

PROFESSIONAL COACHING

Coaching is a collaborative process where a coach asks powerful questions, listens deeply, and helps you create your own personalized action plan. Unlike mentoring or consulting, coaching isn't about giving advice; it's about unlocking your potential and supporting your growth. The benefits go beyond professional skills: coaching builds confidence, resilience, and adaptability while fostering meaningful personal and organizational transformation.

XLSU 0009 Professional Coaching

This course provides an individualized coaching experience to help students deepen self-awareness, draw meaningful lessons from their experiences, and take purposeful action to enhance performance and personal growth. Through goal-focused coaching conversations, students work to strengthen their effectiveness in current roles, navigate professional transitions, or prepare for future opportunities. Each student will design a personalized Individual Development Plan (IDP) that identifies areas of strength and opportunities for growth, directly linked to their professional context. In collaboration with their coach, students will apply new insights and leadership strategies to real-world situations, reflect on outcomes, and refine their approaches to achieve sustained growth. By the end of the course, students will emerge with greater clarity, confidence, and capability to lead with purpose in dynamic environments. 1 credit.

- 10 clock hours/1CEU