



Executive Coaching Program Syllabus for 2012.

Communication Skills

- A. How to talk so people will understand, rather than react to how you talk
- B. How to listen so that people feel understood

Stress and Mood Management

- A. Making your biology an asset and not a liability (nutrition and exercise)
- B. Use the tools of cognitive/behavioral science
- C. Skills of meditation to manage stress and access intuitive thinking
- D. Biofeedback Training

Assertiveness

- A. Assertiveness to replace deeply primitive instinctual responses to conflict
- B. Prepare and deliver structured assertive interviews.

Conflict Resolution

- A. Identify the possible outcomes of managed and unmanaged conflict
- B. Use a structured formula for managing conflict and creating win/win solutions

Personality Inventory

- A. Complete a full spectrum personality inventory from a behavioral science point of view rather than business oriented inventories
- B. Discover what is right with you
- C. Summary of the results both verbal and written will be provided

Leadership Interview

- A. Learn the psychological structure that facilitates potent leadership
- B. Develop the skill of conducting a leadership interview
- C. Become proficient in conducting leadership interviews in your professional and personal life

Consciousness Enhancement and Optimization

- A. Explore the highest reaches of human consciousness
- B. Evaluate your own self-actualized traits
- C. Explore the science behind higher states of consciousness being a key to success in all aspects of your life
- D. Learn specific techniques of creative thinking to give you an advantage over competition both within and without your organization

Planning and Goal Setting

Evaluation