

ADVANCED COACH

MENTORING COMPASS FOR COACHES

About the program:

From a coaching certificate to a confident, clear, and independent coaching career — with mentorship, guidance and continuous support.

Why this program:

After completing their coaching education, many coaches feel ready — yet uncertain about how to confidently apply coaching tools in real practice.

The most common question that arises is:

“Am I doing this right?”

That’s why this program is designed for **certified coaches** who lack experience working with clients and want to gain **confidence and clarity**.

This is a **mentoring program for coaches** who want to be guided and supported at the start of their practice — to have the opportunity to ask specific questions that arise from their own coaching experience.

How the program is organized:

- The program is designed as **structured support for coaches** who want to build a confident practice and start applying their skills in the right way.
- **Duration:** 9 months, 9 modules — **one module per month.**
- The program includes **mentorship and feedback** on real-life practice examples that coaches encounter in their work.

Module Topics:

- How to protect the client from coaching techniques
- Understanding the use of coaching tools through outcomes
- The most common beginner mistakes in coaching
- How to work with client resistance
- Working with parts – *Parts Party*
- Releasing the coach from their own ego
- What is the “measure of things” in coaching
- Working with inner conflicts
- A technique doesn’t make a coach — what does?

What participants gain from this program:

- **Confidence in the coaching process** – clearer understanding of when and why to use specific tools
- **More real-life examples** – practical situations and concrete solutions
- **Mentor support** – a space for questions and dilemmas
- **Opportunities for practice** – and receiving constructive feedback
- **Community** – connection with other coaches going through a similar process
- **Focus and consistency** – continuous growth and development over 9 months
- **Structure** – access to program materials and resources

1 MODULE

Duration: 3 hours

Format: Live / Online

18.00 – 19.30 I BLOCK 90 min

Welcome and Introduction 1 min

Trainer Introduction 1 min

Brief Overview / What it's About 5 min

Connecting with Participants' Values 5 min

Participants' Expectations 15 min

Module 1 Content – What We'll Work On During This Module 5 min

How to Protect the Client from Coaching Techniques 15 min

- Ethics and transparency
- Setting boundaries
- Introducing the client to techniques and their purpose
- Supervision and self-reflection
- The difference between coaching and psychotherapy

Understanding the use of coaching tools through outcomes 15 min

- Table of techniques with corresponding outcomes

DEMO: *Limiting beliefs behind personal values* 30 min

19.30 – 19.45 BREAK 15 min

19.45 – 21.00 II BLOCK 75 min

EXERCISE: *Limiting beliefs behind personal values* 2 × 30 min

Conclusion 15 min

2 MODULE

Duration: 3 hours

Format: Live / Online

18.00 – 19.30 I BLOCK 90 min

Welcome and Introduction 1 min

Brief Overview / What it's About 1 min

Connecting with Participants' Values 5 min

Module 2 Content – What We'll Work On During This Module 5 min

The Most Common Beginner Mistakes in Coaching – and How to Overcome Them 15 min

- Trying to “fix” the problem too quickly
- Using tools without a clear purpose
- Not listening deeply enough
- Focusing on results instead of the process
- Giving advice instead of coaching
- Ignoring the client's values
- Lack of reflection and supervision
- Coach focusing on their own solutions

How to Work with Client Resistance 15 min

- Acknowledge and validate the resistance
- Active listening and empathy
- Direct attention to choice and responsibility
- Explore the resistance
- Take small steps
- Reframing

DEMO: Exploring where resistance shows up in the body 40 min

19.30 – 19.45 BREAK 15min

19.45 – 21.00 II BLOCK 75min

EXERCISE: Exploring where resistance shows up in the body 2 × 40 min

Conclusion 5 min

3 MODULE

Duration: 3 hours

Format: Live / Online

18.00 – 19.30 I BLOCK 90 min

Welcome and Introduction 1 min

Brief Overview / What it's About 1 min

Connecting with Participants' Values 5 min

Module 3 Content – What We'll Work On During This Module 5 min

What Conflicts Are and How They Arise 15min

- Managing and resolving conflicts

Working with Inner Conflicts 15 min

- Bringing the conflict to awareness
- Understanding the motives of both sides (positive intent)
- Seeking an integrated solution
- Outcome – reduced tension, clarity, choice, increased focus

