

Who Do You Want to Be As Coach

Activating The Empowerment Dynamic in Others

Outline for First Half of Course (October through December 2022)

Wednesdays 8:30 to 10:30 AM Pacific Time

Session Title & Facilitators	Times	Notes	Producer
<p>Week 1:</p> <p>Coaching With Coherence: Integrating HeartMath Practices</p> <p>Donna Zajonc Anne Marie Clear</p>	<p>Wednesday</p> <p>October 26, 2022</p> <p>8:30 to 10:30 AM Pacific Daylight Time</p>	<ul style="list-style-type: none"> • Prep work: Brief review of HeartMath principles and exercises from Week 1 and 2 of prior course • Overview of how the first half of this course will unfold through December • Coherence as foundation of authenticity and empowerment for coach and client • 3 Agreements for Coherence Coaching • Enrolling your client in using coherence tools • Integrating 3 HeartMath Tools: Quick Coherence, Gameboard and FreezeFrame • Emphasis on coaches integrating HeartMath in their own lives each day 	Alicia
<p>Week 2:</p> <p>Honing Your Identity As Coach</p> <p>Donna Zajonc Ann Deaton</p>	<p>Wednesday</p> <p>November 2, 2022</p> <p>8:30 to 10:30 AM Pacific Daylight Time</p>	<ul style="list-style-type: none"> • Preparation for this session is reflective exercises on their identity as coach • Build on the foundation of coaching principles from Level 1 course • Holding on and letting go • Knowing and learning • Principles of empowering feedback • Breakout: Practice coaching in trios around a core issue of identity as coach that is emerging 	Alicia
<p>Week 3:</p> <p>Creating and Sustaining Outcome-Based Coaching Conversations</p> <p>Donna Zajonc Ann Deaton</p>	<p>Wednesday</p> <p>November 9, 2022</p> <p>8:30 to 10:30 AM Pacific Standard Time</p>	<ul style="list-style-type: none"> • Connecting with the value of an outcome-based coaching conversation and what it offers the client • Sensitivity and being present to problem language as an opportunity to clarify and reframe outcomes • Create and sustain outcomes • Loosening the grip of our limiting stories as coach • Breakout: Practice outcome-based conversations; coaching in trios 	Alicia
<p>Week 4:</p> <p>Principles of Parts Work</p> <p>Donna Zajonc</p>	<p>Wednesday</p> <p>November 16, 2022</p> <p>8:30 to 10:30 AM Pacific Standard Time</p>	<ul style="list-style-type: none"> • Parts work view of personality; appreciation of all of who we are • Not about “taming” but integrating; every part has a gift to offer • Start with demo: Paul coaching Donna • Share “inner bow” exercise as way to honor all 	Alicia

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Paul Wyman	Time	<p>parts</p> <ul style="list-style-type: none"> No breakout this week; presentation and theory are emphasized this session Prep work: chapter(s) from Paul's book 	
<p>Week 5:</p> <p>Radical Inner Inclusiveness: From Enemies to Allies</p> <p>Donna Zajonc Paul Wyman</p>	<p>Wednesday</p> <p>November 20, 2022</p> <p>8:30 to 10:30 AM Pacific Standard Time</p>	<ul style="list-style-type: none"> Check in and review what they noticed in their own inner dialogue The parts that are honored and listened to, deescalate; those ignored or judged escalate; align this principle with DDT and TED* integration; more than "shifting" we're integrating and learning Coaching demo from Victim stance Scripted facilitation of DDT roles in breakout sessions; 45 minutes Additional reading for prep 	
<p>Week 6:</p> <p>The Inner Leader</p> <p>Donna Zajonc Paul Wyman</p>	<p>Wednesday</p> <p>December 7, 2022</p> <p>8:30 to 10:30 AM Pacific Standard Time</p>	<ul style="list-style-type: none"> Scripted facilitation of TED* roles Review and check in from "trying out" this work with clients Describe stages of integration of parts from unconscious to fully conscious Inner Leader works toward unity of all parts rather than conflict Additional reading about "parts" integration 	Alicia
<p>Week 7:</p> <p>HeartMath for Coaching: One Level Deeper</p> <p>Donna Zajonc Anne Marie Clear</p>	<p>Wednesday</p> <p>December 14, 2022</p> <p>8:30 to 10:30 AM Pacific Standard Time</p>	<ul style="list-style-type: none"> Debrief how coaches are using HeartMath in their own life Heart coherence essential to calm physiology and cultivate appreciation of all parts of us Outcomes created from heart coherence are powerful and more sustainable Review client case studies of coaching with coherence Live demo of coaching with coherence Breakout will practice HeartMath exercises/tools 	Alicia
Holiday Break	Through January 4, 2023		