TRACK 1: COACHING ESSENTIALS
STUDENT GUIDE

Lesson 10: Outcomes

We want your feedback to know how well you're internalizing the principles and skills of DRC Training. Take some time to respond to these questions and exercises.

1. Share your 3-minute personal story you developed in Lesson 2.

2. Compare and contrast the difference between coaching, consulting, mentoring, and counseling.

3. Describe the history of modern coaching.

4. Identify the coaching essentials that make up the acronym P.L.A.N.S., and discuss the importance of using this concept.

5. What are some principles you can glean from Sam Chand's ladder illustration?

6. List at least five responsibilities of a coach. Which are most important to you and why?

7. List at least five privileges of coaching. Which are most important to you and why?

8. Describe an instance where you lost hope but gave renewed life to your dream.

9. Describe the hope process (past—locating & creating it; present—feeding it, & future—sustaining it).

10. Describe the process of change using The Change Chart.

11. What is the importance of the sigmoid curve? How does it help a client anticipate the need to change?

12. Describe how you would collaborate with a client in setting a S.M.A.R.T. goal?

13. Describe the differences between hearing and listening.

14. Name and describe three keys to listening.

15. Identify a common need or opportunity in a clients' life. Demonstrate your ability to ask powerful questions to help a client clarify issues and move forward.

16. Describe a scenario in which you would coach a client through the G.R.O.W. model.

17. In one-minute, tell me your life's goal and how achieving it will impact your life.

18. What is the purpose behind helping a client D.O.L.?

19. Briefly describe miracle, exception, scaling, and coping questions. Give an example of how to use each.

20. Describe the forward-focused coaching concept.

21. Identify the three processes and five components of the Dream Releaser Coaching model. Summarize the overall essential benefits of the model, in your own words.