DEMO: DILEMMA – Visual Squash 30 min

Instructions 10 min

Questions 5 min

19.30 – 19.45 BREAK 15min

19.45 – 21.00 II BLOCK 75min

EXERCISE: DILEMMA – Visual Squash 2 × 30 min

Conclusion 15 min

4 MODULE

Duration: 3 hours

Format: Live / Online

18.00 – 19.30 I BLOCK 90 min

Welcome and Introduction 1 min

Brief Overview / What it's About 1 min

Connecting with Participants' Values 5 min

Module 4 Content – What We'll Work On During This Module 5 min

Working with Parts of a System 15 min

- Team coaching
- Individual coaching – working with inner parts

DEMO: *Parts Party* 35 min

Instructions 10 min

Questions 5 min

19.30 – 19.45 BREAK 15 min

19.45 – 21.00 II BLOCK 75 min

EXERCISE: *Parts Party* 2×35 min

Conclusion 5 min

5 MODULE

Duration: 3 hours

Format: Live / Online

18.00 – 19.30 I BLOCK 90 min

Welcome and Introduction 1 min

Brief Overview / What it's About 1 min

Connecting with Participants' Values 5 min

Module 5 Content – What We'll Work On During This Module 5 min

Working with Teams 15 min

Team Coaching 15 min

Instructions / Questions 10 min

DEMO: DISNEY CREATIVITY STRATEGY (Group Work) 45 min

19.30 – 19.45 BREAK 15min

19.45 – 21.00 II BLOCK 75min

Instructions 10 min

EXERCISE: DISNEY CREATIVITY STRATEGY (Pair Work) 2×30 min

Conclusion 5 min

6 MODULE

Duration: 3 hours

Format: Live / Online

18.00 – 19.30 I BLOCK 90 min

Welcome and Introduction _____ 1 min

Brief Overview / What it's About _____ 1 min

Connecting with Participants' Values _____ 5 min

Module 6 Content – What We'll Work On During This Module _____ 5 min

Instructions _____ 15 min

What Ego Is and Examples of Behavior in Teams _____ 15 min

Instructions _____ 5 min

EXERCISE: *Releasing the Coach from the Urge to Judge (Pair Work) – Part 1* _____ 45 min

Questions _____ 5 min

19.30 – 19.45 BREAK 15 min

19.45 – 21.00 II BLOCK 75 min

EXERCISE: *Releasing the Coach from the Urge to Judge (Pair Work) – Part 2* _____ 45 min

Sharing Insights _____ 15 min

Conclusion _____ 15 min

7 MODULE

Duration: 3 hours

Format: Live / Online

18.00 – 19.30 I BLOCK 90 min

Welcome and Introduction 1 min

Brief Overview / What it's About 1 min

Connecting with Participants' Values 5 min

Module 7 Content – What We'll Work On During This Module 5 min

What Ego Is and Examples of Behavior in Teams 15 min

Instructions 10 min

EXERCISE: *Releasing the Coach from Their Own Ego (Pair Work)* 45 min

Questions 5 min

19.30 – 19.45 BREAK 15 min

19.45 – 21.00 II BLOCK 75 min

EXERCISE: *Releasing the Coach from Their Own Ego (Pair Work)* 45 min

Sharing Insights 15 min

Conclusion 15 min

8 MODULE

Duration: 3 hours

Format: Live / Online

18.00 – 19.30 I BLOCK 90 min

Welcome and Introduction 1 min

Brief Overview / What it's About 1 min

Connecting with Participants' Values 5 min

Module 8 Content – What We'll Work On During This Module 5 min

What "The Measure of Things" Means in Coaching 15 min

Self-Reflection 15 min

- Personal experience in the role of the coach
- Strengths
- Challenges
- Impact on clients
- Personal growth
- Broader perspective

Instructions 10 min

EXERCISE: SWOT Analysis 40 min

19.30 – 19.45 BREAK 15 min

19.45 – 21.00 II BLOCK 75 min

Technique Does Not Make the Coach – What Really Does 15 min

Who I Am in the Role of a Coach and Who I Address 15 min

EXERCISE: What Are My Clients' Needs Before They Click on My Link 30 min
(What they think / how they feel / need → solution)

Sharing Insights 10 min

Conclusion 5 min

9 MODULE

Duration: 3 hours

Format: Live / Online

18.00 – 19.30 I BLOCK 90 min

Welcome and Introduction 1 min

Brief Overview / What it's About 1 min

Connecting with Participants' Values 5 min

Module 9 Content – What We'll Work On During This Module 5 min

How to Find Clients

EXERCISE: *Who Are Our Clients – AVATAR* 30 min

EXERCISE: *Which Keywords Do They Type in Search Engines* 15 min

AIDA – What a Marketing Funnel Is 15 min

Questions / Answers 15 min

Instructions 5 min

19.30 – 19.45 PAUZA 15min

19.45 – 21.00 II BLOK 75min

EXERCISE: *Record a Reels Video (60 sec)* 30 min

Sharing Insights 30 min

Conclusion 15 min

Certificate Requirements:

- 100% attendance in all modules, totaling **27 hours**
- Practical work outside of modules: **2 clients – 15 hours + 5 hours of documentation work**
- Case study
- **3 recorded Reels** for your target audience

Total: 50 hours