

The Art and Practice of Coaching Program 2017/18

Program Overview

MODULE	KEY TOPICS
<p>Module 1 – Orientation and Setting the Foundation</p>	<p><u>Day 1 (29 Sept 2017)</u></p> <ul style="list-style-type: none"> • Introducing the Program; Faculty and Participants • Housekeeping and Expectations • The Co-Active Model of Coaching • The ICF Competencies and Code of Ethics • Defining Coaching • Coaching vs. Mentoring vs. Counselling vs. Consulting • Coaching Demonstration • Coaching Practice • Reflections <p><u>Day 2 (30 Sept 2017)</u></p> <ul style="list-style-type: none"> • Types of Coaching • Active and Empathic Listening Exercises • Giving and Receiving Feedback Exercises • Establishing the Coaching Agreement • Clarifying Roles and Outcomes • The Wheel of Life • Sample Coaching Contract • Coaching Demonstration • Coaching Practice • ICF Membership and ACC Credentialing • Reflections and Review
<p>Intermodular work (in pairs) 45–60 minute session per person to include 15 minutes’ feedback</p>	<p>1:1 Coaching (in person or by phone): to be recorded; include review in coaching journal</p>

<p>Module 2 – Co-Creating the Relationship</p>	<p><u>Day 3 (14 Oct 2017)</u></p> <ul style="list-style-type: none"> • Connecting Back • Review of Coaching Practice • Establishing Trust and Intimacy with Clients • Coaching Demonstration • Coaching Practice • Mindfulness in Coaching • Building Empathy and EQ • Reflection <p><u>Day 4 (28 Oct 2017)</u></p> <ul style="list-style-type: none"> • Coaching Presence: Dancing in the Moment • Learning to Support and Challenge • Experimenting in Coaching Interactions • More Mindfulness • Creating a Coaching Environment • Coaching Demonstration • Coaching Practice • Reflection and Review
<p>Intermodular work (in pairs) 45–60 minute session per person to include 15 minutes’ feedback</p>	<p>1:1 Coaching (in person or by phone): to be recorded; include review in coaching journal</p>
<p>Module 3 – Communicating Effectively</p>	<p><u>Day 5 (10 Nov 2017)</u></p> <ul style="list-style-type: none"> • Connecting Back • Review of Coaching Practice • More Active Listening • Using Metaphors • Bodywork and Coaching • Coaching Demonstration • Coaching Practice • Using TA in Coaching • Direct Communication Techniques • Reflection <p><u>Day 6 (24 Nov 2017)</u></p> <ul style="list-style-type: none"> • Powerful Questioning • Challenging the Inner Critic • Coaching Demonstration • Coaching Practice • Reflections and Review
<p>Module 4 – Facilitating Learning and Results</p>	<p><u>Day 7 (9 Dec 2017)</u></p> <ul style="list-style-type: none"> • Connecting Back • Review of Mentor Coaching Sessions • Creating Awareness • Using the Enneagram in Coaching • Designing Options • Tools for Creative Brainstorming • Coaching Demonstration • Coaching Practice

	<ul style="list-style-type: none"> • Reflections <p><u>Day 8 (19 Jan 2018)</u></p> <ul style="list-style-type: none"> • Planning and Goal Setting • Identifying Resources • Using NLP in Coaching • Managing Accountability • Coaching Demonstration • Coaching Practice • Reflections and Review
Intermodular work (in pairs) 45–60 minute session per person to include 15 minutes’ feedback	1:1 Coaching (in person or by phone): to be recorded; include review in coaching journal
Module 5 – Integrating the Coaching Process	<p><u>Day 9 (20 January 2018)</u></p> <ul style="list-style-type: none"> • Connecting Back • Linking the Competencies and the Co-Active Model • Deepening Our Understanding of the Code of Ethics and Dilemmas • Contracting in Organizations • Supervision and Mentor Coaching • Preparing for Credentialing • Professional Issues – Managing Multiple Stakeholder Relationships; Public Liability Insurance; Internal Coach Status • Coaching Demonstration • Coaching Practice with “Outside” Clients • Reflections <p><u>Day 10 (2 February 2018)</u></p> <ul style="list-style-type: none"> • “Becoming a Coach” Reflective Exercise – Individual and Group Work • Managing Emotions – Ours And Others • Personal Development Planning – Next Steps • Coaching Practice – Optimal Coaching State • Appreciating Other Coaches Activity • Evaluating the Program • Closing Activity
Mentor Coaching Session #1 (20 December 2017 @ 7pm)	Delivered online with Webex/Zoom for 90 minutes
Mentor Coaching Session #2 (10 January 2018 @ 7pm)	Delivered online for 90 minutes
End of Program Reflection Essay (1000 words)	Due 30 January 2018