

I. Brief Coaching PURE (88 hours)

You may already be a coach, consultant or a manager with coaching responsibilities. You may have experience in solution-focused work and want to move into Brief Coaching. You may have no coaching experience but want to take your first steps as a Brief Coach.

This course takes you straight to the PURE solution-focused heart of Brief Coaching. Watch, practice and discuss Brief Coaching in action, become comfortable with the basic Brief Coaching tools, get individual coaching, feedback and support, become competent and confident as a Brief Coach.

Format

- 12 days (4 x 3 days) face-to-face training with an international group of participants
 - 1 teleconference in which you observe actual Brief Coaching sessions
 - 1 small-group teleconference focusing on your individual progress and learning
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Trainers

This course is led by Peter Szabó (MCC) and certified members of the SolutionSurfers faculty. Successful course participants receive a Diploma in Brief Coaching.

Dates

Brief Coaching PURE course 2011/2012

August 22–24, 2011

October 24–26, 2011

January 9–11, 2012

March 5–7, 2012

Costs

CHF 6,880.– (fee in Euro at current exchange rate) covers the whole course, the Starter Kit (book and DVD), all workshop documents and light refreshments. For costs of accommodation and meals see Venue below.

Venue

In the charming medieval city of Basel (fly into Basel or Zürich Airport) a special hotel rate of CHF 363.– (incl. 2 nights, 2 breakfast, 3 meals) has been arranged directly at the venue www.bildungszentrum-21.ch. If you are travelling from abroad we recommend arrival on the previous evening CHF 135.– (night/breakfast).

Detailed course programme

Module 1: Getting started with Brief Coaching (3 day residential course – see dates above) Build on your existing competencies and discover how you can be most useful to your clients:

- the five phases of Brief Coaching
- overview of Brief Coaching tools, with special focus on negotiating goals and the first session with a new client
- ensuring effective communication in a coaching session
- overview of other coaching models and how they differ from Brief Coaching

Module 2: Brief Coaching at work (3 day residential course – see dates above) Strengthen your coaching resources and reflect on what can really make a difference for your clients:

- review progress and discuss successes and challenges
- the fundamental ingredients of a successful follow-up meeting
- how to acknowledge and develop clients' resources
- the nuts and bolts of building a solution, with particular emphasis on the Miracle Question

Module 3: Brief Coaching – The wider perspective (3 day residential course – see dates above) Find the courage to rely on your own coaching style and to develop your confidence and creativity as a Brief Coach:

- review progress and discuss successes and challenges
- different ways of staying brief and simple
- how to root lasting solutions in the client's environment
- integrating what the client has learnt and wrapping up the coaching relationship

Module 4: Live coaching days (3 day residential course – dates see above)

Spend three intensive days applying your coaching skills facing «real» clients. Discover the broad variety of topics, personalities and possibilities that you may face in a coaching practice. Become comfortable with your contributions and competencies as a coach.

- coach one of the live clients
- support each other in your performance and learning
- reflect, observe and learn from observing others coach
- celebrate your accomplishments

One real-life coaching teleconference (60 minutes: between Module 1 and 2)

Observe an actual Brief Coaching session between a member of the SolutionSurfers faculty and a client. See how Brief Coaching works in practice and join in the reflection session afterwards. The teleconference will be recorded in case you are unable to attend.

Discussion teleconferences Two reflection teleconferences (60 minutes each: between Module 1 and 2). A small group coaching session with a member of the SolutionSurfers faculty, reviewing your progress and focusing on the next steps on your continuous learning path
