></ul>	<p>Includes:</p> <ul style="list-style-type: none"><li>• Everything on the Bronze Plan</li><li>• Quarterly 1:1 Mentor Coaching or Supervision</li><li>• Coaching skills practice with external clients</li><li>• 56 ICF Continuing Education Units per year</li></ul>	<p>Includes:</p> <ul style="list-style-type: none"><li>• Everything on the Silver Plan</li><li>• Monthly 1:1 Coaching</li><li>• 80 ICF Continuing Education Units per year</li></ul>
Corporate: €2600 Students: €900	Corporate: €4600 Students: €1800	Corporate: €8000 Students: €3600



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

**Book the Silver Plan for up to 48 CCEUs and four 1:1 mentor coaching sessions**

We operate a radical financial inclusion policy with payment plans to suit all circumstances, do contact us to enquire about subsidised places. Places for NGOs/Students are strictly limited and on application only.

## YOUR HOSTS



Lise is the Founder and Director of Training of the School of Change. 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. Prior to that, she worked as Director for Organisational Design and Change Management at the European Bank for Reconstruction and Development in London.



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 from 2019-2021.

ProFound  
Consulting



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# THEMATIC FOCUS AREAS

## 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

