



Continuing Coach Training
CoachNet Global LLC
906 Coaching Emotions
Current as of January 2019

906 Coaching Emotions WITHOUT Counseling Syllabus



Course Expectations and Requirements:

This syllabus describes educational expectations for completing 906 Coaching Emotions WITHOUT Counseling as a part of the Continuing CCE Pathway. If you have questions, please contact Amy Glazer (amy@coachnet.org/330.936.3768).

Basic Information:

- 906 Coaching Emotions WITHOUT Counseling
- Online

Number of Coach Specific Training Hours:

- 4 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 www.coachnet.org under My Courses.
- One writing assignment (submitted for review by instructor).

Instructor's Name:

Amy Glazer, ACC
amy@coachnet.org
330.936.3768

Contacting the CoachNet Team:

Amy Glazer, ACC
Director of Coaching Community
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330.936.3768

Website Description:

The highs are high and the lows are low. Any significant change process will include some amount of emotional management...are you equipped to stay in coach mode and still help your clients?

This course focuses on coaching change through strategic and tactical process, leveraging emotions for positive impact, providing accountability and managing progress in the unique ways that the most effective coaches do.

This course covers the following ICF Core Competencies:

#2 Establishing the Coaching Agreement

#3 Establishing Trust & Intimacy with the Client

#4 Coaching Presence

#5 Active Listening

#6 Powerful Questioning

#7 Direct Communication

#8 Creating Awareness

#11 Managing Progress & Accountability

4 - 60 minute sessions

4 coach-specific training hours

This class is a part of the Continuing CCE Pathway

Course Objectives:

The objectives for this course are:

- Help coaches understand and identify emotionally charged situations.
- Develop strategies for helping clients name the emotions they're feeling.
- Develop strategies to help clients act on those emotions in healthy and appropriate ways.
- Understand and use appropriate strategies to diffuse emotions so that they can be helpful to the coaching relationship.

Required Student Resources:

To successfully complete 906 Coaching Emotions WITHOUT Counseling, you will need:

- A reliable internet connection
- A reliable telephone
- A copy of the 906 Coaching Emotions WITHOUT Counseling Participant's Sessions Guide
- An email address
- Word processing software to submit final assignments in Microsoft Word format

Course Schedule/Outline/Calendar of Events:

906 Coaching Emotions WITHOUT Counseling follows one of two formats: online for 4 - 60 minute sessions, online for two 2 hour sessions. Both formats include follow up assignments.

906 Coaching Emotions WITHOUT Counseling begins online 2-3 times per year on average.

Course Outline:

| Session | Class Focus | Follow Up Assignment |
|---------|---|------------------------------------|
| 1 | Getting the relationship right for ideal communication. | |
| 2 | Exploring emotions and Focusing on the future | |
| 3 | Tension—Great Ally or Astounding Obstacle? | |
| 4 | Making Emotional Energy Serve Your Client | Journal Assignment (15-45 Minutes) |

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

Criteria for Grading:

906 Coaching Emotions WITHOUT Counseling is conducted on a pass/fail basis.

You will pass 906 Coaching Emotions WITHOUT Counseling 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

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 2015

Syllabi on Learning Platform:

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