



InsideOut COACHING™

Workshop + Certification At-A-Glance

WORKSHOP (DAY ONE)

The one-day InsideOut Coaching Workshop is the first step to getting more leaders coaching, more often, for more impact. Whether you've opted to attend live or online, you'll have the opportunity to explore the foundations of the InsideOut approach so you can help your team align performance goals to coaching and apply it more effectively on the job.

Participants will learn about coaching through a series of engaging learning modules that focus on six key outcomes.

- 1 Coaching Drives Results**
Aligning the practice of coaching to results
- 2 Nature of Performance**
Leveraging focus to power performance
- 3 Coaching for Breakthrough**
Accelerating decision making
- 4 Coaching Check-ins & Feedback**
Delivering InsideOut feedback with Quick-Check Questions
- 5 Coaching for Alignment**
Applying a simple coaching process to Coaching for Alignment situations
- 6 Getting Started**
Developing a coaching routine and creating a coaching ecosystem

CERTIFICATION (DAY TWO & THREE)

The two-day InsideOut Coaching Certification is where you will begin to put the power of coaching to work for your organization. You will not only be empowered to teach the award-winning InsideOut Coaching, but you'll walk away with the skills you need begin building a culture of coaching and high performance.

Participants will learn to:

- Understand their role as a facilitator
- Become grounded in the key principles of InsideOut Coaching
- Build their confidence to facilitate the programs, lessons, and exercises

DAY ONE: Flow and Logic Walk Through

You will focus on:

1. Content and flow of the workshop using the Facilitator Guide and Participant Kit
2. Coaching for Breakthrough skills practice

You will walk through a "deconstruction" process by answering questions like:

- What are the key messages of the lesson, videos, and activities?
- What questions might your participants have about this lesson?
- If you had to modify the lesson, what might you change?

Please Note:

Keep your day two evening free. You will need approximately 1 hour for lesson review and time for lunch.

DAY TWO: Teach Backs

You will focus on:

1. Teaching back key lessons of the workshop
2. Sharing your Conversations Planner, practicing Coaching for Alignment, and getting feedback from a partner

You will deliver a 20-30 minute lesson in the workshop. You will be expected to:

- Deliver the lesson as you would in front of a group of participants in your organization
- Participate in a group debrief at the conclusion of your lesson

You will receive the following materials on the first day of certification:

- Participant Materials
- Facilitator Guide

Inside Out Coaching

Ying Liu



Inside Out Coaching :

Whispering the Techniques of Language: An Mental Quest through **Inside Out Coaching**

In a digitally-driven earth wherever screens reign supreme and immediate interaction drowns out the subtleties of language, the profound techniques and mental nuances hidden within phrases frequently go unheard. Yet, located within the pages of **Inside Out Coaching** a captivating literary value pulsing with fresh feelings, lies a fantastic journey waiting to be undertaken. Written by a talented wordsmith, this charming opus invites readers on an introspective trip, lightly unraveling the veiled truths and profound influence resonating within ab muscles cloth of each word. Within the emotional depths of this emotional review, we shall embark upon a honest exploration of the book is primary themes, dissect their fascinating publishing design, and succumb to the powerful resonance it evokes heavy within the recesses of readers hearts.

https://blog.gospelcrusade.org/results/Resources/default.aspx/flower_ornament_scripture_a_translation_of_the_avatamsaka_sutra.pdf

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