

Accredited Certificate in Coach Training

Sunday 22nd November 2020

Day 3 4/4 Day 4 1/4

Delivered by

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Welcome

- Domestics, timings, logistics
- Overview of programme

Overview of Programme

	Module One	Module Two	Module Three	Module Four
Day One	Foundations of Coaching ✓	Raising self-awareness (1 x 90 minute session ✓ 1 x 180 minute session ✓ 1 x 90 minute session)	Creativity in Coaching (2 x 180 minute sessions)	Coaching leaders (2 x 180 minute sessions)
Day Two	Advanced Communication Skills ✓	Wellbeing and Change (1 x 90 minute session 3 x 90 minute session)	Constellations, Cards and Connections (2 x 180 minute sessions)	Purpose, Planning and Practicalities (2 x 180 minute sessions)
Coaching Skills Practice	6 hours ?	7 hours	7 hours	Ongoing
Self-study	12 hours ?	14 hours	14 hours	Ongoing
Supervision	4 x 45 minute webinars ✓	1 x 45 minute webinar 2 x 1 hour 1:1 sessions	3 x 45 minute webinar	Ongoing

Day Three: Raising Self-awareness

- Implement, Practise and Demonstrate AC Coaching Competencies
- Raise your level of self-awareness ✓
- Introduction to more tools for your coaching toolkit ✓
- Transactional Analysis (TA) ✓
 - OK Corral - Session 1/4 ✓
 - Drama Triangle - Session 1/4 ✓
 - Drivers Sessions 2/4 & 3/4 ✓
- Practical application of coaching skills – Session 4/4

Competencies:

4. Managing self and maintaining coaching presence
5. Communicating effectively
6. Raising awareness and insight
7. Designing strategies and actions

Agenda

- Review of Self-study Activities
- Review of Coaching Practice and Supervision Sessions
- Review of Day Three - Raising self-awareness 2 & 3 of 4
- Implement, practise, and demonstrate AC Coaching Competencies
- Feedback on your delivery of the AC Coaching Competencies

Review of Self-Study One Activities

Activity	Learning Objective
Review AC Coaching Competency Framework and AC Global Code of Ethics	Improved understanding of best practice for a professional coach and reflecting on your journey
Note questions/comments about Competency Framework and Code of Ethics	For discussion in supervision
Read How to Use a Learning Log	Understanding how to get the best from your ACCT
Complete Learning Log on all sessions for Days One and Two	To create a record of your coaching journey
Read How to Write a Reflective Journal	Understanding how to get the best from your ACCT
Read Structuring Reflective Practice	Understanding how to get the best from your ACCT
Complete Self-Assessment tool for competencies 1-4 and 9-12	To measure the starting point of your journey and monitor your progress
Complete your Coaching Experience Log after each coaching session	Implement Best Practice for Professional Coaches
Complete your reflective journal after each coaching practice session (6 x 1-hour sessions)	Implement Best Practice for Professional Coaches
Read Chapter Five "Curiosity" from Co-Active Coaching	Note any questions, observations or comments to discuss in Module Two
Select three coaching books from the recommended reading list	To support your learning and development as a Coach
Complete Driver Profile Questionnaire	To further develop your self-awareness
Total time spent on Self-Study Activities	12 hours

Review of Self-Study Two Activities

Activity	Learning Objective
Read details of Ernst's OK Corral	Improved understanding of how this impacts the coaching relationship
Complete the Correlogram Exercise	To raise your self-awareness
Watch TED Talks on Drama Triangle	Develop further understanding of the impact this has on the coaching relationship
Complete Learning Log on all four sessions for Day Three	To create a record of your coaching journey
Read 4 articles for Day Three session 1 of 4 in Self-Study Activities	To complement your learning and development
Review Drivers Questionnaire	Preparation for Day three Session 2 & 3 of 4
Complete your Coaching Experience Log after each coaching session	Implement Best Practice for Professional Coaches
Complete your reflective journal after each coaching practice session (7 x 1-hour sessions)	Implement Best Practice for Professional Coaches
Read "What are your Drivers?"	To develop further understanding of yourself and your clients
Read "Driver Behaviour" and "Drivers and Working Styles"	To develop further understanding of yourself and your clients
Complete Driver Profile Questionnaire	To further develop your self-awareness
Self-Study Activities for Day Four	
Total time spent on Self-Study Activities	14 hours

Review of Coaching Practice and Supervision Sessions

- Are you on track ?
- What's your plan?

Competencies:

9. Undertaking continuous coach development

Review of Day Three

Sessions 2 & 3 of 4

- OK Corral
- Drama Triangle
- Drivers

Competencies:

4. Managing self and maintaining coaching presence
5. Communicating effectively
6. Raising awareness and insight
7. Designing strategies and actions

Coaching Skills Practice 1

Purpose of Exercise: to practise meeting the AC Coaching Competencies

In pairs: Coach and Coachee

Thinking about the topics covered in Day Three:

- What was specifically useful and why?
- What could you have done more of and why?
- Overall, what did you like?
- What's your development plan and timeframe?

Competencies:

3. Establishing a trust-based relationship with the client
4. Managing self and maintaining coaching presence
5. Communicating effectively
6. Raising awareness and insight
7. Designing strategies and actions
9. Undertaking continuous coach development

Take turns

15 minutes each, 5 minutes feedback to each other then swop roles

Coaching Skills Practice 1 Review

- How well did your Coach evidence the competencies?
3. Establishing a trust-based relationship with the client
 4. Managing self and maintaining coaching presence
 5. Communicating effectively
 6. Raising awareness and insight
 7. Designing strategies and actions
 9. Undertaking continuous coach development

15 minutes

Summary

- Review of Self-Study Activities ✓
 - Review of Coaching Practice and Supervision Sessions ✓
 - Review of Day Three - Raising self-awareness 2 & 3 of 4 ✓
 - Implement, practise, and demonstrate AC Coaching Competencies ✓
 - Feedback on your delivery of the AC Coaching Competencies ✓
- Competencies:
3. Establishing a trust-based relationship with the client ✓
 4. Managing self and maintaining coaching presence ✓
 5. Communicating effectively ✓
 6. Raising awareness and insight ✓
 7. Designing strategies and actions ✓
 9. Undertaking continuous coach development ✓

Self-Study Activities

- Refer to Checklist Two in your Folder
- 14 hours of self-study
- 7 hours of coaching practice
- Supervision – Group December 2020
- Next modules: Wellbeing and Change
- Day 4 1/4 – Sunday 22nd November 2020 – 10:30 – 13:00
- Day 4 2/4, 3/4 & 4/4 – Saturday 5th December 2020 – 09:00 – 14:30

