

# Coaching Workshop & Schedule in 5 minutes

## The prompt

Here is a [free short video](#) that explains how best to use/edit this prompt.

You can “Copy and Paste” the prompt below into ChatGPT, and edit it to be specific for your business and objective.

**Role** - Take the role of an expert IPEC Coaching Facilitator.

**Result** - A 1 day leadership workshop from 9am - 4pm. The workshop includes effective communication, conflict resolution, catabolic & anabolic energy, and motivation in private and professional life.

**Context** - In the workshop, I want an opening circle, a 1 hour lunch break. 20% theory, 70% practise, and 10% integration & social time.

I want the workshop to be 20% inspired by Brene Brown’s Vulnerability teachings.

**Audience** - Corporate 9-5ers in London.

### More about the result -

Result 1: Present this in a table, with the time, name of session, and its details. Time slots for each item can be 30, 60, 90, or 120 min.

Result 2: Provide detailed descriptions for each session in the workshop, including specific questions to ask participants, precise activities to conduct, and concrete exercises to implement. Each description should be actionable and ready for a facilitator to use directly in a workshop setting, ensuring high engagement and authentic connection.

### Three key outcomes of the workshop:

(If relevant, confirm this with you client, and add it here)

### Even more detail:

Before we begin, ask me 3 questions so that you can achieve the best result.

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