

COACHING **4**

Groups

Professional Coach Training

Course Catalog

Welcome!



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 coaching4groups.com.

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

Dr. J. Val Hastings, MCC

Asynchronous Classes:

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.

Establishing Yourself as a Coach (4 hours) – This course is designed to provide students with valuable resources on the topic of establishing themselves as a coach. This course provides a wealth of practical and proven materials and exercises.

Coaching Mastery (4 hours) – This course is intended to provide students with a unique opportunity to experience coaching mastery. This course includes: 1) Observation of a LIVE coaching session by a seasoned coach; 2) Candid discussion on coaching mastery. Topics include defining coaching mastery, discussing the Core Competencies at the Master Certified Coach Level, various approaches to coaching mastery, and challenges and pitfalls when striving for coaching mastery; 3) Each participant will develop their own "next steps" plan to further hone their coaching skills; and 4) Time will also be provided for students to

ask those questions that they have always wanted to ask a Master Coach.

Live Classes:

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.

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 (6 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.

Mentor Coaching:

Mentor Coaching (10 hours) – Mentor coaching is a requirement for a coaching credential by the International Coaching Federation. Mentor coaching is an opportunity to receive informed feedback on your coaching, especially regarding the Core Coaching

Competencies. Our students have the option of group mentor coaching (a combination of group and individual mentor coaching) or individual mentor coaching.