
ATTENDANCE	80% minimum.
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PRE-REQUISITES	Nil.
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CO-REQUISITES	Introduction to Transpersonal Psychology, Coaching Presence.
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MATERIALS REQUIRED	Notebook, pen.
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TEXTBOOKS	<p>Required: Whitworth L, Kimsey-House K, Kimsey-House H, Sandahl P, <i>Co-Active Coaching: New Skills for Coaching People Towards Success in Work and Life</i>, Davies-Black, California (latest edition).</p> <p>Recommended Reading / References: Nil.</p>
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WEEK-BY-WEEK OUTLINE

WEEK 1	Introduction to the course. Group Training Agreements. Introduction to coaching as a profession. What is coaching? Origins of coaching, different types and approaches, including the transpersonal approach. Distinctions between coaching and other modalities. A first taste of two core coaching skills.
WEEK 2	Combining core coaching skills with a simple coaching model Coaching practice.
WEEK 3	Establishing trust and intimacy with a client. Interpersonal and trust building skills. Some Solution Focus coaching techniques. Coaching practice.
WEEK 4	Direct communication skills. A 4 Step process model for coaching. Coaching practice.
WEEK 5	Integration of skills. Coaching practice and feedback. Quiz.
WEEK 6	Skills assessment and feedback. Completion on the course and acknowledgement of learning.

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.