

2ND INTERNATIONAL COACHING CONFERENCE 2025

# Humanity 5.0

Unlocking a human-first future

24 - 25 September 2025

Lumina Ballroom

Cinnamon Life at City of Dreams, Colombo





International  
Coaching  
Federation

**The International Coaching Federation (ICF) is the leading global organization for coaches and coaching. ICF is dedicated to advancing the coaching profession by setting high standards, providing independent certification and building a worldwide network of trained coaching professionals. ICF was founded in 1995 and now has 50,000 plus members across 150 countries and territories.**

**ICF Colombo Chapter** connects the community of local coaches, supports professional development while representing the highest professional and ethical standards of the coaching profession in Sri Lanka. 2021 is a historical moment for the professional Coaching community in Colombo as ICF International granted approval of Chapter status unveiling the ICF Colombo Chapter on the 29th of October 2021.



*The thought behind....*

# Humanity 5.0

Unlocking a human-first future

***Technology is advancing at an unprecedented pace, transforming how we live, work, and connect.***

*Artificial Intelligence is now capable of generating realistic images, writing code, and holding conversations, capabilities that seemed like science fiction only a few years ago. As technology-driven innovation accelerates, the line between what's possible, what's imagined and even what's human is rapidly blurring.*

*Humanity 5.0 envisions a future where humans remain at the centre of progress, in an era where technological shifts are turbocharged.*

# Your Conference Experience

Step into a space of intentional learning and connection.

The ICF Colombo Chapter's 2nd International Coaching Conference invites you to explore the theme "**Coaching for Humanity 5.0 – Unlocking a Human-First Future.**"

Join a global community of coaches and change agents as we engage in deep, focused conversations, discover emerging coaching insights, and connect with professionals who believe in the power of coaching to shape a more conscious, connected, and human-centred world.

## Key Learning Segments

**The Evolution of "Me"** - Coaching for Personal Growth

**Fostering Excellence in Others** - Coaching for Collaborative, High-Impact Teams

**Shaping Stronger Communities** - Coaching for Local and Global Change

**Coaching in Action** - A Live Coaching Demonstration

**Configuring a Human-First Future** - A Meeting of Minds



# Session Types

The conference is designed to enrich both your learning and your connections, with a variety of session formats, you will experience diverse ways to engage, explore, and reflect, each aligned with the conference's three core themes.

- **Pre-conference Webinars** - An opportunity to connect virtually with some of our conference speakers and gain a preview of the insights they will share as we explore and evolve the theme of Humanity 5.0.
- **Keynote Speech** - A thought-provoking session led by an expert speaker, designed to spark curiosity, expand your perspective, and inspire meaningful action based on what you are learning.
- **Signature Speeches** - Showcasing the insights of globally experienced coaches on how coaching drives personal growth, fosters collaborative high-impact teams, and creates meaningful change, both locally and globally.
- **Panel Discussions** - A dynamic meeting of minds that will spark thought-provoking conversations on multiple angles that will contribute towards defining the future-ready persona.
- **Learning Capsules** - Creates an environment for everyone to learn, contribute and gain from the collective wisdom of one another.
- **Post Conference** - This follow-up series is designed to nurture your growth, strengthen collaboration, and expand your impact, empowering your coaching journey to flourish and rise.



# A Snapshot of the Conference

## DAY 1: EVOLVE

8.30AM-6.30PM IST



## DAY 2: ELEVATE

8.30AM-6.30PM IST



# DAY 1 – Evolve

The first day of the conference invites participants to turn inward, to reflect, realign, and reimagine. The journey begins with the evolution of self: uncovering who we are beneath the roles we play, the systems we navigate, and the expectations we carry. In a world shaped by accelerating technologies and AI, personal growth is no longer optional; this is the anchor we need to stay grounded, intentional, and human.

Through coaching, we explore how transformation at the individual level can ripple outward, influencing how we lead, connect, and contribute in an increasingly digitised world.

