Coaching Essentials

Duration: 1 day
Audience: Pour tous

Who is this training for?

Anyone who wishes to transform their position as a coach in their professional environment: manager, leader, coordinator, team leader, HR or internal advisor, organizational development professional.

Training objectives

- To become aware of the principles of action and relational strategies specific to coaching
- To develop a new look at one's position as a coach — and to discover what it allows
- To grasp the essential skills of the coach according to the ICF framework
- To explore the approach and training paths of the International Mozaik School (ICF accredited).

Summary

Coaching is everywhere in conversations, but what does it really mean to act as a coach? This discovery day invites you to experience International Mozaik's global and strategic approach in practice. You will leave with an enlightened understanding of the coaching posture and a tool immediately applicable in your professional environment, to create lasting alliances with your teams and partners.

Course outline

Block 1 — Understanding

The Intention and the Coaching Process

How to distinguish the coach from the mentor, the leader, the counsellor or the therapist? What are the main steps in the coaching process? And when we talk about transformation, what are we talking about concretely?

Block 2 — Experimenting

A concrete tool for observing and creating the alliance

Copyright © 2026 AFI by Edgenda inc.

Putting into practice a tool from the Mozaik approach, designed to better observe oneself in one's interactions and to better perceive the other. How do you go from a simple conversation to a real alliance?

Block 3 — Integrating

Debriefing and transfer in my job What did I learn through this experiment?

How can I transfer this learning to my professional environment in the future?

Block 4 — Discover

The International Mozaik approach

What distinguishes the Mozaik School :

- Its values
- Its pedagogical promise
- Its ICF-accredited training courses

Approach and methodology

This training is based on an experiential approach : the participants do not observe the coaching, they live it. The day alternates between short conceptual contributions, experimentation with tools in sub-groups and collective debriefings anchored in the professional reality of the participants.

- Experiential learning: immediate application of a tool from the Mozaik approach, with structured reflective feedback
- Exchanges between peers: participants also learn about the diversity of contexts and postures around the table
- Anchored transfer: each learning block ends with a concrete reflection on transferability in the participant's professional environment Facilitation is provided by an ICF-trained coach, which embodies the posture taught.

Recommendations

Copyright © 2026 AFI by Edgenda inc.

Be open to exploring new ways of interacting and supporting others. Actively participate in experiential activities to maximize learning. Take advantage of the exercises to experience the coaching posture in a safe environment. Transfer concepts and tools into your professional context at the end of the training. Consider this training as an introduction before a more in-depth coaching journey.

Accreditations

The activity is recognized by the CHRP

Pre-approval Number : 5930

Copyright © 2026 AFI by Edgenda inc.