

Exploring Coaching Skillsets Series

WHAT IS COACHING? Jan. 13, 2026 | noon – 1 p.m.

This class focuses on the differences between leadership coaching, mentoring, advising and consulting. The program is interactive and will give participants examples and guidance on when to use each approach in team and individual settings. [Click to register.](#)

THE THREE-STEP COACHING PROCESS Jan. 22, 2026 | noon – 1 p.m.

The three-step coaching process is a proven model for coaching and leadership development. This interactive class will explain the three-step process, address how it is different from other coaching models, and demonstrate situations where it can be used. Participants will obtain practical skills to take back and use immediately with their teams. [Click to register.](#)

COACHING PRESENCE Jan. 27, 2026 | noon – 1 p.m.

Presence is important to a coaching relationship and is crucial for building trust and safety within a team. This session will focus on what it means to be present with your teammates and coaching clients, as well as demonstrating what happens when trust and safety are not present. The course is interactive and will provide the participants with tangible skills to take back to their teams. [Click to register.](#)

THOUGHT PARTNER AS A COACH Feb. 12, 2026 | noon – 1 p.m.

What does it mean to be a thought partner? This session will focus on ways to partner with your teammates and coaching clients to determine how values are important to goal setting. We will also focus on the importance of trust, safety and ethical practice to the coaching relationship. [Click to register.](#)

CURIOSITY Feb. 17, 2026 | noon – 1 p.m.

Curiosity is very important when setting an agreement with your coaching clients and setting goals for your team. Approaching conversations with genuine curiosity is a skillset that can transform your team. This session will provide practical guidance for having conversations with genuine curiosity about the other person, their goals and motivations. [Click to register.](#)



OVERVIEW

These one-hour courses are offered virtually for leaders at all levels who are interested in learning coaching skillsets, including the three-step coaching process, being present and asking empowering questions.

Participate in all 10 classes offered over a three-month period or pick and choose a minimum of six classes to be eligible to participate in the next level coach program offering: "Practicing Coaching Skillsets."

For more information, please email or call program faculty:

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REFLECTIVE INQUIRY Feb. 26, 2026 | noon – 1 p.m.

Reflective inquiry is invaluable to a coaching relationship and involves much more than simply asking scripted questions. This interactive module will focus on the definition of reflective inquiry and why it is the key to unlocking a more valuable relationship with your teammates. [Click to register.](#)

POWERFUL LISTENING | March 3, 2026 | noon – 1 p.m.

Effective listening is essential for building a strong, high-performing team. Yet, listening is often overlooked as a skill—its impact underestimated, and its challenges misunderstood. This interactive course explores the common barriers to effective listening and provides practical strategies to enhance communication and collaboration within teams. [Click to register.](#)

ASPIRATIONS AND MOTIVATIONS | March 12, 2026 | noon – 1 p.m.

Motivation and values play a vital role in shaping meaningful goals and driving impactful outcomes—yet they're often overlooked. This session highlights the importance of intentional goal-setting and thoughtful decision-making. [Click to register.](#)

WHAT'S NOT BEING SAID | March 17, 2026 | noon – 1 p.m.

Emotions play a crucial role in the workplace, yet they're often ignored or undervalued—leading to team dysfunction and reduced productivity. This session explores the influence of emotions in professional environments and how understanding them can enhance communication, strengthen relationships and improve team dynamics. [Click to register.](#)

VALUES | March 26, 2026 | noon – 1 p.m.

Values are important for motivation and are often overlooked. This session will examine various tools and assessments to help your coachees and teammates have a better understanding of their underlying values and how they shape their goals, aspirations and outcomes. [Click to register.](#)

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