



Integrated Coach Training  
CoachNet Global LLC  
300 Understanding My Behavior in  
Coaching  
Current as of February 2021

# 300 Understanding My Behavior In Coaching Syllabus



## **Course Expectations and Requirements:**

This syllabus describes educational expectations for completing 300 Understanding My Behavior In Coaching 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:

- 300 Understanding My Behaviors in Coaching
- Online

## Number of Coach Specific Training Hours:

- 4 x 60 minute class sessions (online)
- This course requires students to take the Harrison Assessment, which is included in the cost of the course. A link is located in the Pre-Work section of the CoachNet Website take the Harrison when you register for the course.
- 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 CoachNet Website.
- One writing assignment (submitted for review by instructor).

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## Instructor's Name:

John Mocko, PCC  
[john.w.mocko@gmail.com](mailto:john.w.mocko@gmail.com)  
336.596.4517

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## Contacting the CoachNet Team:

Amy Glazer, PCC  
Director of Operations  
[amy@coachnet.org](mailto:amy@coachnet.org)  
330.936.3768

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## Website Description:

300 Understanding My Behavior In Coaching looks at what you do naturally and leverages those natural tendencies to help you coach more effectively. The first two sessions explore your self-perception and confirm with a group debriefing of the Harrison Assessment. The remaining sessions tailor your tendencies, so you make the most of your coaching opportunities. You will understand your behavior patterns and learn to make effective coaching decisions based on your natural behavioral patterns.

This course covers the following ICF Core Competencies:

- #1 Demonstrates Ethical Practice
- #5 Maintains Presence
- #6 Listens Actively
- #8 Facilitates Client Growth

Please check [www.CoachNet.org](http://www.CoachNet.org) to see when class is offered.

4 - 60 minute sessions

Four coach-specific training hours

Training Language: English

Prerequisites for the Assessment Series:

- Complete 25 hours of coach training
- 25 hours of coaching experience

**Instructor: John Mocko, PCC**

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## **Course Objectives:**

The objectives for this course are:

- Discover your most common behavioral traits.
- Identify behaviors that support and/or work against masterful coaching.
- Develop an action plan to coach according to your behavioral patterns.
- Commit to coaching behaviors that serve your client.
- Determine helpful constraints that will support effective coaching presence.

## **Required Student Resources:**

To successfully complete 300 Understanding My Behavior In Coaching you will need:

- A reliable internet connection
- A reliable telephone
- A completed Harrison Assessment that includes the following Harrison Reports:
  - Summary & Keywords
  - Traits & Definitions
  - Your Greatest Strengths
  - Paradox Graph
- A copy of the 300 Understanding My Behavior In Coaching Participant's Sessions Guide
- An email address
- Word processing software to submit final assignments in Microsoft Word format

Completing this course does NOT qualify you to use the Harrison Assessment in your coaching practice. Additional training is available if you want to add this to your toolkit.

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## Course Schedule/Outline/Calendar of Events:

300 Understanding My Behavior In Coaching follows one of two formats: online for 4 - 60 minute sessions, online for two 2 hour sessions. Both formats include follow up assignments.

300 Understanding My Behavior In Coaching begins online 4-5 times per year on average.

*Course Outline:*

Session	Class Focus	Follow Up Assignment
1	Understand Your Most Common Behavioral Traits	
2	Dive into Your Paradox Report	
3	Using Your Results in your Coaching, Part 1	
4	Using Your Results in your Coaching, Part 2	Journal Assignment (15-45 Minutes)

All assignments must be emailed to the Instructor within 30 days of the final class.

## Criteria for Grading:

**300 Understanding My Behavior In Coaching is conducted on a pass/fail basis.**

**You will pass 300 Understanding My Behavior In Coaching 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

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## **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 2017**

## **Syllabi on Learning Platform:**

- **The downloadable syllabi presented on coachnet.org shall contain the date of last update.**