



Coaching Unity

AUTHENTIC LEADERSHIP AND PERFORMANCE



The best investment you can make in your top leaders

The Authentic Leadership and Performance Course develops the communication styles, thinking and influencing skills of senior leaders to combine the power of authentic leadership with the tools and day-to-day skills needed to implement modern management theories and complex strategies necessary for high performance.

- Senior-level leaders with extensive knowledge of modern management theories and leadership best practices will benefit greatly. The course builds on the existing leadership and management frameworks taught by renowned international and local business schools (e.g. Harvard, MIT, Oxford, Henley, GIBS, WITS) to convert knowledge into performance and enhance leadership capabilities.
- Senior-level leaders motivated to reach their full leadership potential will level-up their mindsets, thinking, skills and performance.

4 MONTHS

PART-TIME

FULLY ONLINE

**SMALL GROUPS OF
6 - 8 PEOPLE**

COURSE VALUE

- A one-hour online one-to-one interview with a seasoned coach to determine individual needs
- Two group online coaching and training sessions per month (3 hours per session)
- One online Leadership Supervision Coaching session (groups of 3) per month (2 hours per session)
- Course-related content (articles/audio podcasts/video) sent out monthly via email
- Total online time investment per executive is approximately 33 hours over 4 months.

CONTACT

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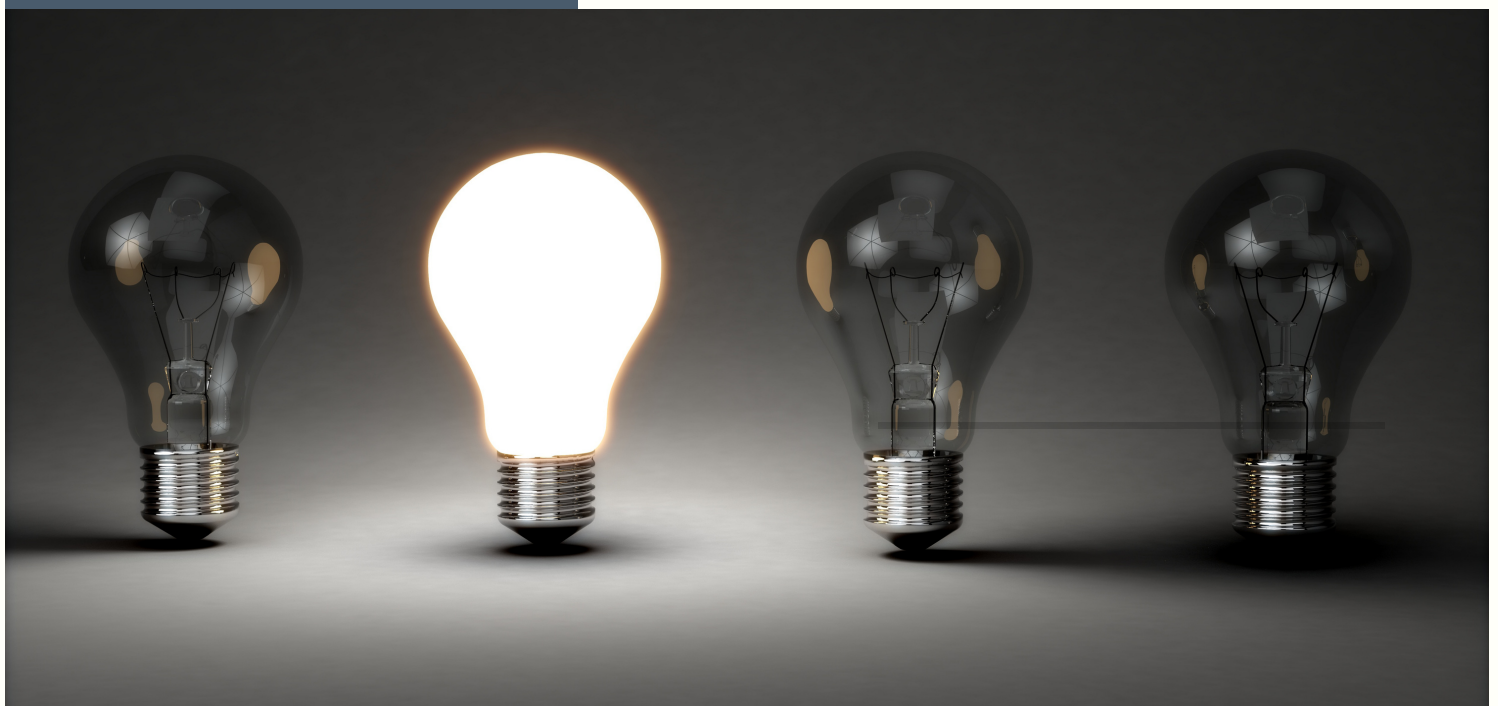
Course topics include

- Introduction - shifting from the what and the why towards finding a clear how
- Authentic leadership: building trust and legitimacy
- How to have more authentic and challenging conversations with your stakeholders
- How to improve influencing skills with critical external and internal stakeholders
- How to excel at chairing meetings and forums
- Building healthy self-esteem and leading by example
- Linking personal and organisational purpose
- Coaching as a tool to effectively manage change
- Inclusive leadership: creating and promoting diversity

Leadership Supervision Training

The course applies the Systemic Team Coaching Supervision process *Ten Modes of Supervision (The Ten-eyed Model)*, developed by Professor Peter Hawkins, to Executive Leadership.

Through a process of systemic exploration, questioning, peer contribution and deep reflection we help leaders discover breakthrough insights and approaches for the complex challenges they are facing.





