



TRACK 1: COACHING ESSENTIALS STUDENT GUIDE

Lesson 8: Life Applications—Part 1

Peer Co-Coaching

In the previous lessons, you've been informed and equipped to begin the coaching process. In lessons 8 and 9, it's time to co-coach with a peer so you can practice all you've learned. This is an important part of the learning process. It provides a safe, supportive place for you to apply the principles and techniques you've learned.

As you work with your peer, try to avoid comparison. You may discover your partner has gained some insights you've missed, or you've picked up a skill your partner hasn't yet acquired. Relax. Just as every client has unique talents and insights, every coach is different, too. Every person in training is exposed to the same curriculum, but each one will have a different twist on the applications. As you interact with your co-coach, be open-minded and gain new ideas from your partner. Peer coaching and co-coaching can be very informative and instructive.

In the following assignments, you may be asked to share some things that are very personal. Don't be afraid to be transparent and real. Mutual respect and a commitment to confidentiality provide a safe environment.

With your partner, discuss these points from the first three lessons in DRC training.

Lesson 1 What is Coaching?

1. In the first lesson, you were given clear definitions of coaching, counseling, mentoring and consulting. In no more than a minute, share with your peer your personal definition of coaching and its relevance to people's lives.
2. Briefly share your reflections on the concepts of timing, referrals, and resources in coaching.
3. Share the acronym you developed for the word Dream.
4. Think about the constellation of coaching: up, down, and laterally. What were your most valuable applications from the examples of Paul, Timothy and Barnabas. Share a personal example of how relationships like these have been beneficial when you played the role of Paul, Timothy, and Barnabas.
5. After reading the excerpt from Samuel Chand's book, *Who's Holding Your Ladder?*, share an example of someone who may or may not be holding your ladder and how that has affected you. What is the importance of holding a client's ladder in the coaching relationship?
6. In one sentence, what do you consider the greatest responsibility of being a coach? What is the greatest privilege?

Lesson 2 Building Hope—Changing Lives

1. In Lesson 2, we covered the transition from locating hope, to feeding hope, and finally, to initializing hope. Take a few moments and discuss a personal situation when hope was discovered and transformed into effective plans in an otherwise hopeless situation.
2. How can you spur a client into a pattern of consistent hopefulness?
3. What steps would you take to help them turn A.N.T.S. into P.E.T.S.?
4. In your lives, describe an instance when hope was heard and carried into the future.

Lesson 3 Changing Lives through Coaching

1. Briefly share your observations of the process from precontemplation through termination in a coaching relationship.
2. In *What's Shakin' Your Ladder?*, Samuel Chand describes the difference between change and transition. Share the importance of recognizing transition in a coach/client relationship.
3. How have you dealt with particular times of transition in your own life? Identify times you embraced change and times you resisted. How were you affected by both responses?
4. How can you assist a client in understanding the growth that can occur through chaotic times? How will this perception encourage optimism and courage?
5. Why is it important to you to be a change agent in people's lives? How would you describe success as a change agent? What are you responsible to be and do? What are the limits of your responsibility?
6. What did you learn from the case study, "The Change Agent?" What powerful questions did you consider?
7. Articulate a particular scenario that might occur in coaching a client. In this scenario, take turns modeling one of the principles you learned in the first three lessons. Take about 10 minutes each

ANSWERS ATTACHED.