



Integrated Coach Training
CoachNet Global LLC
500 Arc
Current as of August 2021

500 Arc Syllabus



Course Expectations and Requirements:

This syllabus describes educational expectations for completing 500 Arc as a part of the Amplified PCC Pathway. If you have questions, please contact Amy Glazer (amy@coachnet.org/330.936.3768).

Basic Information:

- 500 Arc
- Online

500 Arc is 20 Coach Specific Training Hours:

- 8 x 120 minute class sessions (online)
- 1 x 120 minute phone-based, recorded triad (reviewed by Instructor)
- 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 at www.coachnet.org located in My Courses.

Instructor

Dave Brunelle, PCC
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Contacting the CoachNet Team:

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Director of Operations
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Website Description:

Most coach training focuses on the skills a coach needs to deliver a single, high-quality coaching conversation. You set the coaching agreement, explore the key issues, listen for a breakthrough, and design specific actions for follow up.

Every one of those terms means something different when you look at them in the context of an entire coaching relationship. And that's where 500 Arc comes in.

In this 20-hour training opportunity, you will explore the four sub-cores of an effective coaching relationship. You'll understand how the coach's inner monologue changes through the various phases of the coaching relationship as the client builds clarity and moves toward their goals.

500 Arc also includes two live triads for practice coaching and written feedback from your instructor. You will complete 500 Arc with some short writing assignments and a final recorded triad that is scored against the PCC Markers used in the International Coach Federation credentialing process.

Prerequisites: To take course at the 500 level or above, you should meet the following pre-requisites:

- Complete 60 or more hours of coach training
- This course is designed for the credentialed coach
- Have 60 or more hours of coaching experience
- Instructor: Dave Brunelle, PCC
- Training Language: English

500 Arc is 20 hours of coach specific training.

- 20 Hours, delivered fully online; 8 weeks of sessions, 2 hours in each online session
- Please check on www.coachnet.org for when this class is offered
- Emphasis on understanding the full scope of a coaching relationship
- 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. You will also complete quizzes writing assignments in between sessions
- Optional final coaching conversation with a CoachNet trainer to receive personal and specific feedback on your coaching
- All 11 ICF Core Coaching Competencies are covered

Course Objectives:

The objectives for this course are:

- Understand a coaching relationship as a story/narrative.
- Understand and apply a structure for an effective coaching relationship.
- Develop skills to assess progress in the relational Arc.
- Learn to use accountability tools to stay on track.
- Design & use corrective tools to get back on track.

Required Student Resources:

To successfully complete 500 Arc you will need:

- A reliable internet connection
- A reliable telephone
- A copy of the 500 Arc Participant's Sessions Guide
- An email address
- Word processing software to submit final assignments in Microsoft Word format

Course Schedule/Outline/Calendar of Events:

Your 500 Arc 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

500 Arc also includes follow up triad and writing work, which is due 30 days after the last class. 500 Arc begins online 3-4 times per year. The Final Triad is recorded and evaluated by the CoachNet Team according to standards from the International Coach Federation as if you were submitting it with a credential application. The PCC Makers are the ICF standard for this evaluation.

500 Arc Course Outline:

Session	Pre-Work	Class Focus	Follow Up Assignment
1	Google "coaching demonstration". Watch what you find. Bring notes to class.	What is a Coaching Arc? Why Coaching Arcs?	Optional journal assignment.
2	—	Intro to the Coach's Journey	Journal Assignment (15-45 Minutes)
3	—	The LINK Core Launch/Learn: The Client's World	Journal Assignment (15-45 Minutes)
4	—	Live Triad #1	No Assignment! Go over your feedback.
5	—	Investigate/ Interrogate: What's REALLY Going On?	Journal Assignment (15-45 Minutes)
6	—	Negotiate/Navigate: Leveraging Learning for Action	Journal Assignment (15-45 Minutes)
7	—	Know/Go: Keep Doing What You're Doing (or Don't) Evaluation	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	Email to your instructor when you're done.
30 Days after Session 8		Grace period to complete Triads ends.	
30-60 Days after Session 8		Portfolio & Triad Review	
A maximum of 60 Days after Session 8		Feedback & Certificate issued.	

All assignments must be submitted to the Instructor within 30 days of session 8.

Criteria for Grading:

500 Arc is conducted on a pass/fail basis.

You will pass 500 Arc 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 2015 in original format
- September 2017 in current format

Syllabi on Learning Platform:

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