



**Carly Anderson, MCC of The Mentor Coaching Group,
in association with ICF New Jersey,
are proud to present “Advancing Your Coaching Skills” webinar series.**

This series consists of 6 live webinars of 90 minutes each, offering 9 hours of core competency CCEs. Plus another 7.5 hours of core competency CCEs are on offer for fieldwork completed throughout the program.

The maximum possible CCEs available is 16.5 hours, which can be used toward your ICF credential renewal. It does not qualify as mentor coaching hours, due to larger number of participants than 10 (which is the maximum allowed by the ICF for group mentor coaching).

This program is for:

- Coaches preparing for their first ICF credential (ACC, PCC or MCC).
- Coaches re-certifying their current ICF credential
- Coaches who want grow their coaching and mentoring skills.

This program will provide growth and learning for coaches at all credential levels.

Learning Objectives

Participants will gain a deep understanding of the ICF Core Competencies as they apply in real life coaching, and be able to distinguish what level they are coaching at (MCC, PCC, ACC) and how to improve their coaching skills.

Dates of group sessions: Wednesdays from 6pm – 7.30pm Eastern on May 1, 8, 15, June 5, 12, 19, 2019

All group sessions to be provided on the Zoom platform, where attendance will be taken for those in attendance. For those not in attendance who want to receive CCEs credit for a missed session, you will need to complete the “Missed Group Session Review Form” and return by July 3, 2019, and preferably sooner.

NOTE: In order to receive CCEs for the webinars, you are required to attend four webinars live, and you can miss two webinars and still receive CCEs by completing the “Missed Group Session Review Form.”

The email address to return all forms to is advancedcoachingskills@icf-nj.org

CCEs certificates to be provided by ICF-NJ from mid-July – August, 2019.

Hours	Category	Session	Description
9	SYNCHRONOUS LEARNING		
1.5	Core Competencies Overview.	Session 1 of 6 May 1, 2019	<p>Content: Welcome!</p> <p>Carly to give an overview of her “The Target Approach” model of the ICF Core Competencies. This is an interactive session where Carly will pause to invite questions around the core competency distinctions.</p> <p>Includes distinctions between ACC, PCC and MCC skill level by Core Competency.</p> <p>Carly will engage with on-the-spot coaching demonstrations as appropriate for what the group is bringing forward about the core competencies.</p> <p>Fieldwork: Listen to Coaching Recording #1 and provide your form, “Recording #1 Review Form” to receive 1.5 hours of core competency CCEs.” Absolute deadline for return of form: May 22, 2019</p>
1.5	Core Competencies – #4 Coaching Presence, #5 Active	Session 2 of 6 May 8, 2019	<p>Interactive process: Debrief of learning from listening to Coaching Recording #1.</p> <p>Content:</p>

	<p>Listening, #3 Trust & Intimacy.</p>		<p>Carly to overview her “Ten Characteristics of MCC Skill Level” distinctions and relate to Coaching Presence https://carlyanderson.com/ten-characteristics-of-mcc-skill-level</p> <p>In depth exploration of Core Competency #4, Coaching Presence.</p> <p>Distinctions between listening for Who versus What, Being vs Doing.</p> <p>What influences our presence, and where we listen from (bringing in #5 Active Listening) and how that impacts building of Trust (bringing in #3 Establishing Trust & Intimacy).</p> <p>Partnering distinctions, including how partnering is evidenced in other core competencies, including partnering on managing session progress.</p> <p>Engagement with participants in on-the-spot coaching opportunities as they arise.</p> <p>Small room break out to practice if appropriate.</p> <p>Fieldwork: Practice distinctions provided in this session.</p> <p>Fieldwork: Participation in Powerful Questioning Case Study exercise.</p> <p>Each participant to return 5-10 questions customized by the information provided about a client. Carly to provide password protected access to a 40 minute “Deconstructing Questions” audio recording of a session led by Michael Stratford, MCC for Carly’s mentor coaching program. This will help with understanding of how to construct questions</p>
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			<p>more powerfully.</p> <p>Listen to Deconstructing Questions audio recording and provide your form, “Powerful Questioning Case Study Form” to receive 1.5 hours of core competency CCEs.”</p> <p>Absolute deadline for return of form: June 1, 2019.</p>
1.5	<p>Core Competencies – Establishing the #2 Coaching Agreement, #10 Planning & Goal Setting.</p>	<p>Session 3 of 6 May 15, 2019</p>	<p>Interactive process: Debrief of Learning between sessions.</p> <p>Content: Exploration in depth of Establishing the Coaching Agreement, Planning & Goal Setting). Use of PCC Markers to make distinctions.</p> <p>Coaching Presence informs where we listen from. Being able to establish the session agreement is critical to success of a coaching session, from the perspective of what client wants to accomplish.</p> <p>Engagement with participants in on-the-spot coaching opportunities as they arise.</p> <p>Small room break out to practice if appropriate.</p> <p>Fieldwork: Listen to Coaching Recording #2 and provide your form, “Recording #2 Review Form” to receive 1.5 hours of core competency CCEs.”</p> <p>Absolute deadline for return of form: June 5, 2019</p> <p>Fieldwork: As a way to overview and integrate learning in the three week period between sessions 3 and 4, participants to listen to 68 minute audio visual presentation of “The Target Approach” by Carly Anderson, MCC. This is Carly’s product https://www.carlyanderson.com/thetargetapproach</p>

