

BASIC Coaching skills

PLAYBOOK

Basic Coaching Skills & Ethics

Fun With Fundamentals

Learn the fundamentals in a lively and entertaining way.

Transform Your Mindset

From: Practicing skills is a boring necessity for new coaches

To: Practicing the basic skills of the coaching craft is valuable and fun at all levels of mastery

Delve into and practice the ten fundamental coaching skills; also known as the core competencies. Your ability to demonstrate all 10 skills at a professional level is **the basis of our evaluation process for ICF certification**. We will also review common coaching mistakes in an entertaining way and explore the coaching ethics in a lively group dialogue featuring challenging real life situations.

Center For Coaching Mastery



Basic Coaching Playbook Contents

10 Coaching Super Powers Coaching Skills *Re-Imagined* for Game Changers

Coaching Influence

Business Influence



Key: **Coaching Super Power** ● **Coaching Skill**

Basic Coaching Playbook Contents

Table of Contents

Section 1: Program Quick Start

1. Pre-Class Action Plan
2. The Game
3. Finding 5 Practice Players
4. Your Game as a Player
5. Teleclass Welcome
6. What to do in a "Coaching" conversation
7. How to do a great coaching practice session in class

Section 2: Program Introduction

1. Program Description
2. Peer Reviews
3. The 6 Coaching Super Themes, 10 Coaching Super Powers
4. Fundamental Coaching Theory
5. Coaching Theories, Methods, Skills, Super Powers
6. The Play Pattern Language
7. Sample Coaching Agreement

Section 3: Session Preparation and Coaching Outline

1. Session 1) Coaching Theme Belonging – Build Relationships
2. Session 2) Coaching Theme Results – Add Value
3. Session 3) Coaching Theme Awareness – Be Yourself
4. Session 4) Business Theme Grow - Engagement
5. Session 5) Business Theme Lead – Action
6. Session 6) Business Theme Sell – Commitment

Basic Coaching Playbook Contents

Section 4: Basic Coaching Super Powers

Chapter 1: Coaching Theme Belonging – Build Relationships

1. Coaching Super Theme: Belonging : Build Relationships
2. Coaching Super Power: Bigger Why : Share Your Purpose
3. Coaching Super Power: Permission : Control->Influence->Vulnerable
4. Coaching Super Power: Judgment-Free Awareness
5. Coaching Practice Outline and Detailed Notes

Chapter 2: Coaching Theme Results – Add Value

1. Coaching Super Theme: Results – Add Value
2. Coaching Super Power: Think!- Freedom to choose
3. Coaching Super Power: Create – Find the game
4. Coaching Super Power: Learn – Evaluate What matters
5. Coaching Mistakes Preachy and Reactive
6. How to Coach A Critical Moment with Role Play
7. Coaching Practice Outline and Detailed Notes

Chapter 3: Coaching Theme Awareness – Be Yourself

1. Coaching Super Theme: Awareness – Be Yourself
2. Coaching Super Power: Curiosity – Exercise Wonder
3. Coaching Super Power: Triplex Listening – Saying : Not Saying : Energy
4. Coaching Super Power: Self-Trust – Feel it ... Say it
5. Coaching Super Power: Go Deep – Look Beneath the Surface
6. Coaching Mistake: Tipping
7. Coaching Dynamic: Support and Challenge
8. How to talk like a Coach vs. Manager
9. Coaching Practice Outline and Detailed Notes