

Masterclass: Coaching with Awareness

Duration: 3 days

Audience: Coach

Who is this training for?

This masterclass is aimed at coaches in practice (internal and external).

Training objectives

- Deepen your position as a coach: connect with authenticity and commitment.
- Clarify your intentions in coaching sessions: breathe vitality into your teaching strategies.
- Use coaching tools with their full power for the client: reveal their hidden treasures. Your coaching situations, whether individual or collective, as well as your tools, will form the basis of the experiments in this session. You will apply the theoretical contributions related to these situations and these tools.

Summary

Facilitated by Monique Daigle, PCC, the Coaching in Awareness Masterclass is a 3-day face-to-face workshop (21 hours) as part of the International Mozaik Level 2 (16 CCE) certification process.

Designed for internal and external coaches, this workshop explores the intersection between personal awareness and professional coaching practice. Participants deepen their coaching posture, clarify their intentions and discover the full potential of coaching tools they already know — for deeper client relationships and more effective practice.

Course outline

Theoretical contributions:

- Knowledge and awareness
- The keys to mindful coaching
- Coaching, a path to increase awareness for the coach as well

Main references:

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The DNA of coaching, International Mozaik collective

- Otto Scharmer, the theory of the U
- Peter Senge, the 5th discipline

Practice:

- Practice of the coach posture and its impact on the act of coaching
- In the spirit of coach supervision, based on the practice and coaching situations of the participants, individual and collective.

Approach and methodology

The training is based on the 3S strategic approach — Systemic, Symbolic and Sensory — developed by Danièle Darmouni, founder of International Mozaik. This approach invites the coach to work simultaneously on three levels: the systemic dimension, which considers the client in all of his or her relationships and environment, the symbolic dimension, which mobilizes the language of images, metaphors and meaning to access deeper levels of consciousness, and the sensory dimension, which anchors the coaching work in the body and the lived experience. Together, these three axes allow the coach to develop a finer presence, a more accurate reading of situations and an increased ability to support the transformation of his clients.

Prerequisites

- To be a coach or leader, a professional coach in activity, coaches in the process of International Mozaik certification.
- For coaches trained in another school, they will be asked to see what program they have followed.
- Have individual, group and/or organizational coaching mandates.
- An interview with Monique Daigle is necessary to validate the registration and prepare for the training.

Recommendations

- Be open to an introspective approach and to the exploration of one's professional practice.
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Be actively involved in experiential exchanges and exercises. Share coaching experiences in order to enrich collective learning.

- Apply awareness in your daily practice. Consider this training as a space for supervision and continuous professional development.

Certifications

This program is part of the International Mozaik (Level 2) certification process.