



# COACHING FOUNDATIONS



## SET A MODEL FOR YOUR COACHING STYLE

**Coaching Foundations** is for any professional wanting to start in the coaching profession!

There are many models, systems, methods and ways of coaching people...

Coaching Foundations is specifically designed for professionals, who want to go into the coaching profession, looking for some background to help them establish their model, system, method or way.

Throughout the course you will reflect on your skills and competencies within the context of different coaching practices – from life coaching to executive coaching.

**Coaching Foundations** will raise your awareness of the different methodologies applied within the coaching profession and your facilitator will help you develop a model that works for you.



**Coaching Foundations** is designed to be a broad sweeping course; giving participants the opportunity to self-reflect and learn about the various ways coaching is applied in the current market place.

**Graduates of *Coaching Foundations* will be awarded 12-months membership to the Asia Pacific Alliance of Coaches upon successful completion of the course.**



### Subjects Discussed

- Coaching Core Competencies
- Coaching Dynamics
- Coaching Methodologies
- Coaching V's Therapy
- Creatively Handling Difficult Situations and Tough Clients
- Essential Skills (communication, empathy and active listening)
- Keeping Accurate Records
- Preparing Yourself To Be A Coach
- Principles of Effective Goal Setting
- Reframing Past Mistakes
- Structuring a Coaching Session
- Success – Its Power and Definition(s)
- The Benefits of Coaching
- The History of Coaching
- Understanding Human Behaviour
- Success – Its Power and Definition(s)
- Understanding Motivation
- What is Coaching? The Philosophy, Definitions and Contrasts.



### About the Trainer

The trainer for this program will be [Shane Warren](#).

A registered psychotherapist, certified practicing hypnotherapist and certified practicing coach, working in Private Practice, Shane brings to the room more than a thousand hours of training experience working with groups all around the world.

He has developed and facilitated courses in a range of subject matters from emotional resilience to specialised counselling techniques to communication and leadership strategies.

Shane is a seasoned professional in the world of adult education and is a highly sort after trainer and consultant in the Asia Pacific region.

# Practical Information

**Workshop Title:**

Coaching Foundations

**When:**

February 13 to 17, 2012 @ 9:30 am to 4:30 pm daily

**Where:**

Nexus College Hargrave Street Darlinghurst NSW 2010

**Investment:**

**\$1,650 per person** for five days of training if you book before January 31, 2012

For two or more persons from the same organisation a rate of \$1,550 pp

(Full investment is **\$2,200 per person** after January 31, 2012)

Training fees include all resources to complete the course

**More Information:**

[shane@nexuscollege.com.au](mailto:shane@nexuscollege.com.au)

**Bookings:**

html: [www.NexusCollege.com.au/coachingfoundations](http://www.NexusCollege.com.au/coachingfoundations)

e: [admin@nexuscollege.com.au](mailto:admin@nexuscollege.com.au)

p: 02 8213 2348

f: 02 9332 2883

**Sponsors:**

This workshop is a joint initiative of:

Anthony Venn-Brown of Personal Success Coaching

Shane Warren of Nexus College

**Certification:**

*Certification will be issued through Nexus College Pty Ltd*

**Professional Development:**

Professional Development points apply for a number of professionals associations

**BOOKING FORM: Coaching Foundations (Sydney, February 13 to 17, 2012)**

**Family Name:** \_\_\_\_\_ **Given Name(s):** \_\_\_\_\_

**Company Name:**

---

**Address:**

---

---

---

**Telephone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Do you require assistance with travel & accommodation arrangements?** NO / YES (if yes our booking agent will call you soon)

**Investment Rate:** \_\_\_\_\_ **Mates Rate Association (where applies):** \_\_\_\_\_

**Payment Method:** Credit Card / Cheque (payable to Nexus College Pty Ltd / Direct Credit

**Card Name:**

---

**Card Number:** \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

**Expire Date:** \_\_\_\_\_/\_\_\_\_\_

**Direct Credit Notes:**

Please advise your full name in the transfer description.

**Account Name:** Nexus College Pty Ltd

**BSB:** 062-000

**Account #:** 1179-8800

**Swift Code:** CTBAAU2S

**Special Request Notes:**



Return to form on fax +61 (0)2 9332 2883 or PO Box 1295 Darlinghurst NSW 2010 Australia