

SABBATICAL SHOW-N-TELL

With Jen Lara, PCC

Please introduce yourself in the chat box:
Name, location, role, organization

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Design our relationship for today's session...

- All in with grace
- Gobs of curiosity and openness
- Use Zoom to engage in this content with kindness
- Screaming questions, please (in all CAPS)
- Joy: Let's have a superb time together; If it resonates, make new *coachy* friends!

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LET'S CONNECT

Breakout rooms: 1 minute each per person

Introduce yourself: Name, location, role, organization

What provoked you to attend today's session?



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Hello, I'm Jen Lara

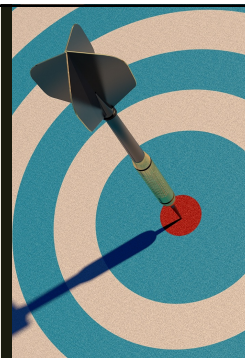
- Professor of Education and Coaching at Anne Arundel Community College
- We serve the Annapolis, Maryland, USA area
- PCC with 1800+ hours of coaching towards my MCC
- This is my crew: Olive and Paul
- Granted a sabbatical (Spring semester 2025)



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Goal of Sabbatical

To deepen my understanding of current **trends, market demands, and industry needs** in the field of coaching (including life, leadership, and executive coaching)



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Rationale: By the completion of my sabbatical, I aim.....

- 1) To gather insights to **facilitate strategic decision-making** for the Engagement Coach Training Program at AACC
- 2) To identify the latest **industry trends** and make **recommendations** on how to incorporate those trends in AACC's coaching program

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Planned Activities

- ✓ **Literature and Case Study Review**
- ✓ **Interviews** with prominent coaches, industry experts, and ICF PRISM award recipients
- ✓ **Analysis** of AACC's Engagement Coach Training Program with other leading programs, both nationally and internationally

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DELIVERABLES

Short, medium, and long-term recommendations for my college,
Anne Arundel Community College (AACC)

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Examples of Recommendations

- Update the curriculum for two current coaching courses
- Increase strategic planning at the college related to coaching
- Consider 1-2 new coaching courses
- Increase coaching partnerships and collaborations



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CHAT BOX WISDOM:

If you were creating a coaching course in 2025,
what topic(s) would you absolutely
include in that course?

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FAVORITE GEMS FROM MY SABBATICAL

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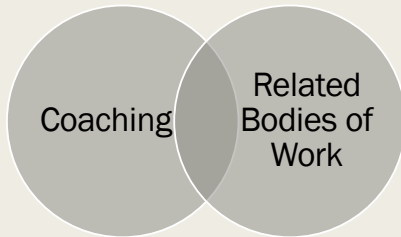
Health and Wellness Coaching is on the rise

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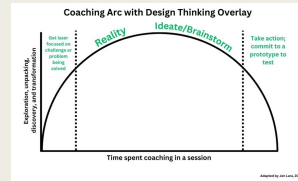
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Overlay coaching with different bodies of work 2



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Overlay Ideas



- Design Thinking
- Internal Family Systems
- Non-violent Communication

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Incorporating coaching in fresh ways 3



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Interesting ways organizations are leveraging coaching: 4

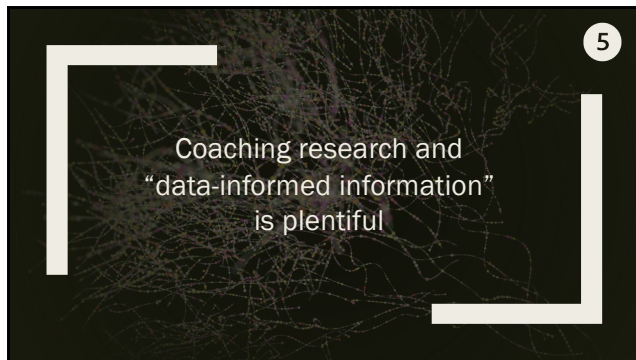
- Offering coaching to not only employees, but their families as well
- Holding events to showcase coaching, like Coaching Festivals and Traveling Road Shows
- Creating in-house publications showcasing coaching

