

# **COACHING** **4** *Groups*

## **Professional Coach Training**

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### **Course Catalog**

# Welcome!

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## Welcome from Dr. J. Val Hastings, MCC, Founder & President

Thank you for enrolling in this intensive, hands-on, International Coach Federation accredited training. My vision is that every leader becomes a coach. By enrolling in our coach training program, you are helping this vision become a reality. My promise to you is that we will provide you with the best possible coaching training and resources so that you can become a masterful coach.

This course catalog will provide you with descriptions of the classes that are offered in our Professional Coach Training program. For a current listing of when these courses are offered, please visit our website at [www.coaching4groups.com](http://www.coaching4groups.com).

On behalf of everyone at Coaching4Groups, we look forward to our time with you.

Dr. J. Val Hastings, MCC

**An Overview of the Core Coaching Competencies (8 hours)** – provides an overview of the core coaching competencies. A strong understanding of these competencies is one of the most important first steps that you can take as a new coach.

**Deep Listening (4 hours)** – All of coaching begins with deep listening. Masterful coaches listen on multiple levels. This class is designed to develop and expand the new coach's listening skills.

**Powerful Questions (4 hours)** – Powerful questioning is a coach's most important skill for provoking creative thinking and meaningful responses from the coaching client. This class provides insight on how to create powerfully engaging questions that move people forward.

**Creating New Awareness (4 Hours)** – The goal of this course is to understand that we all have limiting beliefs and false assumptions. In this class you will explore your own limiting beliefs and assumptions, as well as learn practical helps on how a coach can create a new awareness in the coachee.

**Action and Accountability (4 hours)** – This course is designed to hone students' use of the core coaching competency of Action and Accountability. A thorough review of the competency will occur. This competency will also be modeled in the recorded coaching demonstrations.

**Coaching Intact Teams and Groups (4 hours)** – This course is a solid introduction to coaching intact teams and groups. The Core Coaching Competencies are thoroughly reviewed and discussed in the class, as well as best practices when coaching teams and groups.

**Getting Started as a Coach (4 hours)** – This class will help students identify those items needed when starting to coach. (I.E. Welcome Kit, Coaching Agreement, etc.), provide a thorough review of the Professional Standards and ICF Code of Ethics, and discuss next steps toward developing a coaching practice.

**Common Coaching Scenarios (4 hours)** – provides a basic understanding of nine common coaching situations experienced as a coach in a variety of settings. While coaching of each person or group is unique, there are common themes and approaches that provide the coach with a framework from which to craft a coach approach to leadership. The common

coaching scenarios we will address include: 1) Coaching relationships between partners, 2) Coaching for healthy living, 3) Coaching the CEO or Executive, 4) Coaching promotions, 5) Coaching transitions, 6) Coaching behaviors that sabotage. 7) Coaching the non-profit leader, and 8) Coaching for leadership development.

**The Coaching Mindset (4 hours)** – The mindset and approach of the coach is different and distinct from other professional disciplines. This course introduces the new coach to the mindset of the coach, as well as the difference and distinction from other approaches. In addition, this course introduces the new coach to the importance of ongoing learning and pre- and post-coaching session preparation of the coach.

**Group Coaching Practice Lab (4 hours)** – Group Coaching Practice Lab is an opportunity for students to experience group coaching firsthand, as well as practice being the group coach. This course is highly experiential. All participants are required to be the group coach, as well as a group participant when others are coaching.

**Developing a Strong Personal Foundation (4 hours)** – The objective of this course is two-fold: 1) To assist the coach in the development of his/her own solid personal foundation, and 2) To provide the coach with practical discussion, techniques and insights for developing a solid personal foundation in those whom they coach.

**Practice Lab (12 hours)** – This class is an opportunity for students to receive feedback on their coaching, as well as offer feedback to other students when they coach. In addition to student feedback, faculty will also be offering constructive feedback throughout this lab.