

Empowering neuroscientists for real life. Training for professional development

1. Introduction and definition of Coaching:

- 1.1. Definition of Coaching from International Coach Federation (ICF)
- 1.2. Sources of Coaching
- 1.3. Coach's key competences
- 1.4. Coach's Code of Ethics

2. Coaching and learning:

- 2.1. Pillars of Coaching
- 2.2. Learning Areas
- 2.3. Levels of Learning from a Coach's point of view

3. Beliefs and Mental Models

- 3.1. What is a belief
- 3.2. Coach's Beliefs
- 3.3. Limiting Beliefs vs Powerful Beliefs
- 3.4. Mental models in the practice of Coaching

4. Stages of an individual process

- 4.1. Generation of Context
- 4.2. Feedback
- 4.3. Objectives of the Process
- 4.4. Mandala
- 4.5. Plan of Action and Follow-up

5. Real case between pairs

- 5.1. Mental models and beliefs in Science
- 5.2. Work the strengths and areas of improvement as a scientist

6. Presentation of the project Empowering leadership in Science