

Coach Training Courses Mapped to ICF Competencies

Course Name	Authors	Class Description	ICF Core Competencies	Hours
Building Blocks for Powerful Coaching	Jane Creswell, MCC Linda Miller, MCC	This course will provide an overview of the necessary knowledge and skills to become an effective coach. Focus will be given to the unique aspects of coaching as compared with various other helping relationships. Students will spend time developing the basic skills of coaching.	Active listening, powerful questioning, direct communication, creating awareness, and designing actions	16
Establishing a Dynamic Coaching Relationship	Jane Creswell, MCC Linda Miller, MCC	This course will focus on creating a dynamic coaching relationship by understanding how to develop a professional coaching relationship. Focus will be given to increasing credibility through communicating awareness of intent and impact. The coach will also build the skills of helping the person being coached (PBC) orient around areas of strengths and high performance patterns. This course will also introduce the coach to establishing a coaching practice and ethical issues in coaching.	Meeting ethical guidelines and standards, establishing coaching agreements, establishing trust and intimacy, coaching presence, and creating awareness	16
Change, Transition, and Transformation	Jane Creswell, MCC Linda Miller, MCC	This course enables you to coach people through change – proactive change, transition, and transformation. Instruction includes how to identify the differing stages of the process, models to help people navigate change, and how to assist people through obstacles and barriers.	Active listening, powerful questioning, direct communication, creating awareness, and designing actions	16

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Coaching as a Learning Catalyst	Jane Creswell, MCC Linda Miller, MCC	In the coaching relationship the coach is a learning partner in the PBC's growth. This course will provide information on different learning styles, cognitive preferences, and learning processes that reflects how the brain works in order to generate powerful results in the person being coached. Skill development focuses upon incorporating the knowledge of learning into coaching questions, statements, and listening.	Establishing trust and intimacy, creating awareness, designing actions, planning and goal setting, and managing progress and accountability	16
The Language of Coaching	Jane Creswell, MCC Linda Miller, MCC	This course will focus on the language of coaching. Students will explore the different uses of language, including distinctions, metaphors, stories, formulas, and other language formats that are effective when coaching.	Active listening, powerful questioning, direct communication, and creating awareness	16
Personal Coaching	Jane Creswell, MCC Linda Miller, MCC	In this course students will develop the six basic components of personal coaching: goals, tolerations, needs, values, boundaries and standards	Establishing the coaching agreement, creating awareness, designing action, and planning and goal setting	16

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Coaching Teams	Jane Creswell, MCC	Students will gain an understanding of building authentic teams and develop the skills to coach around team dysfunction, use team covenants, and create alliances.	Meeting ethical guidelines and standards, establishing coaching agreements, establishing trust and intimacy, coaching presence, planning and goal setting, and managing progress and accountability.	16
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Coach Approach to Discipleship and Evangelism	Linda Miller, MCC Chad Hall, PCC	This course will help students with the application of coaching skills and insights into the work of the Great Commission to help people embrace the gospel while creatively living the commands of Christ.	Establishing trust and intimacy, coaching presence, active listening, powerful questioning, direct communication, creating awareness, designing actions, and planning and goal setting	16
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