



Amplified Coach Training  
CoachNet Global LLC  
800 Habit  
Current as of July 2019

# 800 Habit Syllabus



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## Course Expectations and Requirements:

This syllabus describes educational expectations for completing 800 Habit as a part the Amplified PCC Pathway. If you have questions, please contact Amy Glazer ([amy@coachnet.org](mailto:amy@coachnet.org)/330.936.3768).

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## Basic Information:

- 800 Habit
- Online

## 800 Habit 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 through [www.coachnet.org](http://www.coachnet.org) located in My Courses.

## Instructor

**John Mocko, ACC**  
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336.596.4517

## Contacting the CoachNet Team:

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Director of Coaching Community  
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330.936.3768

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## Website Description:

Coaches are fully committed to the success, growth and effectiveness of their clients. Most coach training focuses on what happens during the actual coaching conversation, but masterful coaching starts long before the conversation begins.

In this 20 hour training, you'll look at a lifestyle of coaching and develop repeatable behavior patterns that move your coaching toward mastery. How can you leverage what you do first thing in the morning to make your coaching more effective in the afternoon? That's what 800 Habit is designed to accomplish.

800 Habit also includes 4 triads for practice coaching and written feedback from your instructor.

**Prerequisites:** To take 800 Habit, you must have at least 50 hours of coaching experience and 30 or more hours of coach specific training.

**Prerequisites:** To take course at the 600 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
- Training Language: English

### **800 Habit is 20 hours of coach specific training.**

- 20 Hours, delivered fully online; 8 weeks of sessions, 2 hours in each online session.
- Wednesdays from 4-6pm EST or Thursday from Noon-2pm EST.
- 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 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.

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## **Course Objectives:**

The objectives for this course are:

- Develop new habits to raise your effectiveness.
- Break the complexity of coaching into simple pieces.
- Understand and apply PCC-level skills to your coaching.
- Coach at the PCC Level (with written feedback)!
- Be assessed using the PCC Markers.

You will develop a short list of habits (1-5) that will make your coaching more effective.

## **Required Student Resources:**

To successfully complete 800 Habit you will need:

- A reliable internet connection
- A reliable telephone
- A copy of the 800 Habit 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 800 Habit 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

800 Habit also includes follow up triad and writing work, which is due 30 days after the last class. 800 Habit 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.

### 800 Habit Course Outline:

Session	Pre-Work	Class Focus	Follow Up Assignment
1	Google "coaching demonstration". Watch what you find. Bring notes to class.	Why Coaching Habits Matter	Optional journal assignment.
2	—	Questioning & Listening Habits	Journal Assignment (15-45 Minutes)
3	—	Session Preparation Habits	Journal Assignment (15-45 Minutes)
4	—	Live Triad #1	No Assignment! Go over your feedback.
5	—	Coaching Agreement Habits	Journal Assignment (15-45 Minutes)
6	—	Note Taking Habits	Journal Assignment (15-45 Minutes)
7	—	Planning/Feedback/Evaluation Habits	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 emailed to the Instructor within 30 days of session 8.

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## Criteria for Grading:

800 Habit is conducted on a pass/fail basis.

You will pass 800 Habit 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: Simple Strategies to Make Every Conversation More Effective. Cleveland, OH CoachNet Global LLC. 2017

Ogne, Steven L. & Roehl, Tim. Transmissional 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