As the day unfolds, we shift focus from “I” to “We.” Empowering others isn’t just about enabling performance; it’s about cultivating trust, nurturing excellence, and holding space for others to thrive. In an age of automation and fast-paced change, conscious leadership means blending emotional insight with adaptive agility.



# DAY 1 – Evolve

# **Keynote: The Human Advantage – The impact of coaching for personal, team and community growth**

# Session 1: The Evolution of "Me" - Coaching for Personal Growth

Uncover. Rewire. Grow. This session will provide insights to upgrading your inner operating system.

## Session 2: Fostering Excellence in Others - Coaching for Collaborative, High-Impact Teams

Engage in team-based experiences that invite co-creation, shared reflection, and collective uplift.



## DAY 2 – Elevate

The second day of the conference moves from insight to embodiment where learning takes shape through practice, application, and bold conversations. We begin by witnessing real coaching in motion, grounding theory in lived experience. From there, we look outward: to our workplaces, communities, and the systems we want to influence.

This day is about asking brave questions. How do we humanise technology? How do we coach not only individuals but cultures, ecosystems, and movements? How do we design a future that is equitable, empathetic, and collaborative?

Through community-led activation and cross-sector dialogue, Day 2 invites us to become architects of a human-first future; one action, one conversation, one system at a time. Let us move from insight to action whilst exploring live coaching and the power of systemic change.



# DAY 2 – Elevate

## Session 1 – Live Coaching Demo

Experience the power of coaching in action through a live demonstration led by an experienced ICF Master Certified Coach (MCC), followed by a guided reflection to deepen insights and learning.

## Session 2 – Panel: Configuring a Human-First Future

Join thought leaders from coaching, technology, and leadership as they explore how human development can ground and guide technological progress.

Gain insights from diverse perspectives on shaping a future where innovation serves humanity first.

## Session 3 – Shaping Stronger Communities - Coaching for Local and Global Change

Co-create coaching-led solutions for systemic and societal challenges.

## Session 4 – Closing: Humanity 5.0 – The Future is us

Wrap-up and call to action: take your transformation back into the world.

**Gain powerful insights, real-world coaching practices, and meaningful connections that will help you lead, grow, and thrive in a tech-driven world with humanity at the centre.**



# TICKET REGISTRATION\*

## OVERSEAS DELEGATES

We've all had a dream to change the world join hands and become a coach. Explore what it takes to become a coach and get started on your journey. Get informed. Find education. Join ICF. Earn Credentials. Change the World.

	Before 31 July Early Bird Pass	August 01 onwards Standard Pass
ICF GLOBAL MEMBER	USD 250	USD 300
NON ICF MEMBERS	USD 275	USD 300

**REGISTER  
ONLINE**

Please make your payment through our ticketing portal [Boxoffice.lk](http://Boxoffice.lk)

\* Terms & Conditions

- Registration cancellations and refunds will not be accommodated.
- Foreign exchange transaction costs will have to be borne by the participant where applicable.
- The in-person registration fee does not include travel, lodging, ground transportation or other out-of-pocket expenses associated with the

