

MONTGOMERY COLLEGE

COACHING CERTIFICATION PROGRAM

Workforce Development and Continuing Education | Summer 2024

Introduction to Coaching

If you seek to inspire and motivate others, then coaching may be the skill set for you. This emerging field draws on numerous communication approaches and techniques you can use to support others in achieving short and long-term goals by developing a positive approach to all areas of their lives. In this experiential 3 1/2 hour introductory session, we will discuss what coaching is—and isn't—distinguishing coaching from mentoring, consulting, therapy, training and athletic development, coaching core beliefs, qualities of an effective coach and the essential components of all coaching interventions. Additionally, the Montgomery College Coaching Certificate Program, the International Coach Federation (ICF) coach credentialing process and the latest trends in the coaching industry will be addressed. (This is the first course in the Coaching Certificate Program) TWA

Course: MGT714 **3.5 Hours**

\$50 + \$59 fee = \$109; NMR add \$120

Online: Structured Remote

CRN#: 41632 1 Session S
6/1 9:30 a.m. - 1 p.m.

Montgomery College is approved by the International Coaching Federation to offer Level 1 Accreditation for the Coaching Certification Program curriculum.



Coaching Clinic: Introduction

Acquire a thorough understanding of the philosophical, historical, and ethical foundations of coaching. Explore similarities and differences between coaching and related disciplines and consider the scope of coaching potential. You will learn a defined coaching framework to structure a coaching session, practice using this process in real-time conversations, and observe the effect of these skills as a coachee. (Please note that there is pre-work required for this course so early registration is strongly recommended.) *Prerequisite: Introduction to Coaching.* TWA

Course: MGT715 **15 Hours**

\$300+ \$385 fee = \$685; NMR add \$300

Online: Structured Remote

CRN#: 41633 5 Sessions T
6/4-7/2 6:30-9:30 p.m.

Coaching Essentials, Competencies, and Practices

Building on Coaching Clinic-Introduction, this course explores various coaching competencies, operating assumptions, and practices. Continue to experiment with the language of coaching and distinguish between the effects of various techniques. You will deepen your learning of how to implement a defined coaching framework to structure a coaching session, learn its benefits, and employ a specific methodology to establish credibility and build trust with the coaches. Complete the course with the experience of coaching and being coached in a classroom setting, as well as working with a practice client between classroom sessions. *Prerequisites: Introduction to Coaching and Coaching Clinic-Introduction.* TWA

Course: MGT716 **15 Hours**

\$300+ \$385 fee = \$685 NMR add \$300

Online: Structured Remote

CRN#: 11838 5 Sessions T
7/23-8/20 6:30-9:30 p.m.

For more information contact:
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www.montgomerycollege.edu/wdce | 240-567-5188

Elective Coaching Courses

Listening for Deeper Connection

A true commitment to listening well is important in any conversation. If you are someone who wants to start to improve their listening skills, this 2-hour session will introduce you to the three Levels of Listening and provide a 3-step process for demonstrating more effective listening.

Course: MGT728 **2 Hours**

\$50 + \$59 fee = \$109; NMR add \$120

Online: Structured Remote

CRN#: 11840 1 Session R
7/11 7-9 p.m.

Asking Powerful Questions

Learning to use the power of questions can dramatically increase your professional and personal effectiveness. Best practices for powerful questions will be reviewed and demonstrated in this 2-hour session.

Course: MGT726 **2 Hours**

\$50 + \$59 fee = \$109; NMR add \$120

Online: Structured Remote

CRN#: 11841 1 Session R
7/25 7-9 p.m.

Coaching Skills for Everyday Life

Do you want to improve your communication with your family, friends, or colleagues at work? Coaching skills are not just for professional coaches or managers, they are for everyday life whether you're interacting with children at home, trying to help a family member, friend or a colleague or team at your place of work. Through a hands-on, interactive approach, you will learn how to listen more effectively, ask better questions, better manage conflicts and more! TWA

Course: MGT717 **6 Hours**

\$170 + \$89 fee = \$259; NMR add \$140

Online: Structured Remote

CRN#: 11839 2 Sessions M
7/15-7/22 9 a.m.-12 p.m.

Coaching Certification Program Required Courses (Must be taken in this order):

1. Coaching-Introduction to
2. Coaching Clinic-Introduction
3. Coaching Essentials,
Competencies, and Practices
4. Coaching Practicum
5. Coaching Mastery
6. Mentor Coaching

TWA = Tuition Waiver Applies
NMR = Non-Maryland Residents

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