



Nature Care College

Advanced Coaching Skills and Tools

DESCRIPTION

In this unit specific contexts of personality formation and behavioural patterns will be explored to assist the coach in looking beyond a client's presenting 'canvas'. Moving beyond content to engage fully with a client's context enables change and transformation to occur at the deepest generative level. Learn and practise advanced and creative coaching techniques, and together with your existing knowledge, skills and intuition, powerfully facilitate a client's transformation and evolution, enabling them to reach their highest personal and professional potential.

DURATION

24 hours

LEARNING OUTCOMES

By the conclusion of the unit, students should be able to:

1. Recognise the various underlying patterns and dynamics that may be preventing a client from moving forward
2. Understand the background and approach of the various advanced coaching techniques
3. Identify when a client is potentially being limited by their beliefs and needs
4. Identify the characteristics of various personality aspects that may be present in a client's situation
5. Demonstrate a growing ease in their ability as a coach to use the relevant advanced transformational techniques with a client

KEY ICF COMPETENCIES

3. Establishing Trust and Intimacy with the Client
4. Coaching Presence
8. Creating Awareness

TEACHING METHOD

Modified lecture presentations and coaching demonstrations.
 Experiential learning activities and coaching practice.
 Whole class and small group discussion, and self-reflection.

ASSESSMENT

1. Ongoing competency and skills assessment in class by lecturer, self and peers.
2. Satisfactory participation in class activities and coaching practice sessions.

Results: Competent / Not Yet Competent

This is in accordance with competency based guidelines.

Each assessable component must achieve an assessment of 'competent' in order to gain an overall result of 'Competent'. No grades available.

Note: To facilitate the return of your assignment you will need to provide a stamped addressed envelope. If no envelope is provided, assignments will be destroyed after results are recorded. Please also ensure you have a copy of your assignment before submission for your own records.

ATTENDANCE	80% minimum.
PRE-REQUISITES	Introduction to Transpersonal Psychology, Core Skills for Transformation, Coaching Presence, Creating Awareness and Transformation, Transformational Coaching in Practice, Basic Marketing for Coaches.
CO-REQUISITES	Transpersonal Coaching in Practice, The Transpersonal Coaching Relationship.
MATERIALS REQUIRED	Notebook, pen.
TEXTBOOKS	<p>Required: Whitworth L, Kimsey-House K, Kimsey-House H, Sandahl P (latest edition) <i>Co-Active Coaching: New Skills for Coaching People Towards Success in Work and Life</i>. Davies-Black, Mountain View, CA.</p> <p>Recommended Reading / References: Nil.</p>

3 DAY INTENSIVE OUTLINE

DAY 1	<p>Course outline and overview.</p> <p>Coaching for breakthrough and transformation.</p> <p>The stories we tell ourselves.</p> <p>Identifying the beliefs and needs that limit and disempower us.</p> <p>Techniques for transforming beliefs and needs.</p> <p>Coaching practice.</p>
DAY 2	<p>Archetypes and the psychology of selves.</p> <p>Understanding and recognising the selves and their role in the client's personality, beliefs and behaviours.</p> <p>Guided journey work with the various selves in coaching.</p> <p>Coaching practice.</p>
DAY 3	<p>Dialoguing with the various selves in a coaching session.</p> <p>Coaching practice.</p> <p>Weaving the threads together.</p> <p>Review.</p>

Please be respectful of your fellow students and arrive on time for classes. Please ensure all mobile phones are turned off prior to the commencement of class.