



Feedback is the breakfast of champions!

6 2.5 hour sessions
15 hours total

In a group of 4-5 participants you will coach, be coached and observe the coaching of your colleagues under the guidance of a Certified Coach. Following the practicum you will receive a written critique of your coaching which will also become part of your student record - a requirement for graduation.

Transform Your Mindset:

From: I am uncomfortable receiving feedback; I avoid it at all costs

To: I love feedback; it helps me focus my energy on how to coach better

Getting comfortable with coaching while others are observing is a gateway to excellence and prosperity. It magnifies your focus and accelerates your learning process. The HUGE upside is this: coaching in public is one of the most profound and effective ways to add value to others in a group setting AND attract new players to your business.

The Details

3 Key Points

1. Feedback is the fast track to mastery

Coaching is a craft that has a distinct set of skills. While you are into the coaching session your focus is on the player and not on how you are doing. This is a good thing. But then afterwards you may wonder: How am I doing?

Even though every coaching conversation has its own unique ebb and flow the skills are always discernable to a trained observer. In the coaching practicum you will be observed by an ICF Certified Coach who knows how to listen for the core coaching skills, give a score on a scale of 1-10 AND how to give constructive feedback.

In the feedback session you will find out what you did really well, what can be improved and possible missed opportunities where you could have done something GREAT.

2. Observing others makes you better

In the Practicum you will be an observer for three of the sessions. We ask you to listen as if YOU were going to give the critique. Surprisingly this has a powerful positive impact on your coaching ability.

You will hear your peers do things that will impress or surprise you that you can use in your sessions.

You will hear player situations and how they are handled and critiqued which will make you all the more prepared when you face a similar situation.

You will also hear coaching mistakes that you can now more easily avoid. And finally, you will pick up on coaching style differences that can help you craft your own voice and style as a Coach.

Coaching Practicum

COACHING
Practicum



3. Coaching in public is HUGE

The coaching practicum is like a coaching recital. You are coaching a player - one of your coaching colleagues - while the others are observing. This really requires you to focus on your player because if you stop and think about other people watching you it can be nerve wracking! We actually UP the intensity by INVITING extra observers.

What you will find is that KNOWING that you are going to coach in front of a bunch of people will inspire you to practice a lot and get as good as you can as quickly as you can. This "performance anticipation" is a very positive influence on our students!

The HUGE upside to all of this is that you begin to get comfortable coaching with other people observing you which really boosts your confidence. This turns out to be a HUGE asset because if you decide to speak or coach in public settings you can use your coaching ability to really add value to everyone observing. This will really impress people who are watching you and many will want to hire you.

So while it may seem scary at first, it has a BIG upside potential that makes it totally worth it.

How the Practicum is conducted

- 1) You are in a group with 5 coaches - including you - and one certified coach.
- 2) There may be additional observers present - but you don't think about them ;-)
- 3) The Certified coach determines the order of who will coach who. You will be the coach in one session, the player in one session and the observer in the other three sessions.
- 4) When it is your turn to be the Coach you introduce yourself to the player, ask them what they would like to be coached on and jump into it.
- 5) The session will last 30 minutes and the certifier will keep track of the time.
- 6) After the session, the certifier will give you general feedback and then a score for each of the 10 coaching skills.
- 7) The observers may also be asked to give their observations of the session as well. The feedback will last approximately 25 minutes. Then there will be a five minute break and the next session will begin.
- 8) When you are the player your job is to just be REAL! Talk about your big game in life or business and get as much out of the coaching session as possible
- 9) After the session you will receive a written report with brief notes about how you did in each of the 10 coaching skills.
- 10) The session and the feedback is recorded so you can re-listen to it any time. This can be very instructive as well.

coaching recital