

CP-31

Coaching to Facilitate Change

\$255

Coaching: New Ways of Facilitating Change

14 hours

Objective: To study the relatively new helping profession known collectively as "coaching." The course examines the various client types, the principles, basic concepts and the distinctions between traditional counseling and coaching.

Text: *The Mindful Coach: Seven Roles for Helping People Grow* by Douglas K. Silsbee ISBN: 0974500356

Life Coaching

14 hours

Objective: To give the therapist a deeper understanding of how the concepts, theory and principles of coaching can be utilized to enhance their therapeutic skills.

Text: *Therapist as Life Coach: An Introduction for Counselors and Other Helping Professionals* by Pat Williams ISBN: 0393705226

Life Coaching: A Cognitive-Behavioral Approach

14 hours

Objective: Life coaching has come to be a growing and groundbreaking approach to helping clients. This course examines how the cognitive-behavioral theories and techniques apply to that developing profession.

Text: *Life Coaching: A Cognitive Behavioral Approach* by Michael Neenan & Windy Dryden ISBN: 1583911383

Performance Coaching in Organizations

14 hours

Objectives: This course helps you understand how coaching and mentoring can be utilized in organizations to get the best possible results from its employees.

Text: *Masterful Coaching* by Robert Hargrove ISBN: 0787960845

Coaching & Mentoring

16 hours

Objectives: This course explores every aspect of the coaching/mentoring relationship from establishing the coach/client relationship to termination and beyond. Topics include dealing with roadblocks, knowing oneself, deciding what to do and commitment to take action.

Text: *Techniques for Coaching & Mentoring* by David Meggenson & Dave Clutterbuck ISBN: 075065287X

Life Coaching II

16 hours

Objectives: This course explores the various attitudes, point of view, assessments, strategies, templates, etc. involved in doing the work of a coach.

Text: *Total Life Coach: A Compendium of Resources* by Patrick William & Lloyd J. Thomas ISBN: 0393704343

Consulting: Utilizing Your Expertise

16 hours

Objectives: This course is great for the private practitioner, the manager of an agency, supervisor and front line worker who is daily striving to make the best use of their or their organization's expertise in a way that helps clients, the professional community and the community at large.

Text: *The Flawless Consulting Fieldbook & Companion: A Guide to Understanding Your Expertise* by Peter Block ISBN: 0787948047