

POST GRADUATE CERTIFICATE IN NEUROCOACHING

INTRODUCTION (MATRIX)

CAROLINA DAMIANI

Student Nr: 2029935

Assignment II – MODULE: BMPF7013F

Professional Coaching Skills

WHY did I do the Professional Coaching Skills?

What was the point of it?

After finishing my NLP Master Practitioner and my Doula course I felt that there was something missing from my practice. Even though I had NLP Tools and Doula tools to use with my pregnant clients and their families, I always felt that a more forward approach would be beneficial, considering the nature of my work as a doula, which is helping woman prepare psychologically and emotionally towards birth.

What was the relevance in your learning and development OUTCOMES (you, client, org. and world)?

As a NLPer without prior coaching knowledge, I thought that the course wouldn't really be much different from NLP, but from the very first day and the approach to ethics it was clear that I was stepping up in my practice and in my professionalism as a whole.

CLIENTS – I believe that the biggest change was seen by my clients and employees. I changed my approach to problem solving and resolution of conflicts. One of the things that I started to focus on more and more was the Ethics and Code of conduct. I started to look at the coaching practice in a professional and responsible way. Focusing on what tools the clients/person had already that could be of use to move them forward.

THE WORLD – I brought to the world a better practice. A conscious practice focused on the conception of diligence and focus by the client. Practice that will drive clients to their goal, by using tools from my NLP trainings and Coaching training.

How were you assessed?

The assessment was done throughout the course criteria defined by the ICF and Coaching Association. Both trainers were assessing our development throughout the course. We would learn a topic and apply it during a coach session. We were divided in various groups, and we would coach each other to practice the tool learnt and get peers and trainer's feedback every single time.

The trainers were also assessing us throughout the day and at the end of the course we had a coaching session recorded and Transcribed to be evaluated against the core competencies of ICF and Association of Coaching.

HOW did the learning take place?

The methodology used was based on double loop learning. We were taught the theory first and then we coached each other to practice and get feedback. The course was very student centred and interactive. We learned through different techniques: practice, storytelling, reflection upon our practice. Due to the Pandemic situation at the time the training, which was meant to be in Portugal over the course of a week took place online – Live.

How long was the course for?

My course took place in Online in a total of 13 days.

What happened after I finished the course?

After my course I decided to join another course in the Doula's field. I have also decided to pursue the MA in Neurocoaching and I will now enrol for the Higher professional Coaching Skills Course.

What goals and expectations did I have for the course?

I started the Professional Coaching Skills training with hesitancy. I wasn't sure what to expect, but it changed me even deeper than NLP Practitioner and Master Practitioner.

Throughout the course many things happened on a personal level, and it was the course itself that, many times helped me through the difficult times the 2019 pandemic brought to the world. The course content was very extensive and required a deeper level of commitment than expected. I truly enjoyed creative coaching and how it correlates to some of my NLP practice. I got many conflicts sorted throughout the course just by participating on the processes with my peers.

How did you assess the training?

I was aware of the trainer's assessment, and I could see their constructive feedback after we applied our learning during the coaching sessions. They were also knowledgeable outside the coaching space, being able to bring us back to coaching mode all the time. They had different ways of explaining the topics, so it would always help one or another with different backgrounds. We had a mixed group. We had foreign students, whose English was not the

first language, so they were very flexible and adaptative. I assessed the training by my own growth by looking into my personal development. I used the sessions to tackle a lot of personal conflicts and it was very helpful all the time.

What did I learn?

The content was very extensive and intense. We started by focusing on ethics and the Code of conduct. We spoke a lot of contracting and its importance. The trainers were very adamant on the ICF assessment and what was expected from us as coaches. We practiced the contracting extensively. In terms content we discussed some content that overlaps with the NLP, content like Values, rapport, calibration, etc. As per the Coaching content we focused on Coaching Models like GROW, SCORE, SMART, Behavioural Coaching (E-disc), Transactional Analysis Descriptive Model, Karpman Drama Triangle, Creative Coaching, Archetypes, Heroes Journey.

How did you know it was successful for you? So, what was your methodology to know if it was successful? Was it gut feeling? Or did you have a very detailed criteria?

I have completely changed my self-talk and how I use language. I unconsciously use a lot of the tools and especially clean language. At home the dynamics have changed as I paid attention to my family member's dynamics and preferences.

I have created a new mindset towards problem solving. I use creative coaching with my kids and my clients specially when we can't get things sorted by talking. I believe in hands on training as this is the way it works with me and most of the training, we did require a big deal of self-analysis and reflective mindset. The best way to measure success is by your own and I can see success after the training. I have a friend who attended at the same time as me and I can see his life changed completely since the training.