



COACHING FOR GOLD



PROGRAM GUIDE

Coaching for the Gold: Mastering Skills to Lead Others to Success

Instructor: Martine Brown

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Program Duration: 9 Weeks (4 Live classes, 5 Live Co-Working Sessions)

Platform: Cocoa Twins Teachable School will house your learning.

Program Overview

Welcome to the "Coaching for the Gold: Mastering Skills to Lead Others to Success" program. This nine-week intensive course is designed to equip you with essential business coaching skills, from identifying your coaching niche to mastering the ABC process. Through interactive lessons, co-working sessions, and practical challenges, you will elevate your coaching practice and lead your clients to success.

Week 1: Meet and Greet

Objective: Set the tone for the program by allowing participants to introduce themselves, share their goals, and connect with each other.

- Activities:
 - Icebreaker activities.
 - Introduce program structure, expectations, and goals.
 - Explain co-working session purpose.
 - Discuss initial reflections on their coaching journey.

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Week 2: Establishing Your Coaching Focus

- **Objective:** Understand the importance of defining your coaching niche and focus.
- Key Topics: Identifying ideal clients, finding your coaching style, setting realistic coaching goals.

Week 3: Co-Working Session

- **Objective:** Support participants in clarifying their coaching focus based on the insights from Week 2.
- Activities: Individual brainstorming and peer feedback on coaching niches.

Week 4: Action-Based Coaching Presentations

- **Objective:** Learn the ARIA coaching model and its application to drive client progress.
- Key Topics: Using ARIA in sessions, identifying challenges, setting actionable goals.

Week 5: Co-Working Session

- **Objective:** Perform the ABC Coaching Presentations
- Activities: Participants will practice coaching each others based on what they learned.

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Week 6: The ARIA Model

- **Objective:** Learn the ARIA coaching model and its application to drive client progress.
- **Activities:** Using ARIA in sessions, identifying challenges, setting actionable goals.

Week 7: Co-Working Session & Acquiring Clients Review

- **Objective:** Explore strategies to gain coaching clients.
- **Activities:** Peer practice sessions and feedback loops on action based coaching skills.

Week 8: Mastering Active Listening and Challenging Clients

- **Objective:** Strengthen listening skills and practice challenging clients in a supportive environment.
- **Activities:** Peer practice sessions and feedback loops on listening and challenging.

Week 9: Final Co-Working Session & Reflection

- **Objective:** Reflect on lessons learned throughout the program and solidify future coaching plans.
- **Activities:**
 - Reflection discussions.
 - Finalizing individual coaching plans.
 - Sharing progress and next steps.

Coaching for the Gold: Mastering Skills to Lead Others to Success Program Guidelines

1. Attendance and Participation:

- **Show Up Ready:** Cameras on and be prepared as you would for your clients.
- **Full Engagement:** Active participation is required for all sessions. Only one absence is permitted.
- Attendance is required for all sessions. If you need to miss a session (no more than 2), please let your instructor at least 24 hours before your planned absence. We try to avoid no call-no shows, so in case of an emergency, email us at icreate@mosaiccreativedesignsllc.com
- **Instructor Cancellations:** If the instructor needs to cancel due to an emergency, an email will be sent, and the session will be rescheduled as soon as possible.

2. Refund Policy

At Mosaic Creative Designs, we are committed to providing exceptional coaching services and products. However, we understand that there may be situations where a participant feels the service didn't meet their expectations. To ensure your satisfaction while maintaining our standards, we have established the following refund policy:

Refunds: We do not offer monetary refunds for any coaching services.

Credits: If you are unsatisfied with your coaching experience, you may request a credit equivalent to the amount paid. This credit can be applied toward other products or merchandise offered by Cocoa Twins.

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Eligibility for Credit:

Please email the coach and info@cocoatwins.com after the first session if you are unsatisfied with the service. Non-transferable: Credits are non-transferable and cannot be redeemed for cash or used by another individual.

Changes to Policy: Mosaic Creative Designs reserves the right to modify or update this refund policy at any time without prior notice.

3. Assignments and Challenges:

- Complete all weekly challenges and assignments on time.
- Bring completed tasks and materials to each session for discussion and feedback.

4. Collaboration and Respect:

- Engage respectfully with peers during discussions and activities.
- Provide constructive feedback and support to fellow participants.

5. Preparation:

- Review course materials before each session.
- Complete the pre-session tasks and bring necessary materials to class.

6. Communication:

- Reach out to the instructor with any questions or concerns.
- Participate in group discussions and communicate effectively with peers.