

# Coaching Skills Intensive 2026

13.06-05.07.2026

**Setup the logistic, master the coaching session and support transformation in your clients**

Version: 28.04.2026

**Adarsh Sitapati**

Organizer and facilitator

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# 1. What is the outcome of this course?



Setup the logistic in order to operate your business in a smooth and effective way



Get the most of each phase within a coaching session. You will get useful practice and tools to master opening, exploration and the closing with your clients



Get insightful tools and exercises to guide your clients to their most authentic core and integrate their shadow

# 2. Who is this course for?

This course is for coaches who are about to finish their basic coaching training or already finished their coaching training that want to gain the skills to increase the effectiveness of their business logistics and develop the transformative power of the sessions with their clients. This is not a theoretical course. There will be theory inputs, but the learning product of this course will be a clear and authentic definition of your coaching service. Therefore this course is for coaches that are committed to making coaching their new profession.

This course has a **maximum of 8 participants**. This limited number is deliberately chosen to guarantee the best guidance and a familiar learning environment where peer sharing and guidance from the instructor are maximized.

### 3. Content of this course

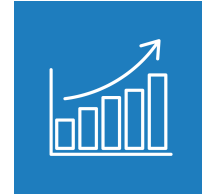
This is a part of a bigger course called Business Business Journey based on three core pillars:



You



Your Method



Your Business

The main focus of this course is developing your coaching skills as part of your method.

**Your Method**

Your unique method and process will support your clients to improve and transform their lives.

Topics: Unique Skills Set, Business Logistics, Client Dossier, Coaching Log, Transformational Coaching Tools, Coaching Package, Coaching Agreement

I would like to take a short pause and observe the cover picture of the Business Builder Journey program. What do you see? Which meaning do you give to each item?



In my experience as a freelancer I noticed many business approaches that were not aligned with my values. I found some role models for some specific areas, but I end up developing **my own method that feels very natural and authentic**. This is the **course that I would have given to myself in 2019** when I finished my coaching training and started building my coaching business.

### **Inspired by nature**

Autumn is the time where plants let go of their leaves to prepare for winter. Winter is the time where almost no growth happens externally in the plant. Then spring comes and life starts to sprout with a rejuvenated vitality. Then towards the end of spring and beginning of summer there is an abundance of juicy fruits hanging on the tree. Furthermore in order to grow towards the sky the plant needs deep and stable roots in the ground.

### **As nature as seasons, so does your business**

The business possibilities throughout the year are not equally distributed. There are business seasons where people and organizations are more keen to introspect and invest in their development. You can integrate this seasonality in your business approach. Your **business autumn** is the moment where you **close the projects of the current year**. Your **business winter** is the moment where you **introspect and evaluate in which direction you want to further develop your life and your business**. Here you brainstorm new ideas and create empowering services that serve even better your niche. Your **business spring** is the moment where you **plan and build your upcoming services**. Your **business summer** is the moment you **launch your service and get an abundant income** that reflects your clarity and dedication you put in the development and care of service.

**The roots are the backend logistics of your business:** template of your coaching agreements, your coaching packages, your client log, your client dossiers, your business plan, your coaching tools and the coaching skills you bring in the sessions with your clients.

**The trunk and the roots are the frontend of your business:** your new professional identity, your authentic brand, your clear and simple website, your effective communication, your smooth and engaging relationship building sequence to naturally enroll new clients.

**There is no separation between your business and spirituality. Through your work you put your life purpose into action and you serve other people from something bigger than you that manifests through you.**

It is my pleasure and honor to help you in this journey,

Adarsh

## 4. Structure and logistics of this course

This intensive course includes the following live webinars and topics:

Central European Time (CET), Eastern Time (ET), Pacific Time (PT)

### Saturday, 13 June 2026

15:00 (3 pm) - 16:30 (4:30 pm) CET  
9:00 (9 am) - 10:30 (10:30 am) ET  
6:00 (6 am) - 7:30 (7:30 am) PT

### Set up your logistics

Physical location, online tools, payment method, invoice templates, your availability for coaching sessions, maximum number of clients

### Sunday, 14 June 2026

15:00 (3 pm) - 16:30 (4:30 pm) CET  
9:00 (9 am) - 10:30 (10:30 am) ET  
6:00 (6 am) - 7:30 (7:30 am) PT