# **Sri Lankan Experience**

## For Foreign Delegates

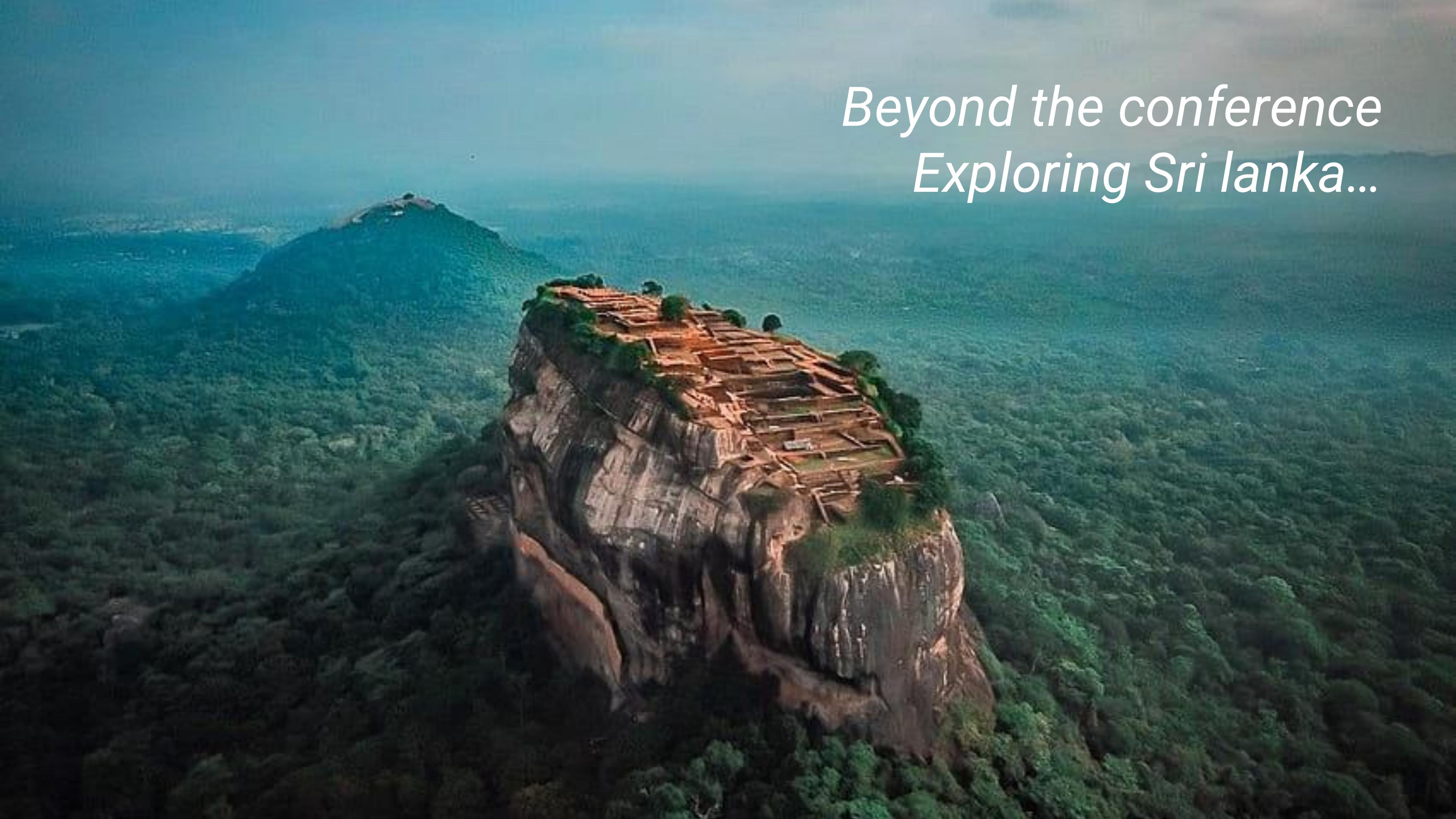


A woman with long dark hair is laughing joyfully, her eyes closed and hand near her forehead. She is wearing a colorful, patterned dress. The background is a vibrant, tropical setting with a chalkboard menu in the background. 

ICF Colombo Chapter is excited to meet you at  
our Second International Coaching Conference.

This is an opportunity to co-create a human-first  
future by unleashing Humanity 5.0

***We'd love to see you in Sri Lanka!***

A high-angle aerial photograph of the ancient rock fortress of Sigiriya in Sri Lanka. The image shows the massive, flat-topped rock formation rising from a dense jungle. On the top of the rock, there are numerous small, rectangular structures with reddish-brown roofs, likely remnants of the palace complex. The surrounding landscape is a lush, green jungle that stretches to the horizon under a clear blue sky.

*Beyond the conference  
Exploring Sri Lanka...*

# Colombo City Tour

– Evening



# Galle Tour

– Full Day



# Contact us for more details...

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