

Kavanah Coaching Workshops

These workshops are open to a small group of Jewish Professionals

REGISTER HERE TODAY

The 6 Sessions, 2 hours each (12 hours total) will include topics on:

- 10/27 Coaching Foundation:** Understanding what coaching is and isn't, the similarities and differences to the work Jewish Professionals already do.
- 11/03 Core Coaching:** Skill building, such as co-creating the relationship, and the GROW Model, a tool from the world of coaching.
- 11/10 Power Tools:** Power tools include communicating effectively, active listening strategies, powerful questioning, and facilitating learning for individuals and groups.
- 11/17 Understanding Teens Today:** Exploring neuroscience and positive psychology to better understand how the teenage brain functions and creates meaning.
- 12/01 Mindfulness:** Techniques for Professionals and Teens to help individuals personally and professionally.
- 12/08 Coaching Practice:** Participants will develop their coaching skills by observing others, practicing their coaching, and receiving feedback from a coach trainer.

Throughout the training Jewish wisdom will be applied to the learnings.

Kavanah Coaching is run through the **Center for the Advancement of Jewish Education in Miami, FL**. If you have questions, please contact us at: CajeTeenMarkets@caje-miami.org. **Click Here** to learn more about Kavanah Coaching.

