

Empowering Students Through Coaching **Course Outline**

- LESSON 1** INTRODUCTIONS
BUILDING OUR TEAM
EXPECTATIONS AND GROUP NORMS

- LESSON 2** OVERVIEW OF ICF CORE COMPETENCIES
OVERVIEW OF ICF ACC GUIDELINES

- LESSON 3** DEFINING COACHING
COACHING MODELS

- LESSON 4** ETHICAL PRACTICE IN COACHING

- LESSON 5** EMBODYING A COACHING MINDSET – Part 1

- LESSON 6** EMBODYING A COACHING MINDSET – PART 2

- LESSON 7** PRESCREENING & DISCOVERY SESSION

- LESSON 8** ESTABLISH & MAINTAIN AGREEMENTS

- LESSON 9** CULTIVATE TRUST AND SAFETY

- LESSON 10** MAINTAINS PRESENCE

- LESSON 11** LISTEN ACTIVELY

- LESSON 12** EVOKE AWARENESS
POWERFUL QUESTIONS

- LESSON 13** FACILITATES CLIENT GROWTH

- LESSON 14** PLANNING AND GOAL SETTING
CREATING A PERSONAL COACHING AGREEMENT (PCA)

- LESSON 15** LEADING WITH STRENGTHS FOR EFFECTIVE COACHING

- LESSON 16** ICF CORE COMPETENCY AND COACHING SKILLS REVIEW

- LESSON 17** DEEP DIVE INTO COACHING SKILLS

- LESSON 18** NEURODIVERSITY BASICS
- LESSON 19** UNDERSTANDING THE BRAIN
- LESSON 20** EXECUTIVE FUNCTIONS AND THE IMPACT ON COACHING
- LESSON 21** SHIFTS IN THE COACHING PROCESS
- LESSON 22** IMPACT OF DEVELOPMENTAL STAGES IN COACHING
- LESSON 23** MOTIVATIONAL INTERVIEWING
- LESSON 24** MOTIVATION, RESILIENCY & EQ
- LESSON 25** COACHING SKILL BUILDING
- LESSON 26** STRATEGIES FOR COACHING STUDENTS VS. ADULTS
- LESSON 27** COACHING COLLEGE STUDENTS WITH ADHD
- LESSON 28** SMALL GROUP PRACTICE
- LESSON 29** COACHING PRATICE & REVIEW
- LESSON 30** BRAINSTORMING – COACHING STRATEGIES FOR YOUR TOOLBOX
QUESTION & ANSWER SESSION
ACKNOWLEDGEMENT EXERCISE
KEY COURSE TAKEAWAYS

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