Coaching Unity



MICHAEL COOPER

HIGH PERFORMANCE AND SYSTEMIC TEAM COACH

PROFILE

An Associate Certified Meta-Coach (ACMC) and trainer in NLP and Neuro-Semantics. Michael is a member of the Meta-Coach Foundation and COMENSA. He has been the Regional Director for the MCF in Africa (2011-2014). He is a leading expert in coaching and training, specialising in Team-Coaching and Supervision, with a strong emphasis on ethical and authentic leadership. He is one of a small group of Systemic Team Coaches trained by Prof. Peter Hawkins of Henley Business School (2016-2017).

Michael has focused on Executive Coaching for more than 20 years, but his background includes IT, Management and Project Management. He also ran the training division for a large international organisation. He then worked as a Freelance Consultant and Trainer helping organisations build their human potential in such areas as management strategy, project management, time management and presentation skills.

EDUCATIONAL TRAINING

Certified Project Manager (CPM) (2001)
CompTIA Certified Trainer (CTT) (2002)
Associate Certified Meta-Coach (ACMC) with Meta-Coach Foundation (2003)
NLP and NS Master Practitioner (2004)
Diploma in Systemic Team Coaching (2016-2017)
Systemic Team Coach Supervision Training (2021)

GET IN TOUCH

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Website: www.michaelcoopercoaching.com

CAREER SUMMARY

CORPORATE:

Michael works as an Executive Coach for leaders at NGOs, corporates and start-ups globally. He also works as a consultant and trainer, helping clients to develop coaching, mentoring, leadership and wellness programmes. Michael facilitates in-house courses for clients to develop their mentoring and internal coaching capacity. He writes on trends in coaching, wellness and supervision and is a sought-after speaker. Past and present clients include:

- Standard Bank, Investec, Nedbank, RMB, FNB, ABSA, UNICEF, SARS, College SA, Tabaldi Education, MTN, Telkom, SMB Construction, Transnet, Flight Centre, ABN Anbev, New Zealand High Commission, AngloGold, Exxaro, Thomson Reuters, SABIC, Nandos, Standard Chartered, Oracle.

SPORT:

Michael co-authored the book *In the Zone, with South Africa's Sports Heroes* (2007) and became a sought after coach and consultant for local and international sports teams incl. the Proteas and Springboks. Career highlights:

- High Performance Consultant for Cricket SA (2012-2017)
- Mental Coach for the SA men's Hockey team (2009-2012)
- Mental Coach for the SA national shooting team (2014)
- Mental Coach for the Ireland Men's Hockey team (won Silver in the Olympic Qualifying tournament in 2012)

WELLNESS:

Michael takes a holistic approach to peak performance. He combines his extensive coaching experience with a passion for wellness to provide high-level support to individuals and corporates to improve mental health and physical wellbeing.



Coaching Unity



TIM GOODENOUGH

HIGH PERFORMANCE AND SYSTEMIC TEAM COACH

PROFILE

A Professional Certified Meta-Coach (PCMC) & qualified Trainer in NLP and Neuro-Semantics. Tim is a member of the Meta-Coach Foundation and was part of the global leadership team for Neuro-Semantics (2010-2013), leading 300 NLP/NS trainers and 1600 coaches in 37 countries.

Tim specialises in High Performance in the corporate world and the world of elite athletes and is one of a small group of Systemic Team Coaches trained by Prof. Peter Hawkins of Henley Business School (2016-2017).

EDUCATIONAL TRAINING

BSc (Inf Sys) Majoring in Computer Science, Information Systems & Management (2002)
Associate Certified Meta-Coach (ACMC) with Meta-Coach Foundation (2003)
NLP and NS Master Practitioner (2004)
Neuro-Semantics and NLP Certified Trainer (2005)
Professional Certified Meta-Coach (PCMC) with Meta-Coach Foundation (2010)
Diploma in Systemic Team Coaching (2016-2017)
Systemic Team Coach Supervision Training (2021)

GET IN TOUCH

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Website: www.timgoodenough.com

Online courses: www.beyondthegap.com

AUTHOR

Game Changer Protocol (2016/CUI Solutions Press)

Raising Talent (2012/Penguin)

In the Zone with SA's Sports Heroes (2007/Zebra)

CAREER SUMMARY

CORPORATE:

Tim works with leaders and high performers on an individual and team level. He presents keynotes and workshops on High Performance and Leadership, trains Performance Coaching Skills for Leaders, presents Leader as Coach Workshops and trains Internal Coaches for corporates. Past and present clients include:

- Standard Bank, Investec, Nedbank, RMB, FNB, ABSA, First Rand Group, SARS, College SA, Tabaldi Education, Senya Education, MTN, Telkom, Adidas, SMB Construction, Transnet, Thomson Reuters, Axxess DSL, Kathea, Flight Centre, Iclei Africa, Westfalia Fruit.

SPORT:

- Mental Coach for the Sharks in the 2008 Super Rugby competition
- High Performance Coach for Paarl Boys High (2014-present)
- High Performance Coach for the Griquas rugby team (2018/2019)
- Mental Toughness Lecturer at the Investec International Rugby Academy (2009-2015)
- Mental Coach of the 2014 World Cup Winning SA u19 Cricket side
High Performance Consultant for Cricket South Africa (2012-2017)
- Mental Coach for the SA men's Hockey team (2009-2012)
- Mental Coach for the Ireland Men's Hockey team (won Silver in Olympic Qualifying tournament in 2012)
- Mental Coach for NMMU Netball, Soccer and Rugby teams whom all reached the semi-final or final in their Varsity Cup campaigns – a record for the university in each sport (2013).