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)

Course: MGT714 3.5 Hours
$50 + $59 fee = $109; NMR add $120
Online: Structured Remote
CRN#: 24232 1 Session S 9/23 9:30 a.m.-1 p.m.

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 $385
Online: Structured Remote
CRN#: 24233 5 Sessions T 9/26-10/24 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 = $685; NMR add $300
Online: Structured Remote
CRN#: 24234 5 Sessions T 11/21-12/19 6:30-9:30 p.m.
Elective Courses

Coaching Skills for More Effective Communication
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 conflict and more! TWA.

Course: MGT725 6 Hours
$170 + 89 fee = $259; NMR add $140
Online: Structured Remote
CRN#: 24235 2 Sessions  S
10/28-11/4 9 a.m.-12 p.m.

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 to deepen your connection with others, 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#: 24237 1 Session  W
11/1 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 questioning 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#: 24236 1 Session  W
11/15 7-9 p.m.

TWA Tuition Waiver Applies
NMR Non Maryland Resident Fee

Montgomery College Coaching Certification Program is accredited by the ICF (International Coach Federation) as an ACSTH Program.

www.montgomerycollege.edu/wdce | 240-567-5188