



mindstream

Self Empowerment Through Coaching

MINDSTREAM CORPORATE COACHING & TRAINING

2000



2024

MINDSTREAM: EMPOWERING PEOPLE FOR OVER TWO DECADES

Are you looking to empower your managers, foster effective communication, and create an innovative, adaptable team?

Our Mindstream Corporate Coaching programs, accredited by the International Association of Professional Coaching & Mentoring (IAPCM), will transform your managers into coaches, your employees into empowered leaders, and challenges into opportunities.

Coaching isn't just about managing outcomes; it's about nurturing potential, fostering growth, and inspiring excellence. Join us and witness your team's evolution.



I engaged Ariana Dunne to assist the Guaranteed Irish team in Personal Development and Sales Training. She was excellent in the above areas and went over and above to inspire and encourage "buy in" from the entire team and the team benefitted from this group and individual training. She was practical, results focused and personal.

-Brid O'Connell CEO Guaranteed Irish



Corporate Coaching Certificate Course Overview

In our Mindstream Corporate Certificate course, participants will learn core coaching principles to lead their teams more effectively. Coaching enables teams to define goals, make informed choices, establish a vision, promote team spirit, and achieve their objectives. Through this process, the collective intelligence of team members is significantly enhanced.

Certification

Participants will receive a fully accredited certificate from Mindstream in association with the International Association of Professional Coaching & Mentoring (IAPCM).



Requirements

A positive mindset and a willingness to learn are essential. Participants will be provided with slides and workbooks for each module.

Delivery Options

Modules can be conducted in person or via Zoom, catering to your team's convenience.

Half-day/full-day or two-day options where your team will learn new skills, get hands-on experience, and engage in breakouts, discussions Q&A.



WHAT IS COVERED

Module 1 - What is Coaching

Topics covered:

- The History of Life Coaching
- Principles of Coaching
- Definitions of Coaching
- The differences between coaching, mentoring, consulting, and therapy
- Why coaching is important in the workplace



Module 2 - Coaching Wheels

Topics covered:

- The Importance of Self-Awareness
- Who am I, and who are you?
- Coaching Pitfalls
- Coaching Wheels
- The Wheel of Work - Role Play



WHAT IS COVERED

Module 3- The Grow Model

Topic covered:

The GROW model is a framework that contains all the core elements of an effective coaching session. Originally developed by business coaches Sir John Whitmore, Graham Alexander, and Alan Fine. It's an acronym that stands for Goals, Reality, Options, and Will/Way Forward.

Participants will Give, Receive, and Observe a Session using the GROW model.

Module 3 - Listening and Questioning Skills

Topics covered:

- Active Listening
- Levels of Listening
- Clarifying skills
- Questioning Skills
- Coaching Questions
- How Listening Improves Performance
- Listening Barriers and Filters

Module 5 - Relationships

Topics covered:

- How to build Rapport
- Perception of Your World is Your Reality
- Communicating with NLP
- Eye Accessing Cues
- Mirroring and Matching
- Submodalities and The Meta Model
- Getting to Know You and Others

Module 6 - Goal Setting

Topics covered:

- Goal/Target Setting
- The Three-Step Coaching Model:
 - The Who
 - The What
 - The How
- How to effectively structure a session

ADDITIONAL COACHING SERVICES



**Corporate 1 to 1 Staff
Coaching**

Redundancy Coaching

PIP Program Coaching



Corporate Training

Including:

- Confidence
- Sales
- Networking
- Presentation Skills
- Growth Mindset



Corporate Wellness Days

Group Coaching

Breathwork Sessions

Journaling



ABOUT US

Mindstream, was established in 2000 by Sean Farrell and subsequently taken over by Ariana Dunne in 2023. It offers internationally recognised coaching courses. With thousands of graduates, our programs instil self-empowerment and self-awareness. Many of our graduates have positively impacted their workplaces by implementing coaching principles attained on our courses.

20+
YEARS
EXPERIENCE



OUR TEAM

Ariana Dunne **HEAD FACILITATOR**

Ariana trained as a coach with Mindstream in 2017 and started teaching the courses in 2019. Now with over 20 years of corporate experience combined with coaching and lecturing skills, Ariana, now CEO of Mindstream, has transformed individuals, groups, and organizations. An Accredited Senior Coach with the International Association of Professional Coaching & Mentoring (IAPCM), she specialises in one-to-one coaching, corporate coaching, and sales training for large corporations. Ariana's expertise, passion, and practical coaching techniques leave teams feeling enthused and well-equipped to excel.

Ariana serves as the resident Life Coach columnist for Irish Country Magazine and is the esteemed host of the award-nominated podcast, Solo Powered. Her expertise has earned her recognition on prominent television and radio platforms, such as the Ryan Tubridy Show, Newstalk and the Six O'clock Show.



Aoife Leggett **FACILITATOR**

Aoife trained as a qualified Life Coach in 2023. She is also a Certified Personal Trainer, Breathwork Teacher, and Performance Nutritionist.

Drawing from her background in Sales and Operations, she possesses a deep understanding of the challenges and pressures commonly found in the workplace.

Her mission is to equip individuals in professional settings with the necessary tools to cultivate lives of heightened well-being and productivity.

By leveraging her passion and expertise in holistic well-being, Aoife empowers individuals to excel, thereby fostering an environment conducive to corporate excellence.



CONNECT

INVESTMENT

For additional course details, including cost and enrolment, or to discuss your additional coaching requirements please contact us via the details below.



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WEBSITE

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A close-up photograph of a person's hand holding a silver and white pen, writing on a document held by a black clipboard. The document has some faint lines and text. The background is blurred, showing a wooden desk and a person's shoulder. A dark blue semi-transparent box is overlaid on the center of the image, containing the title text.

**Mindstream: Nurturing Excellence,
Igniting Potential**