

Module I: Know Thyself (September 7, 9 and 11 2026)

Psychodynamic Foundations Monday September 7 2026	Self as Instrument Wednesday September 9 2026	Consolidation & Integration Friday September 11, 2026
Day 1 Morning 8:30–9:00 Welcome and programme overview 9:00–10:00 Participant introductions & Module 1 overview 10:20–10:30 Break 10:30–10:40 Building Psychological safety 10:40–11:00 Exercise: Contracting on code of conduct 11:00–12:00 Key concepts of the inner life of individuals 12:00–13:00 Lunch Day 1 Afternoon 13:00–14:30 Exercise: Competing Commitments 14:30–14:45 How hidden emotional forces shape behaviour 14:45–15:00 Break 15:00–15:40 Developing self-awareness: 360 feedback/ITI 15:40–16:00 Closing and distribution of the ITI reports	Day 2 Morning 8:30–8:45 Check-in and reflections 8:45–12:00 Setting up the group coaching day Hot seat rounds: ITI, self-portrait, life narrative 12:00–13:00 Lunch (exact timing depends on size of the group) Day 2 Afternoon 13:00–16:00 Hot seat rounds - continuation Closing reflections: Applying the psychodynamic lens to your Self. What do you want to take into Day 3? Fill in guided reflection exercise in Handbook.	Day 3 Morning 8:30–8:50 Check-in 8:50–9:20 Small group exchange: Personal learning 9:20–10:20 Plenary: Group learnings 10:20–10:30 Break 10:30–11:00 Small group discussion: Linking Theory to Practice (1) Applying a dual lens and (2) Coach stance 11:00–12:00 Plenary consolidation and integration: Coaching process and coach mindset, practice, ethics 12:00–12:30 Personal development plan, closing and bridging to Module 2