

## COURSE OVERVIEW 2025

### MODULE 1

March 19 – May 28, 2025

This module provides students with a solid foundation in essential coaching skills and knowledge including:

- Defining coaching and differentiating it from related professions like counseling, ensuring a clear understanding of its unique role.
- Coaching models, offering new coaches' practical frameworks to structure their sessions effectively.
- The role of curiosity and powerful questions as tools for coaching
- Client enrollment
- Establishment and maintaining coaching agreements.
- [ICF Core Competencies](#) 1- 6, connecting ICF accreditation standards directly to your development as a new coach.

During this module, students are assigned a Coaching Buddy for practice outside of class and required to find two adult clients for their coaching assessments. Students will also begin in-class coaching practice in Week 2. Group mentoring sessions will begin during Week 8.

### MODULE 2

June 11 – August 13, 2025

This module focuses on enhancing coaching skills and provides in-depth exploration of neurodiversity:

- In-depth exploration of the remaining [ICF Core Competencies](#) 7-8
- Detailed review of all ICF Core Competencies
- Exploration of the student coaching process
- Neurodiversity with an emphasis on:
  - Understanding neurodiversity
  - Understanding the brain
  - Understanding executive functions
  - Exploring the impact of neurodiversity on coaching practices

During this module students are provided with a new Coaching Buddy for practice outside of class and should be coaching one or two adult clients for their coaching assessments. Students will also continue practicing coaching in class. Group mentoring sessions will continue along with individual ones as agreed by mentors and students.

## MODULE 3

August 27 - September 17, 2025, & October 8 – November 5, 2025

This module provides further coaching skills development and the course wrap-up including:

- Q&A session on coaching neurodivergent learners
- Discussions on adapting the coaching process
- Exploring strategies for coaching different age groups
- Focusing on motivation and resilience in student coaching
- Mindfulness in coaching
- Personal roadblocks to coaching
- Guidance on next steps

During this module students are provided with a new Coaching Buddy for practice outside of class and should be coaching two adult clients for their coaching assessments. Students will also continue practicing coaching in class using case studies of neurodivergent students. Group mentoring sessions will continue along with individual ones as agreed by mentors and students.

## REQUIRED TEXTBOOKS

*An Introduction to Coaching Skills: A Practical Guide, 3<sup>rd</sup> Edition (2020).* Christian Van Nieuwerburgh.

*Empowering Youth with ADHD: Your Guide to Coaching Adolescents and Young Adults for Coaches, Parents and Professionals (2010).* Jodi Sleeper-Triplett.