

# Coach SCHOOL

## Curriculum

## MODULE 1 INTRODUCTION TO COACHING

Upon completion of this module you will be able to:

- Identify what life coaching is.
- Describe 2 major differences of a life coach with a consultant, therapist, counselor, and mentor.
- Understand the historic roots of coaching and discuss their application in today's world.
- Identify what values are, including the effect they have in the coaching relationship.
- State your vision for the future and purpose statement.

## MODULE 2 VALUES & CULTURAL BELIEFS

Upon completion of this module you will be able to:

- Identify and define what culture means
- Explain the effects of culture in coaching
- Understand the wide range of values and cultural perspective that list globally

## MODULE 3 BUILDING RAPPORT

Upon completion of this module you will be able to:

- Explain two methods of rapport that can be utilised while coaching
- Describe a safe environment that you will set up your coaching business from
- Explain two categories that influence the client in coaching

## MODULE 4 EFFECTIVE COMMUNICATION

Upon completion of this module you will be able to:

- Demonstrate active listening by paraphrasing and summarising
- Explain and give examples of powerful questions for change
- Dig deeper and explore what words mean for our clients

## MODULE 5

### ADVANCED COACHING TECHNIQUES 1

Upon completion of this module you will be able to:

- Articulate 2 methods clients will receive adequate support
- Understand and articulate what discouraging words are
- Practically apply your intuition
- Explain the purpose of intruding
- Understand who you will, and will not, coach
- Discuss the professional distance you uphold

## MODULE 6

### ADVANCED COACHING TECHNIQUES 2

Upon completion of this module you will be able to:

- Understand and describe the benefits of meta-coaching
- Understand and articulate the key concepts of Axes of Change
- Describe different perspectives
- Explain the benefits of a powerful request
- Explain the benefits of fieldwork (homework)
- Discuss the importance of celebrating

## MODULE 7

### EXPLORING COACHING MODELS

Upon completion of this module you will be able to:

- Illustrate in your own words what a coaching model is
- Research and write 6 different coaching models
- List how you will remain present in your coaching sessions
- Apply the GROW coaching model
- Apply the ACHIEVE model through a case study
- Explore the techniques that you will use in the phases of the transformational coaching model
- Apply the TLS model to a case situation

## MODULE 8

### TRANSFORMATIONAL COACHING

Upon completion of this module you will be able to:

- Discuss your personal meaning of transformational change
- Identify where the transformational model has not been applied in a case scenario
- Outline the application of transformational tools in a case scenario
- Effectively apply the transformational coaching method

## MODULE 9 SOLUTIONS FOCUSED COACHING

Upon completion of this module you will be able to:

- Discuss the assumptions of a Solutions Focused approach
- Understand how people change
- Outline the difference between positive reinforcement and positive engagement
- Effectively apply The Miracle Question
- Know how to conduct an initial Solutions Focused Coaching Session
- Use the E.A.R.S. model to conduct subsequent Solutions Focused Coaching Sessions

## MODULE 10 COGNITIVE BEHAVIOUR COACHING

Upon completion of this module you will be able to:

- List 5 cognitions and the activating feeling that is created toward them
- List 5 behaviours which activate either a feeling or cognition
- Discuss 3 beliefs, how they were formed and how they shape your life and perspective
- Discuss and highlight your emotions and understand why you feel them

## MODULE 11

### RATIONAL EMOTIVE BEHAVIOUR COACHING

Upon completion of this module you will be able to:

- Practically apply techniques from module 9 -11, including specific techniques and questions over the course of three coaching sessions
- Understand the principles of REBC
- Discuss the difference between Practical Problems and Emotional Suffering
- Follow the REBC Process
- Alter our clients' results by changing the way they feel about situations

## MODULE 12

### NEURO LINGUISTIC PROGRAMMING

Upon completion of this module you will be able to:

- Practically apply techniques from module 9 -12, including specific techniques and question over the course of three coaching sessions
- Understand the 7 Frames of NLP
- Utilise the power of Reframing with clients
- Describe the use of the Milton and Meta models of chunking language
- Apply chunking in a number of situations