

Session 11: Review of Module 2

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Session 7

- Different definitions of coaching in different contexts:
  - Personal, speciality, team and group – relevant to this course
  - Executive, organisational – not so relevant to this course
- Overview of coaching, mentoring, counselling therapy and training – meaning and examples
- Knowledge, skills and behaviours involved:
  - Setting up the coaching relationship, contracting, rapport, listening, empathy, respectful, positive, assertive, supportive

Session 8

- Benefits of coaching for the coachee, for the coach and for their wider community:
  - Evidence based: https://www.luisazhou.com/blog/life-coaching-statistics/
- Examples of benefits of coaching in parenting context:
  - Just being listened to has massive benefits!
- Costs and benefits - financial, social, emotional
  - Flexibility in how it can be approached to suit coach
- Transformational listening
  - Listening to support change

Session 9

- ✓ Introduction to models of coaching that can support coaching:
- ✓GROW: Goal, Reality, Options, Will do
- ✓Appreciative Coaching: 4D's – discovery, dream, design, destiny
- ✓CLEAN language: how we use the coachee's words
- ✓Coactive coaching: coachee's agenda, naturally resourceful, holistic, coach dances in the moment
- ✓How we integrate them in this course: focus different modules on different models so we get to practice them all several times

Session 10

- ✓ General coaching questions that can be helpful to be aware of: list of coactive coaching questions in categories
- ✓ Questioning processes and techniques: questions are helpful in many situations
- ✓ Questions that relate to particular models: reviewing how different questions fit in with different approaches
- ✓ Power of questions and silence
- ✓ When to give feedback to help with reflection
- ✓ Importance of choice: need for autonomy is similar to need to to self-regula