

Northwestern's ELOC Coaching Certificate—Level 1 provides senior leaders the tools and experiences to develop mastery over coaching fundamentals across four dimensions. Learn essential coaching **competencies** and **process**. Attain the power that emerges from your **principles** and personal **identity** as a coach.

Our approach focuses on learning how to think as a coach, what to do as a coach, and how to craft your own unique identity as a coach. **Think-Do-Be**. In addition, the courses teach and reinforce the most important strategies required to continue your development after the certificate—toward expert practice as a reflective coach practitioner.

## OUR COACHING CURRICULUM:

Take courses a la carte or take all 4 in a series over 6 months

### BECOMING A REFLECTIVE COACH PRACTITIONER

~THINK~

5 Weeks,  
Self paced



Online



One-on-one  
coaching

**Learn** what is and is not coaching – and what is required to develop as a professional coach.

**Receive** one-on-one coaching to leverage your personality traits and preferences to be an excellent coach.

**Create** a learning plan to guide your coaching learning journey.

### COACHING TOOLS FOR TRANSFORMATION

~DO~

2.5 Days



In person



Experiential  
learning

**Curate** your coaching toolkit.

**Build** your confidence and your point of view as you critique coaching methods commonly used in the field.

**Leverage** what you learn to help your clients develop awareness, think critically about assumptions, create action plans, and achieve positive, lasting change.

### COACHING RELATIONSHIP ESSENTIALS

~BE~

1.5 Days



In person



Experiential  
learning

**Expand** your coaching toolkit.

**Practice** your coaching and receive feedback about your skills.

**Apply** improv techniques to stretch your coaching relationship skills to the next level.

### COACHING LAB LEVEL 1

7 Weeks



Online



Virtual  
coaching  
meetings

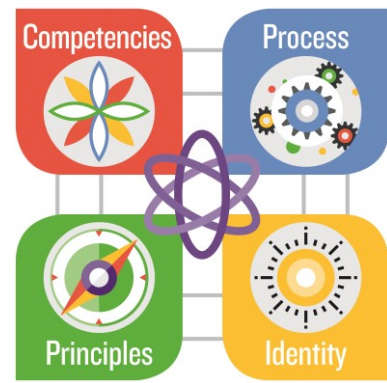
**Practice** your coaching and feedback skills in a supervised group coaching experience.

**Build** mastery over the foundations of coaching.

**Foster** relationships with your learning community.

**Celebrate** completion of your coaching certificate!

# ELOC's Four Dimensions of Coaching



## Ten Competencies

These are your KSAs (knowledge, skills, and abilities) in coaching. We extend your current competencies and shape them for coaching.



## Coaching Process

Process is how your coaching engagements unfold over time. This includes contracting, discovery/assessment, feedback, learning and performance coaching, and closing transitions.



## Six Principles

These form your compass to find your true north in any coaching encounter. Toward what do you orient in coaching? You will consider ethical practice, reflective mindset, and the nature of the coach-client relationship.



## Your Identity

Who are you becoming as a coach? This includes your point of view on coaching, coaching philosophy, critical thinking, style, and identity.

