

EMPOWERING STUDENTS THROUGH COACHING

Course Outline

80 ICF Approved ACSTH hours

Each two-hour lesson includes case examples and tools to help coaches work effectively with clients with ADHD/EF challenges. In-class coaching practice, self-study and all 10 hours of ICF-required mentoring are included in this comprehensive course.

LESSON 1	INTRODUCTIONS COURSE OVERVIEW REVIEW
LESSON 2	OVERVIEW OF ICF CORE COMPETENCIES OVERVIEW OF ICF ACC GUIDELINES
LESSON 3	DEFINING COACHING PRESCREENING & DISCOVERY SESSION
LESSON 4	ETHICAL PRACTICE
LESSON 5	COACHING MINDSET
LESSON 6	UNCONSCIOUS BIAS
LESSON 7	CULTURAL AWARENESS
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** DISCUSSION OF SELF-STUDY ASSIGNMENTS
BOOK REVIEW PRESENTATIONS
- LESSON 18** [DIS]ABILITIES AND DIVERSITY
- LESSON 19** UNDERSTANDING THE BRAIN
- LESSON 20** EXECUTIVE FUNCTIONS
- LESSON 21** SHIFTS IN THE COACHING PROCESS
- LESSON 22** IMPACT OF DEVELOPMENTAL STAGES IN COACHING
- LESSON 23** MOTIVATIONAL INTERVIEWING
COLLABORATIVE PROBLEM-SOLVING
- LESSON 24** MOTIVATION, RESILIENCY & DEVELOPMENTAL ASSETS
- LESSON 25** COACHING SKILL REVIEW
- LESSON 26** STRATEGIES FOR COACHING STUDENTS VS. ADULTS
- LESSON 27** COACHING COLLEGE STUDENTS
- LESSON 28** SMALL GROUP PRACTICE
- LESSON 29** COACHING PRATICE & REVIEW
- LESSON 30** NEXT STEPS & COURSE WRAP-UP