			<p>This will be made available to participants on a Private Page of her website.</p> <p>Absolute deadline to receive 1.5 hours of CCEs, return “The Target Approach Model CCEs Form.”</p> <p>Absolute deadline for return of form: July 3, 2019</p>
1.5	Core Competencies – #7 Direct Communication	Session 4 of 6 June 5, 2019	<p>Interactive process: Debrief of learning from listening to Coaching Recording #2.</p> <p>Debrief of Learning from listening to “The Target Approach.” 68 minute audio-visual.</p> <p>Content: Distinctions on Direct Communication, using the PCC Markers.</p> <p>Coaching Small room break out to practice if appropriate.</p> <p>LAST Fieldwork reminder: Participation in Powerful Questioning Case Study exercise. Each participant to return 5-10 questions customized by the information provided about a client.</p> <p>Questions must be received by June 1 to receive 1.5 hour CCEs credit. Also, to give time to collate questions to send out to all participants by June 11.</p>
1.5	Core Competencies – #6 Powerful Questioning.	Session 5 of 6 June 12, 2019	<p>Interactive process: Debrief of learning from participation in Powerful Questioning Case Study exercise.</p> <p>Content: Carly to lead conversation on distinctions between types of questions, using PCC markers.</p> <p>Small room break out to practice asking questions, if appropriate.</p>

			<p>Fieldwork: Listen to Coaching Recording #3 and provide your form, "Recording #1 Review Form" to receive 1.5 hours of core competency CCEs." Absolute deadline for return of form: July 3, 2019</p>
1.5	Core Competencies – #8 Creating Awareness, #9 Designing Actions, #11 Managing Progress & Accountability	Session 6 of 6 June 19, 2019	<p>Interactive process: Debrief of learning from listening to Coaching Recording #3.</p> <p>Content: Carly to make distinctions on Creating Awareness, Designing Actions, Managing Progress & Accountability, using PCC markers to provide distinctions.</p> <p>Wrap up learning with a "Talking Stick" exercise, allowing anyone who would like to share their experience and learning through this program.</p>
7.5	ASYNCHRONOUS LEARNING ELEMENTS		
1.5	Core Competencies	<p>Coaching recording #1 including transcript</p> <p>Timing: fieldwork between sessions 1 & 2</p>	<p>Listen to one coaching recording of approximately 45 minutes, to be provided on password protected page of Carly Anderson's website.</p> <p>Participants will listen to the recording and to receive CCEs, will be required to fill in and return Review Form – Recording #1. See example form provided.</p> <p>Using Carly's "The Target Approach" Model of the ICF Core Competencies, participants will review the</p>

			<p>“Target” Core Competencies of</p> <p>#1 – Meeting Ethical Guidelines and Professional Standards #4 - Coaching Presence #5 - Active Listening #6 – Powerful Questioning #7 – Direct Communication</p> <p>1.5 hours of allocated time includes time to listen to the recording and write up review form. Participants are required to use the recording transcript to provide evidence of each core competency.</p> <p>Evidence of participation: Return Review Form - Recording #1.</p>
1.5	Core Competencies	<p>Coaching recording #2 including transcript</p> <p>Timing: fieldwork between sessions 3 & 4</p>	<p>Listen to one coaching recording of approximately 45 minutes, to be provided on password protected page of Carly Anderson’s website.</p> <p>Participants will listen to the recording and to receive CCEs, will be required to fill in and return Review Form – Recording #2. See example form provided.</p> <p>Using Carly’s “The Target Approach” Model of the ICF Core Competencies, participants will review the “Application” Core Competencies of:</p> <p>#2 – Establishing the Coaching Agreement #10 – Planning & Goal Setting Also #6 Powerful Questioning, markers 2, 3, 4 for “beyond” questions.</p> <p>1.5 hours of allocated time includes time to listen to the recording and write up review form. Participants are required to use the recording transcript to provide evidence of each core competency.</p>

			Evidence of participation: Return Review Form - Recording #2.
1.5	Core Competency Overview	<p>Coaching recording #3 including transcript</p> <p>Timing: fieldwork between sessions 5 & 6</p>	<p>Listen to one coaching recording of approximately 45 minutes, to be provided on password protected page of Carly Anderson’s website.</p> <p>Participants will listen to the recording and to receive CCEs, will be required to fill in and return Review Form – Recording #3. See example form provided.</p> <p>Using Carly’s “The Target Approach” Model of the ICF Core Competencies, participants will review the “Output” Core Competencies of:</p> <ul style="list-style-type: none"> #3 Establishing Trust & Intimacy #8 Creating Awareness #9 Designing Actions #11 Managing Progress & Accountability <p>1.5 hours of allocated time includes time to listen to the recording and write up review form. Participants are required to use the recording transcript to provide evidence of each core competency.</p> <p>Evidence of participation: Review Form - Recording #3.</p>
1.5	Core Competency – Overview	<p>“The Target Approach” 68 minute audio-visual.</p> <p>Timing: fieldwork between sessions 3 & 4</p>	<p>As a way to overview and integrate learning in the three week period between sessions 3 and 4, participants to listen to 68 minute audio visual presentation of “The Target Approach” by Carly Anderson, MCC. This is Carly’s product https://www.carlyanderson.com/thetargetapproach</p> <p>This will be made available to participants on a Private Page of her website.</p>

			Evidence of participation: CCEs Form for watching The Target Approach Model.
1.5	Core Competencies	<p>Powerful Questioning Case Study exercise</p> <p>Timing: fieldwork between sessions 3, 4 & 5.</p>	<p>Listen to a 40 minute audio recording on “Deconstructing Questions” led by Michael Stratford, MCC for Carly’s mentor coaching program. This will help with understanding how to construct questions more powerfully.</p> <p>Participants will be given a case study paragraph about a client, and to craft 5-10 customized questions from that information. Participants to return questions by absolute deadline of June 7, 2019.</p> <p>Evidence of participation: Powerful Questioning Case Study Form.</p>