



Integrated Coach Training
CoachNet Global LLC
800 Coaching Voice/Posture
Current as of April 2018

800 Finding My Coaching Voice And Posture Syllabus



Course Expectations and Requirements:

This syllabus describes educational expectations for completing 800 Finding My Coaching Voice And Posture as a part of the Integrated PCC Pathway. If you have questions, please contact Amy Glazer (amy@coachnet.org/330.936.3768) or Judy Pence (judy@coachnet.org/216.857.0085).

Basic Information:

- 800 Finding My Coaching Voice And Posture
- Online

Number of Coach Specific Training Hours:

- 4 x 60 minute class sessions (online)
- This course requires students to take the APEST and MCORE assessments, which are included in the cost of the course. A link will be sent to you to take the APEST and MCORE 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 Integrated Coach Training Platform or in the Session Notes)
- One writing assignment (submitted for review by instructor)

Instructor's Name:

Jonathan Reitz, MCC
jonathan@coachnet.org
440.665.2413

Contacting the CoachNet Team:

Amy Glazer, ACC
Director of Coaching Community
amy@coachnet.org
330.936.3768

Judy Pence, ACC
Director of Finance & Administration
judy@coachnet.org
216.857.0085

Website Description:

800 Finding My Coaching Voice And Posture explores the overlap between your vocational aptitudes, your motivations, and your coaching skills. Using the MCORE (a leading assessment examining your motivational profile) and the APEST 360 Vocational Assessment, you will develop an understanding of how you coach and why you coach. You'll also learn strategies to make the most of your unique wiring for coaching.

This course covers the following ICF Core Competencies:

- #1 Meeting Ethical Guidelines and Professional Standards
- #4 Coaching Presence
- #5 Active Listening
- #6 Powerful Questioning
- #7 Direct Communication
- #8 Creating Awareness
- #11 Managing Progress & Accountability

Visit www.coachnet.org to find when this 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: Jonathan Reitz, MCC

Course Objectives:

The objectives for this course are:

- Understand your “How” for coaching, as in “How you prefer to coach for results”.
- Find yourself in the five-fold gifting from Ephesians 4.
- Understand your “Why” for coaching, as in “Why am I drawn to serve the clients I prefer...”
- Learn to tailor your coaching to what motivates your clients.

Required Student Resources:

To successfully complete 800 Finding My Coaching Voice And Posture you will need:

- A reliable internet connection
- A reliable telephone
- A completed APEST and MCORE assessments that includes full APEST and MCORE Reports.
- A copy of the 800 Finding My Coaching Voice And Posture 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 APEST and MCORE assessments in your coaching practice. Additional training is available if you want to add this to your toolkit.

Course Schedule/Outline/Calendar of Events:

800 Finding My Coaching Voice And Posture follows one of two formats: online for 4 - 60 minute sessions, online for two 2 hour sessions. Both formats include follow up assignments.

800 Finding My Coaching Voice And Posture begins online 3-5 times per year on average.

Course Outline:

Session	Class Focus	Follow Up Assignment
1	Intro to APEST	
2	Including Your APEST Profile In Your Coaching Posture	
3	Introduction to Motivational Cores	
4	Applying the MCORE to Your Coaching Voice	Journal Assignment (15-45 Minutes)

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

Criteria for Grading:

800 Finding My Coaching Voice And Posture is conducted on a pass/fail basis.

You will pass 800 Finding My Coaching Voice And Posture 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 2017**

Syllabi on Learning Platform:

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