



Mastering Leadership through Effective Coaching Techniques Training Course

10 - 14 Aug 2026
Cape town



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Ref.: 31_12482 **Date:** 10 - 14 Aug 2026 **Location:** Cape town **Fees:** 6000 **Euro**

Mastering Leadership through Effective Coaching Techniques Training Course Overview:

The "Mastering Leadership through Effective Coaching Techniques" training course offers a deep dive into leadership dynamics and the transformative power of coaching. It provides unique insights into the Simpson 3Ds Coaching Model, focusing on the 'Diagnose, Design, Deliver' method, fostering a profound Coaching Mindset Shift. This course encompasses holistic approaches, from Inside-Out Coaching strategies to adopting an Abundance Mindset in coaching sessions. Participants will be enriched with the principles of Authentic Leadership Coaching, Emotional Intelligence in Coaching, and an exploration of the pivotal role of trust in coaching. Our structured coaching conversations training ensures clarity and effective communication, while emphasis on feedback techniques equips leaders with skills for continuous improvement. We proudly champion a Whole-Person Coaching Approach and delve into global challenges through our modules on Global Diversity in Coaching. This training program is essential for any professional eager to elevate their leadership through potent coaching techniques.

Target Audience:

- Senior Managers
- Team Leaders
- HR Professionals
- Department Heads
- Organizational Development Specialists
- Any professional aspiring for leadership roles
- Skills target: Effective Leadership through Coaching, Emotional Intelligence in Coaching, Setting Priorities in Leadership Coaching, Feedback in Leadership Coaching.

Targeted Organizational Departments:

- Human Resources
- Management and Leadership Teams
- Learning & Development
- Operations
- Sales & Marketing



Targeted Industries:

- IT and Tech Firms
- Consulting
- Healthcare
- Financial Services
- Manufacturing
- Retail

Course Offerings:

Participants will acquire skills and knowledge in:

- Proficiency in the Simpson 3Ds Coaching Model.
- Mastery in Effective Leadership through Coaching techniques.
- Insight into the differences between Coaching vs Managing.
- Strategies for Combatting Disengagement through Coaching.
- Skills in Structured Coaching Conversations and Feedback Techniques.

Training Methodology:

This training course utilizes a blend of methods to ensure maximum comprehension and engagement. Participants will be exposed to real-life case studies exemplifying the Simpson 3Ds Coaching Model in action. Group work fosters collaboration, allowing peers to share insights on Inside-Out Coaching and Authentic Leadership Coaching practices. Interactive sessions on topics like Abundance Mindset in Coaching keep participants engaged, while feedback sessions, focused on Feedback in Leadership Coaching and Strengths-Based Feedback, offer real-time insights to hone their skills.

Course Toolbox:

- "Mastering Leadership Coaching" Workbook
- Simpson 3Ds Coaching Model Training Manual
- Access to our online platform with resources on Inside-Out Coaching.
- Feedback Techniques Checklist
- Authentic Leadership Coaching Training Video Series
- Role-playing scenarios for Coaching Conversations Structure.
- Tools for Employee Engagement Coaching Assessment

Course Agenda:



Day 1: Foundations of Coaching and Leadership Techniques

- **Topic 1:** Introduction to the Coach's Journey and Leadership Evolution
- **Topic 2:** Embracing the Realities of Being a Great Coach in Modern Settings
- **Topic 3:** Deciphering Coaching: Definitions, Myths, and Realities
- **Topic 4:** Understanding Why Every Leader and Manager Should Be a Great Coach
- **Topic 5:** Exploring the Impact: How Coaching Can Be a Game Changer
- **Reflection & Review:** The Transformative Power of Coaching in Leadership

Day 2: Techniques and Approaches to Effective Coaching

- **Topic 1:** Introduction to the Simpson 3Ds Coaching Model
- **Topic 2:** The "How-to" of Coaching: Diagnose, Design, Deliver
- **Topic 3:** The Journey of Coaching from the Inside-Out
- **Topic 4:** Embracing and Modeling an Abundance Mindset in Coaching
- **Topic 5:** Leading with Authenticity: Building Trust and Creating Safe Spaces
- **Reflection & Review:** The Interplay of Mindsets and Techniques in Effective Coaching

