

# The Mini Coaching Program

## 6 live Zoom sessions

with Nicole Koch



### Session 1

**The 5 Elements Approach:** During this opening session you discover the 5 elements in Coaching and will learn tools to apply the transformation cycle to your own experience and with others.



### Session 2

**The Flow of the 5 Elements:** Specific exercises will support you in integrating the material and to help others to discover what limits them and what supports their development.



### Session 3

**The Map of the Mandala:** In this session you will explore how to effectively use a holistic map and to focus on the 5 facets of human development.



### Session 4

**Alignment:** Learn a powerful method and tool to visually develop action steps and how to overview progress that optimizes goals and your evolutionary path.



### Session 5

**The Balance Point:** Enter into your experience through the doorway of the present moment. Discover a tool to profoundly shift your sense of self and how to overcome limiting ideas and habit structures.



### Session 6

**Living Mindfully:** This session will be an opportunity to complete and integrate the learnings into a comprehensive way of continuing your development and to connect to mindful awareness to navigate life's various aspects.

# The Mini Coaching Program



**With Nicole Koch**

## **What you will receive:**

- Access to a membership area with resources
- Six live Zoom sessions
- Hand-outs and course materials
- Break-out sessions to practice Coaching
- Live Coaching demo's
- Recordings of each session

**Starts September 7, 2024**

## **What you will learn:**

- Find and discover how to access resources, gain learnings, take action and connect to important relationships
- Recognize internal wisdom energies and how to integrate them
- Organize a systemic map around the 5 elements and discover an effective set of questions to support inquiry and goal setting
- Transform blind spots and find alignment
- Recognize the all-encompassing awareness capacity of the mind
- Discover a space from which to ask effective questions related to the five fundamental principles of life

This is a unique opportunity to explore a coaching framework in combination with awareness and mindfulness. By diving into the structure of the five elements and receiving specific tools and exercises, it will allow greater balance and healing.

**[www.mandalamind.org/courses/the-mini-coaching-program](http://www.mandalamind.org/courses/the-mini-coaching-program)**