

# The SeattleCoach Course Catalog for 2023

The SeattleCoach Professional Training and Development Program was originally designed to be both local and highly personalized. Since March 2020, we have also become virtual—and stayed highly personalized. We focus on key coaching skills and behaviors, and on the Core Competencies they reflect. In addition, our founder, Patricia Burgin is a licensed marriage and family therapist, so we also present as context, systems theory, the stages of human change management, and the mastery and presence that are the hallmarks of the best professional coaches and coaching leaders. Foundational to our program is a focus on a clear and behavioral understanding of the Core Competencies of the International Coach Federation (ICF).

Some of our coaches return to their leadership roles as better people managers or HR professionals, ready to build a strong internal “coaching culture” and growth mindset. Others become entrepreneurial external coaches who find and cultivate a specific audience and focus of practice. Both groups are prepared solidly for credentialing by the ICF.

Each training Module listed below is highly interactive, building on individual strengths and styles, on team interaction, peer coaching, and on systematic learning. We focus steadily on bedrock coaching skills, and as mentioned, on both an executive and systemic point of view, and on the neuroscience of how humans change.

Each of our coaches receives hard and digital copies of our 196-page ***“SeattleCoach Playbook: Doing the Craft. Being the Coach.”*** In addition, [these pages](#) on our website include further references and resources. And as we have expanded virtually and geographically, Patricia Burgin has published two additional books: [The Coaching for Leaders Playbook](#) and [The Essential Coaching Leader](#).

## ***“SeattleCoach Module III” (ICF Level II) Advanced Cohorts***

Upon completion of our two core Level I “Flagship” training Modules (75 hours), our coaches fulfill the coach-specific training that is required for initial ACC credentialing. Their next steps are to:

1. Continue to log their first 100 hours with at least eight different coachees,
2. To complete three hours of individual mentor coaching with a member of the SeattleCoach faculty,
3. And to work with their mentor coach to prepare for assessment and for application to the International Coaching Federation (ICF).
4. In addition, at the completion of Module II, we happily award each of our Flagship graduates the following badge which links to this page: <https://www.seattlecoach.com/seattlecoach-certified.html>



Then, as they continue to build their coaching skills and presence, we invite SeattleCoaches to join one or more of the following “Module III” / Level II Cohorts. Each Module III Option has been inspired through the years by the

aspirations of SeattleCoaches and coaching leaders. Each one is approved by the ICF as meeting the “Level II Accreditation” standard. This means that each one fulfills the continuing education requirement for renewing ACC credentials (every three years), or for up-leveling to the PCC or MCC certification (along with 500 hours and 2500 hours respectively).

***Each Module III Cohort is designed for coaches who want to keep growing in the company of other great SeattleCoaches.***

- ***Each Module III Cohort launches once a year.***
- ***Each one may include peer coaching as coaches add “bartered hours” to their coaching log.***

***As you review the following Module III Options, consider how each one could further the development of your work.***

## ***Module III Option #1: “Moving Towards Mastery”***

**Note:** Each of these classes is designed to stand alone or to be experienced in sequence with fellow students.

### **Class #1: Intro to Working with Groups and Teams**

Content and facilitation focus on the systemic and organizational work of coaching groups and teams. Students are encouraged and challenged to launch their own work with a group or a team during the course of the class, so time is allocated for related case consultation, personal and business development, and a review of core competencies. Optionally, participants are encouraged to coach reciprocally with other members.

**Total approved hours: 18 hours of live interaction (All Core Competencies hours) + 14 hours of preparation and self-study = 32**

### **Class #2: Branding, Marketing and Business Growth**

Instruction includes focus on the elements of a business model, value propositions, customizing visibility, personal development, business structure and fee setting. In addition, time is allocated for related case consultation, personal development, and a review of core competencies. Optionally, participants are encouraged to coach reciprocally with other members.

**Total approved hours: 16 hours of live interaction (All Core Competencies hours) + 12 hours of preparation and self-study = 28**

### **Class #3: Coaching Supervision/Mentor Coaching/Case Consultation**

Facilitated by Licensed Marriage and Family Therapist and Master Certified Coach, Patricia Burgin, coaching supervision focuses less on additional content, and more on the application the SeattleCoach approach to each member’s personal and professional “cases, quandaries and questions.” Optionally, participants are encouraged to coach reciprocally with other members.

**Total approved hours: 10 hours (All Core Competencies hours) + 8 hours of preparation and self-study = 18**

## ***Module III Option #2: “Supervision, Mentor Coaching & Case Consultation: The Person and Presence of the Coach”***

Facilitated by Licensed Marriage and Family Therapist and Master Certified Coach, Patricia Burgin, this Module III Option is for veteran ACCs and PCCs and focuses less on additional content, and more on the application the SeattleCoach approach to each member’s personal and professional “cases, quandaries and questions.” Optionally, participants are encouraged to coach reciprocally with other members.

**Total approved hours: 20 hours of live interaction (All Core Competencies hours) + 10 hours of preparation and self-study = 30**

***Module III Cohorts foster the growth of strong communities of practice. Thus, once a coach has completed a year of Supervision, we invite them to “re-up” together.***

***We know that, though the ICF doesn’t award more credit for repeating a year of Coaching Supervision, the experience is still priceless.***