Coaching- Introduction

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 Coach Certificate Program) TWA
Course: MGT488 3.5 Hours
$50+ $59 fee = $109; NMR add $120
Online: Structured Remote
CRN#: 37437 1 Session R 4/21 6-9:30 p.m.

Coaching Practicum

After taking the Coaching Essentials, Competencies, and Practices courses, you must coach practice clients under the guidance of a faculty member through a practicum class. Prerequisite: Coaching Clinic-Introduction and Coaching Essentials, Competencies, and Practices. TWA
Course: MGT581 15 Hours
$300 + $385 fee = $685; NMR add $300
Online: Structured Remote
CRN#: 37438 5 Sessions T 2/8-3/8 6:30-9:30 p.m.

Coaching Mastery

Demonstrate your coaching knowledge and skills in a safe and supportive class environment. Feedback from a facilitator during a coaching interaction session clarifies strengths and identifies areas that require continued practice. The Coaching Certificate Program’s emphasis on real-world practice and experience is reflected in this review of coaching core competencies. Prerequisites: Coaching Clinic-Introduction; Coaching Essentials, Competencies, and Practices; Coaching Practicum. TWA
Course: MGT625 15 Hours
$300 + $499 fee = $799; NMR add $350
Online: Structured Remote
CRN#: 37443 5 Sessions T 4/5-5/3 6:30-9:30 p.m.

For more information contact:
Transcie Almonte-Sabio at 240-567-3828 or transcie.almonte@montgomerycollege.edu

*TWA – Tuition Waiver Applies
*NMR – Non-Maryland Residents
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: MGT590  6 Hours
$170 + $89 fee=$259; NMR add $140
Online: Structured Remote
CRN#: 37439  2 Sessions  S
3/19-3/26  9 a.m.-12 p.m.

Stop Talking, Start Listening
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 tools for practicing more effective listening.

Course: MGT679  2 Hours
$50 + $59 fee = $109; NMR add $120
Online: Structured Remote
CRN#: 37445  1 Session  R
2/10  7-9 p.m.

Powerful Questioning
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: MGT680  2 Hours
$50 + $59 fee = $109; NMR add $120
Online: Structured Remote
CRN#: 37446  1 Session  R
2/24  7-9 p.m.

S.M.A.R.T.E.R. Goals
We’ve all heard that it is better to work smarter than harder. The same is true for writing out your goals. In this 2-hour session, learn a S.M.A.R.T.E.R. and easier way to approach goal setting and goal achievement.

Course: MGT681  2 Hours
$50 + $59 fee = $109; NMR add $120
Online: Structured Remote
CRN#: 37447  1 Session  R
3/10  7-9 p.m.

Coaching Certification Program
Required Courses (Must be taken in this order):
1. Introduction to Coaching
2. Coaching Clinic—Introduction
3. Coaching Essentials, Competencies, and Practices
4. Coaching Practicum
5. Coaching Mastery

Montgomery College is accredited by the International Coach Federation to offer Coaching Certification Program. All courses are ACSTH compliant for course specific training hours.