

# MONTGOMERY COLLEGE

# COACHING CERTIFICATION PROGRAM

Workforce Development and Continuing Education | Fall 2024

## Introduction to Coaching

If you seek to inspire and motivate others, then coaching may be the skill set for you. This emerging field draws on numerous communication approaches and techniques you can use to support others in achieving short and long-term goals by developing a positive approach to all areas of their lives. In this experiential 3 1/2 hour introductory session, we will discuss what coaching is—and isn't—distinguishing coaching from mentoring, consulting, therapy, training and athletic development, coaching core beliefs, qualities of an effective coach and the essential components of all coaching interventions. Additionally, the Montgomery College Coaching Certificate Program, the International Coach Federation (ICF) coach credentialing process and the latest trends in the coaching industry will be addressed. (This is the first course in the Coaching Certificate Program)

**Course: MGT714 3.5 Hours**

\$50 + \$59 fee = \$109; NMR add \$120

**Online: Structured Remote**

CRN#: 24312 1 Session S  
12/7 9 a.m.-1 p.m.

## Coaching Practicum

After taking the Coaching Essentials, Competencies, and Practices course, you must coach practice clients under the guidance of a faculty member through a practicum class.  
*Prerequisites: Coaching Clinic-Introduction, and Coaching Essentials, Competencies, and Practices.*  
TWA

**Course: MGT581 15 Hours**

\$300 + \$385 fee = \$685; NMR add \$300

**Online: Structured Remote**

CRN#: 24314 5 Sessions T  
9/10-10/8 6:30-9:30 p.m.

## Coaching Mastery

Demonstrate your coaching knowledge and skills in a safe and supportive class environment. Feedback from a facilitator during a coaching interaction session clarifies strengths and identifies areas that require continued practice. The Coaching Certificate Program's emphasis on real-world practice and experience is reflected in this review of coaching core competencies. *Prerequisites: Coaching Clinic-Introduction; Coaching Essentials, Competencies, and Practices; Coaching Practicum.* TWA

**Course: MGT625 15 Hours**

\$300 + \$499 = \$799; NMR add \$350

**Gaithersburg Business Training Center**

CRN#: 24234 5 Sessions T  
11/5-12/10 6:30-9:30 p.m.  
No class: 11/26

## Mentor Coaching (TIP)

Mentor coaching involves a student being coached on their coaching skills rather than on practice building, life balance or other topics unrelated to the development of a participant's coaching skill. This class is required for those who need to fulfill the 10-hour mentor coaching requirement for the ICF ACC Level 1 credential, the ACC Portfolio Path application, or the ACC credential renewal. *(for complete description, please see our website.)* TWA

**Course: MGT767 10 Hours**

\$325+ \$950 fee = \$1,275; NMR add \$650

**Online: Structured Remote**

CRN#: 24319 7 Sessions R  
9/12-12/12 7-8:30 p.m.



## Elective Courses

### Coaching Skills for Everyday Life

Do you want to improve your communication with your family, friends, or colleagues at work? Coaching skills are not just for professional coaches or managers, they are for everyday life whether you're interacting with children at home, trying to help a family member, friend or a colleague or team at your place of work. Through a hands-on, interactive approach, you will learn how to listen more effectively, ask better questions, better manage conflicts and more! TWA

**Course: MGT717**                      **6 Hours**

\$50 + 59 fee = \$109; NMR add \$120

**Online: Structured Remote**

CRN#: 24316                      2 Sessions      S  
9/21-9/28                      9 a.m.-12 p.m.

### Listening for Deeper Connection

A true commitment to listening well is important in any conversation. If you are someone who wants to start to improve their listening skills to deepen your connection with others, this 2-hour session will introduce you to the three Levels of Listening and provide a 3-step process for demonstrating more effective listening.

**Course: MGT728**                      **2 Hours**

\$50 + 59 fee = \$109; NMR add \$120

**Online: Structured Remote**

CRN#: 24317                      1 Session      R  
10/24                                      7-9 p.m.

### Asking Powerful Questions

Learning to use the power of questions can dramatically increase your professional and personal effectiveness. Best practices for powerful questioning will be reviewed and demonstrated in this 2-hour session.

**Course: MGT726**                      **2Hours**

\$50 + 59 fee = \$109; NMR add \$120

**Online: Structured Remote**

CRN#: 24318                      1 Session      R  
11/7                                      7-9 p.m.

### Coaching Certification

**Required Courses (Must be taken in this order):**

- 1. Coaching—Introduction To**
- 2. Coaching Clinic—Introduction**
- 3. Coaching Essentials, Competencies, and Practices**
- 4. Coaching Practicum**
- 5. Coaching Mastery**
- 6. Mentor Coaching**

Montgomery College is approved by the International Coaching Federation to offer Level 1 Accreditation for the Coaching Certification curriculum.



For more information contact:  
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