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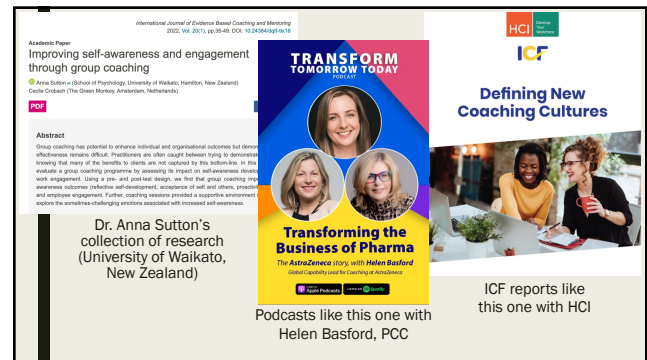
CHAT BOX WISDOM:

What's the most unique place or way you've seen or heard coaching being offered or taught?

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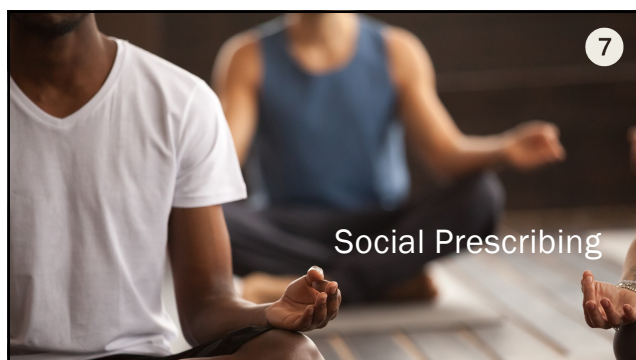
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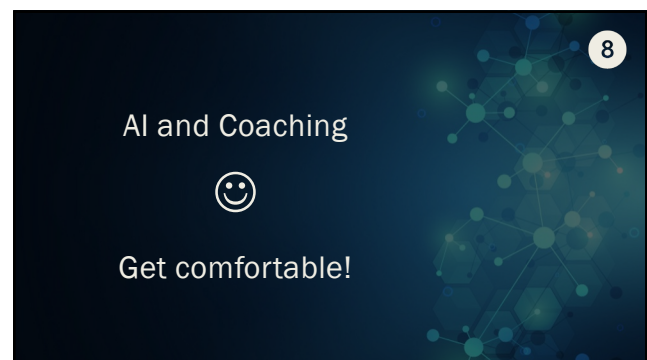
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CHAT BOX WISDOM:

How do you like to leverage or incorporate AI or AI tools in coaching?

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Be a Coaching Champion

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1. Data informed
2. Research informed
3. Be an influencer
4. Wrangle saboteurs
5. Show-up coachlike
6. Be open to influence
7. Have certitude
8. Lead from within; radiate out

Be a Coaching Champion

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Which sabbatical gems interest you the most? Share with your partner(s)

- | | |
|--|--|
| 1. Health and wellness coaching | 6. Be in tune with "what's missing" like data & measurement, strategic visioning, embedding coaching into preexisting programs and initiatives |
| 2. Overlaying related bodies of work with coaching (like Design Thinking, Internal Family Systems and Non-Violent Communication) | 7. Social prescribing |
| 3. Incorporating coaching in fresh ways like A+ Academy | 8. AI and coaching |
| 4. Interesting organizational coaching ideas | 9. Be a Coaching Champion |
| 5. Coaching research and "data-informed information" is plentiful | |

Take a photo of this slide if you'd like ☺



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WHAT QUESTIONS DO YOU HAVE?



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THANK YOU FOR BEING A PART OF MY SABBATICAL JOURNEY!

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