

Introduction to Coaching



Action-Oriented Workshop by TVRLS

Weekend Virtual Program.

Batch 1 commences on June 16, 2026

About this Program

This workshop explores the fundamentals of coaching. Participants will get a deeper understanding of what coaching is, develop a coaching mindset grounded in curiosity and empathy, and learn essential skills such as active listening and powerful questioning. Through hands-on activities, real-life scenarios, and guided practice, they will gain confidence in structuring meaningful coaching conversations—from opening and exploration to closing with clear outcomes.

By the end of the workshop, participants will leave with simple, effective tools they can immediately apply to support others' thinking, growth, and performance.

INVESTMENTS

- INR 16,000 per participant + GST 18% or as applicable.
- The course fee for International participants is US\$ 300

PROGRAM DATES

Virtual Classroom (Zoom)

Dates: 16, 17, 18

Tuesday-Thursday

05.00 to 7.30 pm (2.5 hours)

Program Objectives

1 Appreciate the true power of Coaching. Use of a few NLP Techniques to help coaches reframe challenges, expand thinking, and unlock new possibilities.

2 Learn how to confidently open, navigate, and close coaching conversations with clarity and purpose.

3 Develop proficiency in the 4 foundational coaching competencies: Active Listening, Empathy, Powerful Questioning, and Building Rapport

4 Learn to apply coaching skills in structured, facilitated practice sessions that simulate real coaching scenarios. Be an internal coach for your organisation.

Program Structure

A total of 3 Modules will be covered across the 3-Day Workshop

MODULE 1

Coaching & Coaching Mindset

- What is Coaching and what it is not (Difference between counselling, mentoring and managing)
- Developing a Coaching or Growth Mindset

MODULE 2

Developing Coaching Skills

- Core skills for effective Coaching
- Coaching Frameworks (GROW model, use of self-discovery tools, etc.)
- Common Challenges in Coaching

MODULE 3

Practice Lab

- Structuring a Coaching Conversation
- Practice Lab-Coaching in action
- Ethics & Boundaries in Coaching
- Personal Action Planning

PROGRAM MATERIAL

- Coaching Workbook
- Slide Decks used in workshop

This Program Has Been Specially Designed For

- Managers and Team leaders who want to develop coaching skills to guide their teams
- HR Professionals and L&D Practitioners interested in building a coaching culture in organisations
- Aspiring Coaches who want to understand the fundamentals of coaching
- Individuals Interested in personal and professional growth through coaching

The TVRLS Advantage

- 1 Pioneer in the Country in 360 Degree Feedback & ADCs
- 2 Value-based solutions, which are business-driven and derived from organisational experiences.
- 3 Research-driven approach. Only Consulting Firm with its own publications, manuals and books focused on knowledge and learning. (HRD Audit, PMS and 360 Degree, etc.)
- 4 Passionate team of consultants from reputable institutes, IIMA, XLRI, NMIMS, with diverse backgrounds: Engineering, Marketing, Psychology and HR
- 5 Extensive experience of having worked with a variety of organizations including leading business houses in the country
- 6 Trademarked methodologies & Instruments (Psychometric Instruments, RSDQ Model of Leadership, HRD Audit 2500™ Scorecard, RSBCM method for Competency Mapping)

Other Programs by TVRLS

Certificate Programs

1. Competency Mapping and its effective deployment
2. Designing & Implementing Assessment Development Centres
3. Strategic Performance Management Systems
4. Psychometric Testing
5. Designing and Developing Effective Training Programs
6. HRD Audit 2500™ Points

Workshops

1. Competency-Based Interviewing with focus on BEI
2. Creating Individual Development Plans
3. Self-Discovery
4. Effective Mentoring
5. Design Thinking
6. Psychology Applied to Work Life
7. Working with Gen Z
8. Design Thinking for Innovation

Celebrating **30** Years of Consulting in the areas of 360 Degree Feedback System, Assessment Development Centres, Performance Management System, Competency Mapping, HRD Audit & Scorecard and other customised management development programs

Contact Us At

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