

PLC504 Coaching Practice and Practicum

Level: 5

Credit Units: 5 Credit Units

Language: ENGLISH

Presentation Pattern: EVERY JAN

Synopsis:

PLC504 Coaching Practice and Practicum will bring together theory and skills used in coaching through a semester-long practice and practicum. As part of Coaching Practice, students will get to coach one another in class, follow through with a theoretical coaching framework, and put to practice coaching foundational skills, micro-skills, and influencing skills taught during the module. A key component of this course will be hands-on practice, observation of others' coaching styles, and on-the-spot feedback on students' own coaching style. A self-paced Coaching Practicum will provide students the opportunity to bring what they have learnt in class to the real world, allowing them to have more real-life coaching experiences to draw lessons from beyond the classroom.

Topics:

- Attending Behaviours in Coaching
- Observation Skills
- Micro-skills in Coaching: Use of questions in coaching and how to make them work
- Micro-skills in Coaching: Potential problems of questions
- Micro-skills in Coaching: Strengths-based questioning
- Micro-skills in Coaching: Reflecting feelings in Coaching
- The Five-stages of a Coaching Session using Attending and Micro-skills
- Advanced Skills in Coaching
- Self-disclosure in Coaching
- Feedback in Coaching
- In-class scripted coaching role-plays 1
- In-class scripted coaching role-plays 2

Textbooks:

Intentional Interviewing and Counseling: Facilitating Client Development in a Multicultural Society
10th Ivey, A.E., Ivey, M.B. & Zalaquett, C.P. Cengage
ISBN-13: 9780357622889

Learning Outcome:

- Develop further knowledge, critical skills, competencies and tools to coach others.
- Demonstrate knowledge, skills and competencies in a range of coaching techniques.
- Evaluate academic knowledge to inform and enhance personal coaching practice.
- Apply appropriate coaching models and theories and integrate them in their coaching practice
- Select and use appropriate techniques for life-coaching.
- Examine their personal coaching knowledge, skills and competencies.

Assessment Strategies - Regular Semester (Evening Class):

Components	Description	Weightage Allocation (%)
Overall Continuous Assessment	TUTOR-MARKED ASSIGNMENT 1	25
	TUTOR-MARKED ASSIGNMENT 2	25
Overall Examinable Components	ECA	50
Total		100

*The information listed is subject to review and change.