



Continuing Coach Training
CoachNet Global LLC
905 Coaching v. Mentoring
Current as of October 2020

905 Coaching v. Counseling v. Mentoring Syllabus



Course Expectations and Requirements:

This syllabus describes educational expectations for completing 905 Coaching v. Counseling v. Mentoring as a part of the Continuing CCE Pathway. If you have questions, please contact Amy Glazer (amy@coachnet.org/330.936.3768).

Basic Information:

- 905 Coaching v. Counseling v. Mentoring
- Online

Number of Coach Specific Training Hours:

- 2 x 120 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 the www.coachnet.org under My Courses.
- One writing assignment (submitted for review by instructor).

Instructor's Name:

Amy Glazer, PCC
Student Connection Team Lead
amy@coachnet.org
330.936.3768

Website Description:

More than one style of intentional relationship uses similar skills. Coaching, counseling, mentoring even consulting and spiritual direction look very similar. How does a masterful coach know they're on the right track?

No coach wants to lapse into counselor mode. Coaches are trained away from it. But what do you do when a client is going through a challenging emotional situation? Or when a client asks for your advice? This is where masterful coaching comes to life!

In *905 Coaching v. Counseling v. Mentoring*, you'll learn best practices for staying in coach mode in any client situation. You'll be able to identify on-the-fly when you're in a coaching situation and when you are in danger of slipping into counselor or mentor mode. You'll even learn how to get back to coach mode if you slip out. The related disciplines of mentoring and consulting will also be explored.

This course covers the following ICF Core Competencies:

1. Demonstrates Ethical Practice
3. Establishes and Maintains Agreements
5. Maintains Presence
7. Evokes Awareness

Course Objectives:

The objectives for this course are:

- Understand the full coach development arc as CoachNet applies it
- Equip yourself with a basic skill set for informal & formal coaching
- 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 905 Coaching v. Counseling v. Mentoring you will need:

- A reliable internet connection
- A reliable telephone
- A copy of the 905 Coaching v. Counseling v. Mentoring Participant's Sessions Guide
- An email address
- Word processing software to submit final assignments in Microsoft Word format

Course Schedule/Outline/Calendar of Events:

905 Coaching v. Counseling v. Mentoring follows one of two formats: online for 4 - 60 minute sessions, online for two 2 hour sessions. Both formats include follow up assignments.

905 Coaching v. Counseling v. Mentoring begins online 2-3 times per year on average.

Course Outline:

| Session | Class Focus | Follow Up Assignment |
|---------|-------------------------------|------------------------------------|
| 1 | What is Coaching, Really? | |
| 2 | Coaching vs. Counseling | |
| 3 | Coaching vs. Mentoring | |
| 4 | Making Them All Work Together | Journal Assignment (15-45 Minutes) |

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

Criteria for Grading:

905 Coaching v. Counseling v. Mentoring is conducted on a pass/fail basis.

You will pass 905 Coaching s. Counseling v. Mentoring 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 2014

Syllabi on Learning Platform:

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