



GLOBAL
LEADERSHIP

E X P A N D



2024

Infuse Coaching in your Leadership

For leaders, HR professionals and coaches

What is Infuse Coaching?

- **UNDERSTAND THE SCIENCE BEHIND COACHING**
 - Basic theoretical foundation – the “why and how” behind coaching competencies in your everyday life as a leader
 - Being a learning, empathetic and vulnerable leader to generate high performance.
- **MINDSET**
 - Working with a coaching mindset – what does it mean and how can you benefit from it?
 - Coaching mindset and psychological safety
- **COACHING COMPETENCIES**
 - Develop your listening skills and set them at the service of your team
 - Work with powerful questioning that uncover both challenges, development potential and actions
- **CONDUCTING A COACHING INFUSED CONVERSATION**
 - Establish strong outcomes
 - Facilitate genuine insight and a path for personal awareness and sustainable change
- **PRACTICAL TRAINING AND SUPERVISION TO DEVELOP YOUR COACHING MINDSET AND LEARN HOW TO USE YOUR COMPETENCIES**

Training Format

FORMAT

- **COURSE AND TRAINING**
 - 2 Learning Modules, 2+1 days:
 - Module 1:** Onsite 2 days
 - Module 2:** Online 1 day
 - Access to theory webinars and recorded material
- **SUPERVISION**
 - 1 Online Group Session
 - 1 hour supervised group session in groups of 3-4 pers.
- **OPTIONAL** (not included in price)
 - 1 individual coaching session

Modules

- **MODULE 1 - DAY 1**

- What is coaching and how it integrates into high performance leadership?
- Human nature – the science behind coaching
- The coaching mindset
- Active and deeper listening to promote awareness.
- Powerful questioning: What questions can you ask yourself and others to create insight?

- **MODULE 1 - DAY 2**

- What is required for the brain to change?
- Train competencies using our coaching model.
- How to obtain a great outcome when communicating.
- How do we move from a present unwanted situation and personal state to a desired outcome situation and personal state – so we can achieve/reach our goal?
- How can you set up practices that will create a positive learning experience for you and your team?

- **MODULE 2 - DAY 3**

- Know yourself as a leader - API
- Coaching mindset and psychology safety
- Coaching practice

Content

- **SOME PRINCIPLES**

- Exercises first, theory after
- “Coaching infused” as a mindset, tools and conversation form sustaining authentic and sustainable leadership.
- Actionable tools
- Time for reflection and practice supervision

- **SUPERVISION**

- On specific real cases

- **INDIVIDUAL COACHING SESSION (optional)**

The faculty

We want you to get the best possible training, so you can reach your full potential as a coach. Our faculty team of coaches are all ICF-certified and have taught together for many years. The Head of Faculty, Annette Kledal, is one of the few coaches in Denmark certified at the highest ICF level (MCC).

Annette Kledal, Head of Education

Annette Kledal, CEO of Expand, is an ICF Master Certified Coach, MCC. She also has a Master Practitioner Diploma in Systemic Team Coaching from AoEC and a Diploma in Coaching Mastery from ITS. In addition, Annette is an NLP Trainer and a trained systemic consultant from DISPUK. She has coached managers and teams, and educated coaches, for more than 20 years.

Annette founded Expand in 1998 and became an ICF-certified coach in 2006. Before changing careers in 1998, she was a dentist with a private practice.



Christophe Kittel, Faculty

Christophe Kittel is an Associate Certified Coach (ACC-ICF), International Systemic Team Coaching Certified (Academy of Executive Coaching). He also has a master's degree in International Business and Corporate Finance.

Christophe focuses on leadership development and cross-cultural challenges. He has had an international career, working for more than 25 years at corporate level for a number of companies, including L'Oréal.



Dates and location

- **PRICE**

- 13.900 SEK +VAT

- **DATES**

- **Module 1:** October 21st and 22nd 2024, 9.00-16.30
- **Module 2:** November 28th 2024, Online, 9.00-16.00
- **Group Supervision (optional):** December 5th, online. 2hrs between 9 and 16 in small groups. Exact time will be schedules on module 1.

- **LOCATION**

- The training will be held at World Trade Center in Gothenburg

- **ADDRESS**

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