

PROGRAM STRUCTURE:



33-WEEK PROGRAM WITH ONLINE WORK - 100% VIRTUAL LEARNING PLATFORM:

- »» Alignment session with your group (maximum 6 people).
- »» 31 weekly group sessions with a CBC Certified Coach of 90 minutes each.
- »» 2 exclusive sessions with Fred Kofman for 90 minutes each.
- »» Free webinars with Fred and other top leaders.
- »» The only program that provides an initial diagnostic test and three 30-minute one-on-one sessions with a coach, offering personalized feedback and tracking your progress as a future Conscious Business coach.
- »» Community of practice to consolidate learning.
- »» Networking through the 'Padrinos' program, which includes optional meetings to build a face-to-face community in each city.



OUR CBC PLUS PROGRAM HAS TWO PHASES:



PHASE 1

CONSCIOUS BUSINESS

You will gain an understanding of the context of a conscious company and the competencies required for a leader to transition from unconsciousness to awareness. You will also apply proven tools from the executive field, enhancing your effectiveness as a coach in supporting executives and leaders.

BLOCK I

Consciousness, Leadership and Culture

- »» Introduction to Conscious Business
- »» Leadership
- »» Culture
- »» Mindfulness

BLOCK II

Intrapersonal Dimension - Mental Model of the Conscious Leader

- »» Response-ability
- »» Stoicism
- »» Humility and Perspectives

BLOCK III

Interpersonal Dimension - The We (Collaborative Network)

- »» Authentic Communication
- »» Collaboration
- »» Impeccable Coordination
- »» Essentialism
- »» Co-evaluation

BLOCK IV

Intrapersonal Dimension - Emotions

- »» Emotions

PHASE 2

CONSCIOUS BUSINESS MODEL

You will learn the Coaching RoadMap developed and successfully applied by Fred Kofman in leading global companies and with top-tier leaders. You will receive a guide with clear steps and stages to follow.

BLOCK V

The fundamental premises of the CB Coaching Health Model

BLOCK VI

Walking the RoadMap of a Coaching Session - Part 1

BLOCK VII

Walking the RoadMap of a Coaching Session - Part 2

BLOCK VIII

Walking the RoadMap of a Coaching Session - Part 3

BLOCK IX

IT Dimension: Applying the CBC model in Organizations and with Leaders

