



Integrated Coach Training  
CoachNet Global LLC  
100 Launch  
Current as of October 2020

# 100 Launch Syllabus



## **Course Expectations and Requirements:**

This syllabus describes educational expectations for completing 100 Launch as a part of Integrated Coach Training. If you have questions, please contact Amy Glazer ([amy@coachnet.org](mailto:amy@coachnet.org)/330.936.3768).

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## Basic Information:

- 100 Launch
- Online via the Integrated Coach Training Platform

## Number of Coach Specific Training Hours:

- 8 x 120 minute class sessions (online) 20 hours
- 1 x 120 minute phone-based, recorded triads (reviews by Instructor)
- 6 x 10 minute videos (pre-work for class sessions)
- 6 writing assignments (submitted for review)
- CoachNet uses a system called Zoom Meeting for our online training. You can access it through the Zoom Meeting app, or through your browser. You can acquire the link through the Integrated Coach Training Platform or in the Session Notes

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## Instructor's Name:

Amy Glazer, PCC  
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330.936.3768

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## Contacting the CoachNet Team:

Amy Glazer, PCC  
Student Connection Team Lead  
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## Website Description:

100 Launch is the first required course in CoachNet's ACC Pathway toward an International Coaching Federation training. This course is built on the model that CoachNet has used since 1999, and is designed to get you started coaching with solid skills. 100 Launch introduces the fundamentals on which the entire Integrated Coach Training approach is built.

Completing 100 Launch with a credentialed CoachNet trainer gives you 20 hours of coach specific training. Be sure to select the cohort you want so that the training works in your schedule.

- 20 Hours, delivered fully online; 8 weeks of sessions, 2 hours in each online session.
- 100 Launch runs on Wednesdays from 4-6pm EST or Thursdays Noon-2pm EST.
- Emphasis on the basics of coaching: Listening, Powerful Questions, and Action Steps.
- Receive feedback on recorded coaching conversations from experienced coaches to learn what to do (and sometimes what NOT to do).
- Practice coaching triads in live sessions 4 and 8 plus one final triad after session 8 that is recorded and reviewed by a CoachNet Trainer.
- Optional final coaching conversation with a CoachNet trainer to receive personal and specific feedback on your coaching.
- All eight ICF Core Coaching Competencies (2021 Competencies) are covered.

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## **Course Objectives:**

The objectives for this course are:

- Understand the full coach development arc as CoachNet applies it
- Equip yourself with a basic skill set for informal & formal coaching
- Practice (with feedback)
- Experience the ICF Core Competencies and Code of Ethics
- Conduct formal and informal coaching conversations and begin to understand formal coaching relationships

## **Required Student Resources:**

To successfully complete 100 Launch you will need:

- A reliable internet connection
- A reliable telephone
- A copy of the 100 Launch Participant's Sessions Guide (8 sessions - Download on website under My Courses)
- An email address
- Word processing software to submit final assignments in Microsoft Word format

## **Course Schedule/Outline/Calendar of Events:**

Your 100 Launch will follow the following formats online training for eight 2 hour sessions.

- Sessions 1-3 & 5-7 are live interactive learning
- Sessions 4 & 8 are a live practice triad exercise where you'll coach and be coached. You'll also receive feedback from the instructor and your peers

100 Launch also includes follow up triad and writing work, which is due 30 days after the last class. 100 Launch begins online at least three times per year.

The Final Triad is recorded and evaluated by the CoachNet Team according to standards from the International Coaching Federation as if you were submitting it with a credential application.

Course Outline:

Session	Pre-Work	Class Focus	Follow Up Assignment
1	Google "coaching demonstration". Watch what you find. Bring notes to class.	What is Coaching?   The MUST HAVE Skills	Journal assignment( 15 minutes)
2	Watch videos #1 & #2.	Meet the CHAIN   Connecting: Get the Relationship Right	Journal Assignment (15-45 Minutes)
3	Watch video #3.	Hearing: The Dance of Listening and Asking Questions	Journal Assignment (15-45 Minutes)
4	None.	Live Triad #1	None
5	Watch video #4.	Articulating: The Client Has To SAY It!	Journal Assignment (15-45 Minutes)
6	Watch video #5.	Implementing: Get Stuff Done.	Journal Assignment (15-45 Minutes)
7	Watch video #6.	Noticing: Take A Moment to Celebrate!	Journal Assignment (15-45 Minutes)
8	Prepare your questions about coaching.	Live Triad #2	Prepare for Final Triad!
30 Days after Session 8		Complete Writing Assignments	Submit homework to CoachNet
30 Days after Session 8		Grace period to complete Triads ends.	
30-90 Days after Session 8		Portfolio & Triad Review	
90 Days after Session 8		Feedback & Certificate issued.	

All assignments must be submitted to the Instructor within 30 days after the last class.

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## Criteria for Grading:

100 Launch is conducted on a pass/fail basis.

You will pass 100 Launch if:

- You attend the required 75% of live course sessions and participate in class discussions
- You listen to the recordings of missed session
- You submit your writing assignments demonstrating comprehension and application of the material
- Your coaching triads are completed and you demonstrate learning and application of coaching concepts

## Suggested Bibliography:

Reitz, Jonathan. Coaching Hacks. Cleveland, OH CoachNet Global LLC. 2017

Ogne, Steven L. & Roehl, Tim. Transformissional Coaching: Empowering Leaders in a Changing Ministry World. Nashville, TN B&H Publishing Group. 2008.

Reitz, Jonathan. A Theology of Coaching. Cleveland, OH CoachNet Global LLC. 2014

Whitmore, John. Coaching for Performance. Hoboken, NJ Pfeiffer & Company. 1992.

Whitworth, Laura; Kimsey-House, Henry; and Sandahl, Phil. Co-Active Coaching. Boston, MA. Nicholas Brealey Publishing, 3rd Edition 2011.

## **First Taught:**

- January 2003 in original format
- September 2017 in current format

## **Syllabi in My Courses:**

- The downloadable syllabi presented on the Integrated learning platform shall contain the date of last update.