

## Deepening the Learning

### *A SeattleCoach Extended Learning Offering*

Achieving a level of mastery requires intentional learning and practice and continued experience. In turn, it is rewarding for the coach and satisfying for their clients.

- ✓ Are you ready to take your learning to the next level?
- ✓ Do you thrive on learning with a trusted group of amazing coaches?
- ✓ Are you ready to turn your next steps into action?

If you answered yes to the questions above, Deepening the Learning will support you in advancing your skills and abilities as a coach by focusing on coaching practice and group learning. We meet as a group 5 times over 3 months. Our PCC-accredited and Mentor Coach trained Faculty will support and guide you during the course. The group is limited to 10 participants to support your learning with a trusted group of colleagues

#### The experience

We focus on deepening your coaching skill set through real-time practice, reflective practice, and deepening your understanding of the ICF core competencies. We'll ask you to select a goal—a workshop, brand development, or something you choose--to work on with the support of your cohort. Throughout the program, we'll focus on clear, actionable feedback – how to give it to others and how to ask for it for yourself. You will also schedule 3 individual hours of mentor coaching to focus on your individual coaching development. We encourage you to create recordings in your peer coaching sessions that you can use for mentor coaching.

#### What to expect

- Fun, safe, and challenging environment for learning.
- Practice giving and receiving feedback to increase your confidence and competence in coaching.
- Increase practice/logged hours by coaching with a group of peers: – (up to 10 hours)
- Gain experience creating your own recordings.
- Deepen your understanding of the ICF core competencies to increase your effectiveness in your coaching practice.
- Make progress towards one objective that you choose:
  - ✓ An offering—package, or workshop, or workplace program
  - ✓ Brand work—get feedback on items like your website, LinkedIn, marketing materials
  - ✓ Your project here. (note—we'll collect this in the application.)
- 1.5 hours of mentor coaching with each faculty member for a total of three hours of individual mentor coaching.

## Cost and schedule

\$1200 for 12 CEUs and 3 hours of individual mentor coaching.

Date	Deeping the learning
8-Sep	Meet & Greet
15-Sep	2-hour class
22-Sep	Peer coaching
29-Sep	2-hour class
6-Oct	Peer coaching
13-Oct	2-hour class
20-Oct	Peer coaching
27-Oct	2-hour class
3-Nov	Peer coaching
10-Nov	No Class
17-Nov	2-hour class
24-Nov	Peer coaching
1-Dec	Graduation/project presentation

## Your coaches

### **Janet Williams Hepler, MA, PCC, CMC**

"Prior to working as a coach, I spent much of my career working in technology companies where rapid change is the norm. For 11 years, I focused on leading teams through reorganizations and rapid strategic change. I learned that coaching is key ingredient to accelerate learning in fast-paced environments. I'm passionate about working with individuals and teams to develop their capacity to learn and develop their capacity to do amazing work."

In addition to her executive leadership experience, Janet has furthered her understanding of leadership and organizational change. She has earned an M.A. in Industrial / Organizational Psychology and following her training with SeattleCoach has earned the designation of Professional Certified Coach (PCC) credential from the International Coach Federation. Janet is a Certified Mentor Coach and is trained as a PCC assessor.

### **Julie Stringham, PCC, CMC**

"With over 20 years in the corporate world, I bring a breadth of experiences: career transitions, change management, project management, leadership development and work-life balance. I believe that connection and love are critical to a whole life. I work from a viewpoint of seeing my clients as whole people who deserve someone in their corner to cheer them on. I have a big heart and love using humor whenever I can."

Following her training with SeattleCoach, Julie earned the designation of Professional Certified Coach (PCC) by the International Coach Federation. In addition, Julie is a Certified Mentor Coach.

If interested, please email us:

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