

# Module 2: QuickStep Coaching Practicum<sup>©</sup>

## 4-Week Schedule

(Try to be sitting at your computer when attending the Teleclass.)

### Week One: Review of ICF Core Competencies

- **Homework Assignments: (30 min)** – Download, print and study the Student Workbook material (emailed to you) for **WEEK ONE: Review of ICF Core Competencies**.
- **Discussion Topics: (30 min)** - Review of the ICF Core Competencies within The Coaching BRIDGE model.
- **Practice Coaching: (90 min)** - Come prepared to coach, be coached and offer feedback.

### Week Two: Refining the Focus

- **Homework Assignments: (30 min)** - Study the Student Workbook material for **WEEK TWO: Refining the Focus**.
- **Discussion Topics: (30 min)** - Review Establishing the Coaching Agreement to determine the direction of the coaching session. Review how to “Refine the Focus” and to assist the client in establishing a specific goal. Learn how to use Client Information and Intake Forms to better understand your client, and to use the Preparation Form to help your client prepare for each coaching session. Learn how to use the Critical Success Factors to open up dialogue for church planters who come to the session with no focus.
- **Practice Coaching: (90 min)** - Come prepared to coach, be coached and offer feedback.

### Week Three: Telephone Coaching

- **Homework Assignments: (30 min)** - Study the Student Workbook material for **WEEK THREE: Telephone Coaching**.
- **Discussion Topics: (30 min)** - Review “*Why Telephone Life Coaching Works.*”– This class focuses on coaching someone by telephone using the ICF Core Competencies. Discuss how to use your sense of hearing to “see,” (understand what is said and not said) on the phone. Discuss referring a client to Mental Health professionals.
- **Practice Coaching: (90 min)** - Come prepared to coach, be coached and offer feedback.

### Week Four: Requirements for the Quickstep Coaching Oral Exam

- **Homework Assignments: (30 min)** - Study the Student Workbook material for **WEEK FOUR: Requirements for the Quickstep Coaching Oral Exam**.
- **Discussion Topics: (30 min)** - Review the “**Coaching Requirements for the Oral Exam.**”
- **Practice Coaching: (90 min)** - Come prepared to coach, be coached and offer feedback.