

# COACHING LAB

Join the School of Change Community

## WHAT IS IT?

Effectively leading and managing change in today's increasingly complex and unpredictable world is a tough ask.

The Coaching Lab (our "Practice" Lab) engages you in regular reflective practice and group supervision to deepen your leadership with coaching skills. We meet on one Monday per month from 1-3 pm CEST.

## WHY?

Coaches and change-makers know this: we bring ourselves 100% to the job. And as with any "instrument", it is important we engage in regular reflective practice to discern our patterns, question our approaches, expand our self-awareness and self-care.

## YOUR BENEFITS

Get dedicated time to pause, reflect, and move forward as a human being and professional in the company of a global & diverse tribe of leaders and change-makers. Invest in your growth and be inspired by the dedication and energy of fellow participants who truly see and support you.

## HOW TO JOIN

- We're 100% online.
- 2 hour-long montly session, on a Monday 1-3pm CEST
- You can join anytime and pay annually or in monthly installments.

## COSTS

- Annual membership from EUR 720 (Bronze Plan)
- Costs for corporates and students are on our website: <https://www.profound-consulting.com/product-page/coaching-lab>.

## OUR VISION

The Lab is there to support experienced professionals - coaches, consultants and leaders - with practical insights to create shifts across various levels, touching on self, group, company, and society. Welcome to a space that allows you to stretch and explore beyond your comfort zone and embrace the systemic aspect in the work you do.



## OUR PLANS

### Bronze

- Join the community platform.
- Monthly 2-hour learning circle: reflective practice, group supervision, skills practice.
- Access and share curated resources to help you develop as "Leader as Coach": grow your coaching competence and professionalise your approach in line with Ethics and Core Competencies of the International Coaching Federation.

### Silver

- Everything on the Bronze Plan
- Quarterly 1:1 Supervision or Mentor Coaching
- Practice your coaching skills with external clients

### Gold

- Everything on the Bronze Plan
- Monthly 1:1 Coaching (can be taken as individual sessions or bundled into half or full-day Deep Dive sessions)

## YOUR HOSTS



Previously Director for Organisational Design and Change Management at the European Bank for Reconstruction and Development in London, Lise is the Founder and Director of Training of the School of Change Programme. She is a Lecturer on Design Thinking and Complexity at Sciences Po Paris and on Personal Development and Change Management at Anant University in India. Lise is a Professional Certified Coach with the International Coaching Federation, a Supervisor for coaches and consultants, and Board Director for Thought Leadership with the UK Chapter of the ICF.



Based in Hong Kong since 2010 Mathilde enjoys being a coach in vibrant Asia. Previously a Learning and Development specialist at a Big Four company, she has a wealth of experience with cross-cultural teams, high potential development, and accelerated leadership skills programs. She provides coaching and coaching supervision to help people take a deep dive into their being, and shine from their strengths. Mathilde is a Professional Certified Coach with the International Coaching Federation and has been the President of the Hong Kong Chapter of the ICF since 2019.



**Are you an ICF coach  
looking to re-certify?**

**Book the Coaching Lab  
and Change Bundle for 44  
CCEUs and four 1:1  
mentor coaching sessions.**

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Consulting



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