
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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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