Day 3: Deep Dive into Coaching Mechanics and Engagement

- **Topic 1:** Recognizing When and How to Coach: Structured Coaching Conversations
- **Topic 2:** The Art of Asking Provocative Questions in Coaching
- **Topic 3:** GROW Model and Setting SMART Goals: Blueprint for Success
- **Topic 4:** Listening with Empathy: Skills, Pitfalls, and Responding Techniques
- **Topic 5:** The Balancing Act: Giving and Receiving Feedback in Leadership Coaching
- **Reflection & Review:** Mastering the Core Mechanics of Coaching

Day 4: Holistic Coaching and Impact on Individuals and Teams

- **Topic 1:** Coaching for Engagement: Combatting Disengagement and Boosting Morale
- **Topic 2:** Harnessing Coaching for Contribution and Becoming a Change Agent
- **Topic 3:** Embracing the Whole-Person Coaching Approach: Rituals and Accountability
- **Topic 4:** Organizational Transformation: Coaching the 7 Core Factors for Change
- **Topic 5:** Bridging Cultures: Coaching Across Global Diversity
- **Reflection & Review:** The Transformative Effect of Holistic Coaching on Teams and Individuals

Day 5: Integration, Application, and Forward Momentum in Coaching

- **Topic 1:** Making It Stick: Strategies for Long-term Coaching Impact
- **Topic 2:** Building Your Personal Coaching Playbook: Strategies and Techniques
- **Topic 3:** Distinguishing Coaching vs Managing: The Leadership Difference
- **Topic 4:** Servant Leadership and Coaching: Leading with Empathy and Support
- **Topic 5:** Preparing for Future Challenges: Avoiding Coaching Burnout and Sustaining Engagement
- **Reflection & Review:** Forward Momentum: Setting Intentions for Future Coaching Endeavors



How This Course is Different from Other Mastering Leadership through Effective Coaching Techniques Training Course:

Unlike other courses, our "Mastering Leadership through Effective Coaching Techniques" training program boasts a comprehensive curriculum, emphasizing the Simpson 3Ds Coaching Model. We deeply understand the value of a Coaching Mindset Shift and prioritize Emotional Intelligence in Coaching. Our focus on Feedback in Leadership Coaching sets us apart, as does our commitment to championing a Whole-Person Coaching Approach. Our modules on Global Diversity in Coaching recognize the globalized business landscape, ensuring leaders are equipped to lead across borders. This course is a culmination of modern coaching strategies, designed for leaders in the making.

Training Course Categories



Finance and Accounting Training Courses



Agile PM and Project Management Training Courses



Certified Courses By International Bodies



Communication and Public Relations Training Courses



Data Analytics Training and Data Science Courses



Environment & Sustainability Training Courses



Governance, Risk and Compliance Training Courses



Human Resources Training and Development Courses



IT Security Training & IT Training Courses



Leadership and Management Training Courses



Legal Training, Procurement and Contracting Courses



Maintenance Training and Engineering Training Courses



Training Course Categories



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Occupational Health, Safety and Security Training Courses



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Personal & Self-Development Training Courses



Quality and Operations Management Training Courses



Secretarial and Administration Training Courses



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**Zoom - Online
Training**

WHO WE ARE

Agile Leaders is a renowned training center with a team of experienced experts in vocational training and development. With 20 years of industry experience, we are committed to helping executives and managers replace traditional practices with more effective and agile approaches.

OUR VISION

We aspire to be the top choice training provider for organizations seeking to embrace agile business practices. As we progress towards our vision, our focus becomes increasingly customer-centric and agile.

OUR MISSION

We are dedicated to developing value-adding, customer-centric agile training courses that deliver a clear return on investment. Guided by our core agile values, we ensure our training is actionable and impactful.

WHAT DO WE OFFER

At Agile Leaders, we offer agile, bite-sized training courses that provide a real-life return on investment. Our courses focus on enhancing knowledge, improving skills, and changing attitudes. We achieve this through engaging and interactive training techniques, including Q&As, live discussions, games, and puzzles.



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