

Coaching 101

ONLINE COURSE

Dear prospective coach,

Before we start, we at Rescript Coaching want to welcome you. Welcome to possibly the biggest decision in your own journey towards becoming a coach.

We always say, that how you start, can determine whether the journey is ultimately a success (or not).

This is not just a simple theory course on coaching (although there will be enough of the theory as well!).

This course is about equipping the individual with a firm foundation and informed, practical tools to start their journey towards becoming a professional coach well.

Be prepared though, this course will challenge you. Not just intellectually, but in so many other ways than that. This course will be about discovery, deep work, coming into your own and breaking ground.

Are you up for the journey?

Programme Details

TRAINING OCCURS OVER THE FOLLOWING THREE SATURDAYS

25 February
4 March
11 March

TIMES

Each session is structured into three engagements on a Saturday:

First engagement – 08:30-10:30
Second engagement – 11:00-13:00
Third engagement – 14:00-16:00
Q&A – 16:00-16:30

LOCATION

The course will be presented online via Zoom

COST

There are various payment options:

Pay as you go

Each Session will be R 2 000 and candidates will be able to pay after each session.

Lump sum

R 7 000 for the entire course once off

Excluding the Shadowmatch coach accreditation

INCLUDED IN THE COURSE

Besides the course material and an immersive experience, you will also receive (per person):

2 peer coaching sessions

2 coaching sessions from the Rescript staff

Session Details

The programme is structured over 3 Saturdays (spanning 6 weeks).

SATURDAY 1	SATURDAY 2	SATURDAY 3
Introduction to coaching	Coaching essentials	Advanced use of coaching models
Assessments	How to conduct an ideal coaching session	The coaching industry, ethics, professionalism and credentialing
		Designing my journey further (designing your summative presentation)

What you can expect in this course

	THEORY	PRACTICAL
Introduction to Coaching	1. What is coaching? 2. The difference between coaching and other forms of helping and human development: a. Counselling b. Therapy c. Mentoring d. Spiritual guidance e. Training and education f. Advising g. Consulting 3. The coaching philosophy and points of departure 4. What types of coaching are there? 5. Coaching approaches and philosophies	1. Your coaching style 2. Your coaching focus and niche 3. Working towards your own coaching programme
Assessments	1. Assessments and psychometry 2. Type of assessments: a. Informal/personal assessments b. Formal/system-driven assessments c. Scans 3. Examples of assessments: a. DISC b. MBTI c. Shadowmatch	1. Choosing your informal assessments 2. Choosing your formal assessments 3. Certification and authorisation 4. Price vs. Benefits

	THEORY	PRACTICAL
Coaching Essentials	1. Setting up your coaching session (basics before coaching starts) a. Location b. Consultation c. Intake process d. Contracts, agreements, letters e. Billing f. Debtors g. Termination of contract h. Referrals 2. Dynamics during the coaching session a. Building rapport b. Listening c. Asking questions d. The ideal coaching session – step by step e. Making use of the GROW model	1. Engage a client in the process of intake, consultation and setting up for coaching 2. Coaching for 2 sessions 3. Being coached for 2 sessions
Advanced use of models	1. Coaching models a. The OSKAR model b. Setting SMART goals c. The STEPPA model d. The RAIN model	1. Using coaching models 2. Determining your coaching approach 3. Possible further training/development options for your coaching practice 4. Using questions constructively
Coaching as a professional	1. Potential stumbling blocks to coaching 2. When not to coach and coaching contract termination 3. Governing bodies, code of ethics, and principles	1. Design the essentials before coaching starts 2. Session planning and feedback 3. Designing your coaching structure and packages 4. Determining your price 5. Designing a self-development plan
Feedback session and Certification		Final practical summative presentation session