



Integrated Coach Training  
CoachNet Global LLC  
200 Lab  
Current as of July 2019

# 200 Lab Syllabus



## **Course Expectations and Requirements:**

This syllabus describes educational expectations for completing 200 Lab as a part of the Essential ACC Pathway. If you have questions, please contact Amy Glazer at [amy@coachnet.org](mailto:amy@coachnet.org)/330.936.3768.

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## Basic Information:

- 200 Lab
- Online

## Number of Coach Specific Training Hours:

- 8 x 60 minute class sessions (online)
- 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
- Feedback forms for each coaching session (submitted for review)

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## Instructor's Name:

Dave Brunelle, ACC  
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## Contacting the CoachNet Team:

Amy Glazer, ACC  
Director of Coaching Community  
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330.936.3768

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## Website Description:

In this 8 session course, you'll work on your coaching skills under the supervision of a credentialed ICF coach. All 200 Lab instructors are experienced practitioners in coaching. Each participant will both coach and be coached during the course of the 8 sessions.

You'll coach one of the other participants and will receive immediate feedback both your instructor and your co-participants. You'll leave this class with an action plan for developing your own coaching AND have listened to enough coaching that you'll begin to identify both strong and weak moments in your own coaching as they happen!

This course focuses on all 11 ICF Core Coaching Competencies

- *Limited to a MAXIMUM of 8 participants*
- *8 - 60 minute sessions or 4 - 2 hour sessions (with two coaching demos)*
- *8 coach-specific training hours*
- *Training Language: English*

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## **Course Objectives:**

The objectives for this course are:

- 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 200 Lab you will need:

- A reliable internet connection
- A reliable telephone
- A copy of the 200 Lab Participant's Sessions Guide
- An email address
- Word processing software to submit final assignments in Microsoft Word format

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

200 Lab follows one of two formats: online for 8 - 60 minute sessions, online for 4 - 120 minutes sessions. Both formats include follow up assignments.

200 Lab begins online 4-5 times per year on average.

Course Outline:

Session	Pre-Work	Class Focus	Follow Up Assignment
1	Choose coaching topic/prepare to coach.	Competency Model for Coaching	Send feedback form to coach and instructor.
2	Choose coaching topic/prepare to coach.	1. Meeting Ethical Guidelines and Professional Standards 2. Establishing the Coaching Agreement	Send feedback form to coach and instructor.
3	Choose coaching topic/prepare to coach.	2. Establishing the Coaching Agreement	Send feedback form to coach and instructor.
4	Choose coaching topic/prepare to coach.	3. Establishing Trust and Intimacy with the Client 4. Coaching Presence	Send feedback form to coach and instructor.
5	Choose coaching topic/prepare to coach.	5. Active Listening 6. Powerful Questioning	Send feedback form to coach and instructor.
6	Choose coaching topic/prepare to coach.	7. Direct Communication	Send feedback form to coach and instructor.
7	Choose coaching topic/prepare to coach.	8. Creating Awareness 9. Designing Actions	Send feedback form to coach and instructor.
8	Choose coaching topic/prepare to coach.	10. Planning & Goal Setting 11. Managing Progress & Accountability	Send feedback form to coach and instructor.

All assignments must be submitted to the Instructor within 60 days of final class.

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## **Criteria for Grading:**

200 Lab is conducted on a pass/fail basis.

You will pass 200 Lab 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 2014 in original format
- October 2014 in current format

## **Syllabi on Learning Platform:**

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