



# Introduction to Agile Coaching Curriculum



# CURRICULUM FOR INTRODUCTION TO AGILE COACHING

## 1. What is Agile Coaching?

### **Learning Outcome:**

In this module, you will be introduced to agile coaching and follow an agile coach to help guide a company through their agile transformation.

### **Topics:**

- Define agile coaching and its core principles.
- Differentiate agile coaching from project management, leadership roles within agile organizations, and professional coaching.
- Describe how agile coaching is rooted in agile values, principles, and practices.
- Identify the key characteristics of a successful agile coach.

## 2. The Agile Coach

### **Learning Outcome:**

In this module, you will learn how agile coaching is rooted in agile practices and discover the agile coach's role in a transformation.

### **Topics:**

- Describe the difference between coaching, facilitating, mentoring, teaching, and advising.
- Identify the coach's role in helping organizations navigate change toward enterprise agility.

## 3. Navigating the Agile Coaching Growth Wheel

### **Learning Outcome:**

In this module, you will learn about a tool that can help you navigate the landscape of agile coaching and improve your practice.

### **Topics:**

- Recognize that you may benefit from learning new skills and growing your competencies.
- Describe the difference between coaching, facilitating, mentoring, teaching and advising.

## 4. The Coaching Presence

### Learning Outcome:

In this module, you will see an agile coach demonstrate the key elements of a coaching presence and discover how that unlocks a safe space for the team to change.

### Topics:

- Practice a confident, grounded, and neutral demeanor that inspires trust and psychological safety.
- Recognize and celebrate team accomplishments to reinforce positive change within teams.

## 5. Self-Mastery

### Learning Outcome:

In this module, you will explore the heart of agile coaching: self-mastery. You'll discover how to develop emotional intelligence and the importance of resilience and self-care.

### Topics:

- Describe the importance of developing emotional intelligence.
- Realize the need to develop personalized self-care strategies to promote physical, mental, and emotional well-being.
- Describe resilience and how it applies to personal and professional challenges within an agile coaching context.

## 6. Ethical Considerations in Agile Coaching

### Learning Outcome:

In this module, you will explore essential ethical considerations for all agile coaches and how to navigate maintaining your integrity in your agile coaching practice.

### Topics:

- Define the core ethical principles that underpin agile coaching.
- Identify ethical dilemmas that agile coaches may encounter within a scaled organizational context.
- Identify strategies to navigate conflicts of interest, ensuring impartiality and prioritizing the well-being of teams.
- Recognize the need for fostering transparency and open communication while respecting confidentiality.
- Identify a framework for ethical decision-making that balances agile principles with broader organizational goals and values.

## 7. Case Study

### **Learning Outcome:**

In this module, you will reconvene with the InsureSwift team after a year has passed, and discover new coaching challenges for Rae and Janelle.

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**Headquarters (US):** +1-469-442-0620  
americas@knowledgehut.com



**Canada:** +1-613-707-0763  
americas@knowledgehut.com



**India:** +91-80-41520045, Toll-Free 1800-121-9232  
india@knowledgehut.com



**New Zealand:** +64-36694791  
apac@knowledgehut.com



**UK:** +44-2033320846  
europe@knowledgehut.com



**Australia:** +61-290995641  
apac@knowledgehut.com



**Singapore:** +65-315-83941  
apac@knowledgehut.com



**UAE:** Toll-Free 8000180860  
mea@knowledgehut.com



**Malaysia:** +601548770914  
apac@knowledgehut.com

**Get in touch with us!**

[www.knowledgehut.com](http://www.knowledgehut.com)  
[kh.reachus@upgrad.com](mailto:kh.reachus@upgrad.com)

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