



NEUROCOMB25®



## Bonsai Executive Coaching™ Certification. 10CCE (7 CC+3 RD)



### Bonsai Thinking™: The Science of Learning, Unlearning, and Relearning

| Date, Instructor                             | Time                   | Agenda                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|----------------------------------------------|------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| October 10, Saturday<br>Aleksandra Halchenko | 18:30-20:45<br>UK Time | <p><u>Introduction to Bonsai Thinking™</u></p> <p>Objectives and Outline</p> <p>Orientation and “Think like a Bonsai Master”</p> <p>Introduction to Bonsai Executive Coaching for Learning, Unlearning, and Relearning.</p> <p><u>Introduction to the Elements of Bonsai Thinking™ (Watering, Fertilising, Pruning, Wiring, Positioning)</u></p> <p><b>(RD)</b></p> <p><b>LEARNING</b></p> <p>1) WATERING</p> <p>Powerful Coaching Questions for Watering</p> <p>2) FERTILISING</p> <p>Powerful Coaching Questions for Fertilising</p> <p><b>UNLEARNING</b></p> <p>3) PRUNING</p> <p>Powerful Coaching Questions for Pruning</p> <p><b>RELEARNING</b></p> <p>4) WIRING</p> <p>Powerful Coaching Questions for Wiring</p> <p>5) POSITIONING</p> <p>Powerful Coaching Questions for Positioning</p> <p><b>(CC)</b></p> <p>What is a Learning-Unlearning-Relearning Cycle?</p> <p><u>Tools</u></p> <p>Coaching Tools for Learning</p> <p>Coaching Tools for Unlearning</p> <p>Coaching Tools for Relearning</p> <p><u>Models</u></p> |



| Date, Instructor                                           | Time                                 | Agenda                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
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|                                                            |                                      | Coaching Models for Learning<br>Coaching Models for Unlearning<br>Coaching Models for Relearning<br><b>(0.75 CC, 0.25 RD)</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>October 11, Sunday</b><br><b>Aleksandra Halchenko</b>   | <b>18:30-20:45</b><br><b>UK Time</b> | <u><i>Introduction to the Elements of Systems Thinking for the Science of Learning</i></u><br><b>LEARNING</b><br>1) INTERCONNECTEDNESS<br>Powerful Coaching Questions for Interconnectedness<br>2) SYNTHESIS<br>Powerful Coaching Questions for Synthesis<br><b>UNLEARNING</b><br>3) EMERGENCE<br>Powerful Coaching Questions for Emergence<br><b>RELEARNING</b><br>4) CAUSALITY<br>Powerful Coaching Questions for Causality<br>5) FEEDBACK LOOPS<br>Powerful Coaching Questions for Feedback Loops<br><b>(0.75 CC, 0.25 RD)</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| <b>October 17, Saturday</b><br><b>Aleksandra Halchenko</b> | <b>18:30-20:45</b><br><b>UK Time</b> | <u><i>Introduction to a 3D Format™</i></u><br>From a Trilogy of Mind to a Trilogy of Education: From Cognition-Affection-Conation to Cognitive, Affective, and Conative Neuroscience. Introducing Cognitive, Affective, and Conative Neuroscience into Coaching Conversations.<br>Introducing “The Content of Change -The People of Change - The Process of Change” into Coaching Conversations.<br><b>(RD)</b><br><br><u><i>1)The Content of Change in</i></u><br><b>1D Cognitive Neuroscience:</b><br><i>Direct Link to Education through Brain Optimisation (Metacognitive Strategies for Brain Optimisation)</i><br>Metacognitive Coaching Questions for Brain Optimisation<br>Practical Coaching Conversations around Brain Optimisations<br><br><i>Indirect Link to Education through Psychology (Metacognitive Strategies for Executive Functioning)</i><br>Metacognitive Coaching Questions for Executive Functioning<br>Practical Coaching Conversations around Executive Functioning |



| Date, Instructor                                                    | Time                                          | Agenda                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
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|                                                                     |                                               | <p><i>Meta-Motivation (Attention Regulation, Delayed</i><br/> Meta-Motivational Coaching Questions<br/> Practical Coaching Conversations around Meta-Motivation<br/> Linking Cognitive Neuroscience to <b>Learning</b> —Powerful Coaching Questions</p> <p><b>2D Affective Neuroscience (Happiness):</b><br/> <i>Direct Link to Education through Hedonia</i><br/> Coaching Questions on Hedonia<br/> Practical Coaching Conversations around “Happiness in Learning”<br/> <i>Indirect Link to Education through Eudaimonia</i><br/> Coaching Questions on Eudaimonia.<br/> Practical Coaching Conversations around “Happiness for Learning”<br/> Linking Happiness Studies to <b>Unlearning</b> —Powerful Coaching Questions<br/> <b>(0.5 CC, 0.5 RD)</b></p> |
| <p><b>October 18, Sunday</b><br/> <b>Aleksandra Halchenko</b></p>   | <p><b>18:30-20:45</b><br/> <b>UK Time</b></p> | <p><b>3D Conative Neuroscience (Future):</b><br/> Direct Link to Education through Futures Literacy<br/> <i>(a shift from knowledge consumer to knowledge creator)</i><br/> Coaching Questions on Futures Literacy<br/> Practical Coaching Conversations around Futures Literacy<br/> Indirect Link to Education through Systems Thinking<br/> <i>(leveraging pre-existing knowledge to create new knowledge)</i><br/> Coaching Questions on Systems Thinking<br/> Practical Coaching Conversations around Systems Thinking</p> <p>Linking Future Studies to <b>Relearning</b> —Powerful Coaching Questions<br/> <b>(1.5 CC, 0.5 RD)</b></p>                                                                                                                   |
| <p><b>October 24, Saturday</b><br/> <b>Aleksandra Halchenko</b></p> | <p><b>18:30-20:45</b><br/> <b>UK Time</b></p> | <p>Linking Cognitive Neuroscience to <b>Learning</b> —Powerful Coaching Questions<br/> Linking Affective Neuroscience (Happiness) to <b>Unlearning</b> —Powerful Coaching Questions<br/> Linking Conative Neuroscience (Future) to <b>Relearning</b> —Powerful Coaching Questions</p> <p><b>Connecting the Dots.</b><br/> Bonsai Executive Coaching™ Initial session with a new client. Bonsai Executive Coaching™ Ethics Protocol (Signing)<br/> Pre-Session Reflection Questions</p>                                                                                                                                                                                                                                                                         |



## NEUROCOMB25®



| Date, Instructor | Time | Agenda                                                                                                                                                                                                                                   |
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|                  |      | <p>Goal Setting, Managing Bonsai Coaching Engagement.<br/>Cognitive, Affective, Conative Sessions<br/>Review Sessions<br/>Coaching Practice and The Final Oral Assessment (Initial Session) Explanation.<br/><b>(1.5 CC, 0.5 RD)</b></p> |