



Fast Track Coach Training

Course Descriptions

501 – *Building Blocks for Powerful Coaching.* This course will provide an overview of the necessary knowledge and skills to become an effective coach. Focus will be given to the unique aspects of coaching as compared with various other helping relationships. Students will spend time developing the basic skills of coaching. Biblical and theological rationale for coaching will be interwoven throughout to ensure the coaching is grounded in God's Word.

502 – *Establishing a Dynamic Coaching Relationship.* This course will focus on creating a dynamic coaching relationship by understanding how to develop a professional coaching relationship. Focus will be given to increasing credibility through communicating awareness of intent and impact. The coach will also build the skills of helping the person being coached (PBC) orient around areas of strengths and high performance patterns. This course will also introduce the coach to establishing a coaching practice and ethical issues in coaching.

503 – *Coaching Change, Transition, and Transformation.* This course enables you to coach people through change – proactive change, transition, and transformation. Instruction includes how to identify the differing stages of the process, models to help people navigate change, and how to assist people through obstacles and barriers.

504 – *Coaching as a Learning Catalyst.* In the coaching relationship the coach is a learning partner in the person being coached's (PBC) growth. This course will provide information on different learning styles, cognitive preferences, and learning processes that reflects how the brain works in order to generate powerful results in the person being coached. Skill development focuses upon incorporating the knowledge of learning into coaching questions, statements, and listening.

505 – *The Language of Coaching.* This course will focus on the language of coaching. Students will explore the different uses of language, including distinctions, metaphors, stories, formulas, and other language formats that are effective when coaching.

506 – *Personal Coaching.* In this course students will develop the six basic components of personal coaching: goals, tolerations, needs, values, boundaries and standards.

507 – *Coaching Teams.* Students will gain an understanding of building authentic teams and develop the skills to coach around team dysfunction, use team covenants, and create alliances.

508 – *A Coach Approach to Discipleship and Evangelism.* This course will help students with the application of coaching skills and insights into the work of the Great Commission to help people embrace the gospel while creatively living the commands of Christ.