Empowering Students Through Coaching

COURSE OUTLINE

Each Lesson is two (2) hours in length

Lesson 1
INTRODUCTIONS
COURSE EXPECTATIONS & CODE OF CONDUCT
COACHING BUDDIES

Lesson 2
OVERVIEW OF ICF CORE COMPETENCIES
OVERVIEW OF THE BCC CORE COMPETENCIES

Lesson 3
DEFINING COACHING

Lesson 4
VIA STRENGTHS INVENTORY

Lesson 5
ALL ABOUT MINDSET

Lesson 6
ACTIVE LISTENING

Lesson 7
POWERFUL QUESTIONING

Lesson 8
PRESCREENING PROSPECTIVE STUDENTS AND THEIR FAMILIES

Lesson 9
ESTABLISHING THE COACHING AGREEMENT

Lesson 10
INITIAL COACHING INTAKE/DISCOVERY SESSION

Lesson 11
PROFESSIONAL ETHICS - ICF CODE OF ETHICS
RISK MANAGEMENT IN COACHING
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Lesson 12
ESTABLISHING TRUST AND INTIMACY IN THE COACHING RELATIONSHIP

Lesson 13
COACHING PRESENCE
DIRECT COMMUNICATION

Lesson 14
CREATING AWARENESS AROUND STUDENT SPECIFIC ISSUES

Lesson 15
DESIGNING ACTIONS, PLANNING AND GOAL SETTING

Lesson 16
MANAGING PROGRESS AND ACCOUNTABILITY

Lesson 17
UNDERSTANDING THE BRAIN AND THE IMPACT OF ADHD & EXECUTIVE FUNCTIONING CHALLENGES ON COACHING
ADHD OR ADD?
SYMPTOMS AND DIAGNOSTIC CRITERIA
DISCUSSION OF SELF-STUDY

Lesson 18
EXECUTIVE FUNCTIONS
COACHING SUPPORT FOR EXECUTIVE FUNCTIONING SKILLS

Lesson 19
ADHD COACHING FOR CHILDREN - SHIFTING PERSPECTIVES
UNDERSTANDING BEHAVIOR AND MOTIVATION FOR EFFECTIVE COACHING

Lesson 20
THE IMPACT OF DEVELOPMENTAL STAGES IN COACHING

Lesson 21
UNDERSTANDING THE BEHAVIOR FOR EFFECTIVE COACHING
MODELS OF BEHAVIOR

Lesson 22
COLLABORATIVE AND PRO-ACTIVE SOLUTIONS
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COURSE OUTLINE

Lesson 23
THE IMPORTANCE OF MOTIVATION, RESILIENCY AND DEVELOPMENTAL ASSETS IN STUDENT COACHING

Lesson 24
USING THE 24 VIA CHARACTER STRENGTHS INVENTORY TO GUIDE COACHING WITH CHILDREN
MOTIVATIONAL INTERVIEWING

Lesson 25
CORE COMPETENCY AND COACHING SKILLS REVIEW

Lesson 26
COACHING CHALLENGING/CHALLENGED STUDENTS
COACHING SKILLS THAT HELP FOSTER SUCCESS IN COLLEGE STUDENTS

Lesson 27
PILLARS OF YOUR BUSINESS

Lesson 28
CREATING DEMAND/MARKETING

Lesson 29
COACHING PRACTICUM

Lesson 30
COACHING PRACTICUM
NEXT STEPS: MENTORING AND CREDENTIALING
WRAP UP