

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 consolidate the theory and skills acquired in PLC501, PLC502 and PLC503e through a semester-long coaching practicum. In the first part, Coaching Practice (including 10 hours of in-class coaching), using real-life issues in a supportive and confidential environment in the classroom, students will coach each other in a structured solution-focused personal coaching programme based on the materials taught in the previous courses. This course gives students the experience of being a coach and a coachee. A key component of this course will be feedback from the lecturer on students' coaching styles, skills and other relevant issues. Case studies and case presentations will also form part of the course. During the Practicum (30 hours - 10 hours beyond the class; 10 hours in class; 10 hours of supervision), students will be provided with opportunities to embed and develop their coaching skills further in coaching real clients. They will receive mentoring and supervision for their coaching activities.

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:

Ivey, A.E., Ivey, M.B. & Zalaquett, C.P.: Intentional Interviewing and Counseling: Facilitating Client Development in a Multicultural Society, 9th Edition 9 Cengage
ISBN-13: 9789814834872

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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:

Continuous Assessment Component	Weightage (%)
TUTOR-MARKED ASSIGNMENT	25
TUTOR-MARKED ASSIGNMENT	25
Sub-Total	50

Examinable Component	Weightage (%)
ECA	50
Sub-Total	50

Weightage Total **100**