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: MGT488  
3.5 Hours  
$50 + $59 fee = $109; NMR add $120

Online: Structured Remote  
CRN#: 24878  
1 Session  
9/11  
9:30 a.m.-1 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: MGT264  
15 Hours  
$300 + $385 fee = $685; NMR add $300

Online: Structured Remote  
CRN#: 24876  
5 Sessions  
11/2-12/14  
6:30-9:30 p.m.  
No class 11/23, 12/7

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: MGT590  
6 Hours  
$170 + $89 fee = $259; NMR add $140

Structured Remote  
CRN#: 24880  
2 Sessions  
11/6-11/13  
9 a.m.-12 p.m.

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

For more information contact:
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