### Set up your logistics

Client dossier, coaching log, coaching agreement, package description, assessment form, test and improve your service prototype

### Saturday, 20 June 2026

15:00 (3 pm) - 16:30 (4:30 pm) CET  
9:00 (9 am) - 10:30 (10:30 am) ET  
6:00 (6 am) - 7:30 (7:30 am) PT

### Master the coaching session

Opening of the session: theory and practice in subgroups

### Sunday, 21 June 2026

15:00 (3 pm) - 16:30 (4:30 pm) CET  
9:00 (9 am) - 10:30 (10:30 am) ET  
6:00 (6 am) - 7:30 (7:30 am) PT

### Master the coaching session

Central exploration of the session: theory and practice in subgroups

### Saturday, 27 June 2026

15:00 (3 pm) - 16:30 (4:30 pm) CET  
9:00 (9 am) - 10:30 (10:30 am) ET  
6:00 (6 am) - 7:30 (7:30 am) PT

### Master the coaching session

Closing of the session: theory and practice in subgroups

### Sunday, 28 June 2026

15:00 (3 pm) - 16:30 (4:30 pm) CET  
9:00 (9 am) - 10:30 (10:30 am) ET  
6:00 (6 am) - 7:30 (7:30 am) PT

### Master the coaching session

Integrated practice of all the phases of a session and collective feedback

### Saturday, 04 July 2026

15:00 (3 pm) - 16:30 (4:30 pm) CET  
9:00 (9 am) - 10:30 (10:30 am) ET  
6:00 (6 am) - 7:30 (7:30 am) PT

### Support transformation in your clients

Central aspects of human performance, steps of the transformation process, stages of introspection, dialog between conflicting inner parts

### Sunday, 05 July 2026

15:00 (3 pm) - 16:30 (4:30 pm) CET  
9:00 (9 am) - 10:30 (10:30 am) ET  
6:00 (6 am) - 7:30 (7:30 am) PT

### Support transformation in your clients

Modalities of the conscious and subconscious mind, basics of shadow work and shadow questions

There is no recording of the webinar because they are very interactive and participants share private ideas and insights. The choice of no recording supports a safe space of expression and experimentation.

If you are not able to attend all the webinars, please let me know and we can schedule a call where I can share with you the essence of the webinar you couldn't attend. This makes it possible to participate in sync with the rest of the group in the next webinar.

This course has a **maximum of 8 participants**. This limited number is deliberately chosen to guarantee the best guidance and a familiar learning environment where peer sharing and guidance from the instructor are maximized. The registration is complete when the registration form is filled out and the payment is received. In case the limit of participants is reached the participants will be chosen with chronological priority of registration.

## 5. Cost and payment method

The entire course costs	800 CHF	860 EUR	1000 USD
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Single modules can be booked with the following costs

Logistics (2 webinars)	240 CHF	260 EUR	300 USD
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Session Mastery (4 webinars)	480 CHF	520 EUR	600 USD
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Client Transformation (2 webinars)	240 CHF	260 EUR	300 USD
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Early bird for the entire course for complete registrations until the 23 May 2026	670 CHF	730 EUR	840 USD
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Payment method: via ebanking by paying to the Postfinance account  
CH61 0900 0000 1416 8588 1  
registered to Adarsh Sitapati

Address: Services of Adarsh Sitapati  
Via Prà di Vizi 5  
6612 Ascona  
Switzerland

Registration is possible with this [Link](#) until the 12 June 2026  
at 12:00 CET (12 pm) | 6:00 ET (6 am) | 3:00 PT (3 am)

## Meet the instructor



### Adarsh Sitapati

Life Coach, Business Consultant for Freelancers and Instructional Designer

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www.authenticself.academy

I support new coaches to build their business as freelancers in full authenticity and to get clients naturally without social media.

### Facts and figures

> 650 hours in my coaching log with 81 clients

Main Project                      Authentic Self Academy | [www.authenticself.academy](http://www.authenticself.academy)

Since 2022                              Freelance Coaching

2020 - 30.04.2026                      ACC ICF accreditation\*

2018 - 2019                              Coaching Training

\* I am currently considering if I want to renew my ACC ICF accreditation. Looking back at my work with my clients, nobody paid attention to my accreditation. What truly made the difference was the quality in the delivery of my service.

For any kind of questions you can contact me by email or whatsapp.

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