



Integrated Coach Training
CoachNet Global LLC
200 Lab
Current as of September 2020

200 Lab Syllabus



Course Expectations and Requirements:

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

Basic Information:

- 200 Lab
- Online

Number of Coach Specific Training Hours:

- 8 x 60 minute class sessions (online) or 4 x 120 minute sessions
- 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)

Instructor's Name:

Dave Brunelle, PCC
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Contacting the CoachNet Team:

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Student Connection Team Lead
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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 8 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*

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 & 8 Core Competencies, #2 Embodies A Coaching Mindset	Send feedback form to coach and instructor.
2	Choose coaching topic/prepare to coach.	4. Cultivates Trust and Safety	Send feedback form to coach and instructor.
3	Choose coaching topic/prepare to coach.	3. Establishes and Maintains Agreements	Send feedback form to coach and instructor.
4	Choose coaching topic/prepare to coach.	6. Listens Actively	Send feedback form to coach and instructor.
5	Choose coaching topic/prepare to coach.	7. Evokes Awareness	Send feedback form to coach and instructor.

Session	Pre-Work	Class Focus	Follow Up Assignment
6	Choose coaching topic/prepare to coach.	5. Maintains Presence	Send feedback form to coach and instructor.
7	Choose coaching topic/prepare to coach.	1. Demonstrated Ethical Practice	Send feedback form to coach and instructor.
8	Choose coaching topic/prepare to coach.	8. Facilitates Client Growth	Send feedback form to coach and instructor.

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

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.