

## CP-32 Coaching to Facilitate Change

\$330

### **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-10: 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-10: 0393705226

### **Performance Coaching In Organizations** 14 hours

**Objective:** The participant learns 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-10: 0787960845

### **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-10: 1583911383

### **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-10: 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-10: 0393704343

### **Consulting: Utilizing Your Expertise** 16 hours

**Objective:** 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-10: 0787948047