

GLOBAL INSTITUTE OF ORGANIZATIONAL COACHING

UPGRADE YOUR SKILLS!

ESSENTIAL COACHING SKILLS PROGRAM

Mondays & Thursdays beginning
April 14, 2025 - 11 am - 12:30 pm EST
3 weeks - 6 sessions

A RESEARCH-BACKED APPROACH TO COACHING EXCELLENCE

WHAT YOU WILL LEARN

Enhancing and Strengthening Rapport

Active Listening

Powerful Questioning

Change Processes

Feedback and Accountability

Emotional Agility

Setting Goals & Taking Action

Self-Reflection

WHY ENROLL IN THE PROGRAM?

- ✓ Gain evidence-based coaching skills grounded in research and best practices.
- ✓ Learn from an industry expert with extensive experience in coaching and organizational development.
- ✓ Develop advanced leadership and coaching competencies to enhance team performance and workplace culture.
- ✓ Master techniques for reducing workplace drama and fostering a more accountable, high-functioning team.
- ✓ Receive a certification in Coaching Essentials upon completion of the program.

NEXT STEPS

📌 Who Should Enroll? HR professionals, team leaders, executive coaches, and professionals seeking to enhance leadership impact and foster workplace transformation.

📅 Flexible Learning Options – Engage in virtual training, interactive discussions, and hands-on coaching applications.

📩 **Enroll Today! Take the next step toward mastering evidence-based coaching with the Essentials Coaching Skills Program.**

Apply Today!

<https://globalioc.com/essential-coaching-skills-program>

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APPLY FOR ADMISSION TODAY

MODULE 6: DETACH FROM DRAMA

The Science of Workplace Drama and How to Overcome It

As the final module in the Coaching Essentials Program, Detach from Drama examines the underlying psychological mechanisms of workplace drama and provides practical strategies for reducing conflict, enhancing collaboration, and fostering a drama-free organizational culture.

KEY CONCEPTS IN WORKPLACE DRAMA

The Nature of Drama

This module provides science-backed techniques for recognizing and mitigating workplace drama at its source.

Meaning Making and Cognitive Biases

Learn how to reframe perceptions, challenge assumptions, and introduce clarity into workplace dynamics.

Emotional Reactions and Psychological Triggers

Gain tools to help individuals self-regulate emotional responses and engage in constructive dialogue.

Internal Storytelling.

Learn how to help employees shift from reactive storytelling to objective problem-solving.

External Storytelling and Group Dynamics

Discuss strategies to disrupt drama loops and establish a culture of direct, productive communication.

Emotional Contagion and Workplace Culture

Build skills that counteract negativity and cultivate emotional resilience across teams.

PARTICIPANTS WILL RECEIVE:

- Essential Coaching Skills Workbook
- DISC Values Assessment and De-Brief
- 3 hours of oversight coaching
- Accreditation as an Affiliate Registered Coach with The Global Coaching Network
- SHRM credits