

## The Christian Coach Toolbox Online

*A Deep Foundation in Christian faith-based Coaching*

### Frequently asked Questions and Answers

#### 1. What previous coach experience do I need?

Either completion of the Cuius Course or a basic understanding of coaching attained through independent study or work-based training. You need to have familiarity with use of a coaching approach for example knowledge of a model such as GROW and use of key associated skills including listening and asking questions. You use of coaching skills may be through one to one conversation or within your work as style of management or leadership.

#### 2. How is the programme delivered?

We use 'Zoom' to deliver 12x 3 hour live online group learning sessions over a 6-month period. Each session comprises topic exploration through:

- *Whole group discussion*
- *Duo and trio practice and discussion exercises (using break out rooms)*
- *Experience and reflection as a coach, coachee and observer of coaching practice exercises*

At the end of each session:

- A 'Coach Development Exercise' is introduced for completion by the next session. This may be an individual exercise with reflection or a coaching assignment
- Supplementary notes (electronic format) are forwarded to support learning and build your course file for consolidation and future reference.

Participants also undertake 4 - 6 sessions of 'co-coaching' in between sessions, applying their learning by being coached and coaching (see below, no.5).

Throughout participants are encouraged to reflect on and journal their learning experience across the programme and undertake a final written reflection on their experience. Peer review of the final reflection with evidence of learning across the programme content drawn from your journaling and your learning log, confers the certified status of KingsCompass Accredited Coach (internal accreditation).

#### 3. How do I access the online sessions?

You can access the sessions from a PC, Laptop or Mac. No special software is required. A link to join the meeting will be sent prior to each session.

#### 4. I can't attend all sessions – can I still participate?

Yes. Each session is recorded, and a link will be forwarded within 24 hours with session slides and notes. Past participants have found this to be a very effective way to 'catch up', with their co-coaching sessions providing a good forum for discussion/clarification as well as application of theory covered. If needed a 30-minute online tutorial can be arranged to cover any questions that arise.

## **5. What time commitment do I need to make?**

Each online group session last 3 hours (with a short break).

You'll need to set aside up to 7 hours in between sessions (generally every 2 weeks, although there are longer breaks over holiday/half term periods). This time is spread across co-coaching with other members of the group (2 hours as coach, 2 hours coachee), personal study (2 hours) and preparation for each live session (1 hour). It's surprising how the hours mount up and the programme has potential to provide around 85 hours of overall coach development activity.

## **6. How does the Co- coaching work?**

Participants are invited to coach 'in the round' – in other words you'll be assigned a Coachee to coach and be assigned as a Coachee to another participant who will coach you. You arrange to meet your coachee and coach as convenient to you both online using one of the many free online platforms available such as Zoom or Skype. We have found 'Zoom' to be a more stable and versatile platform than Skype, and you may wish to invest in and use this, particularly if you are practicing or developing a coaching practice. ([www.zoom.us](http://www.zoom.us)).

## **7. How are Co-coaching partners assigned?**

We'll endeavour to take into consideration your timing and geographical preferences (day/evening/week/weekday availability as well as ability to travel) in assigning co-coaching buddies whilst trying to match you with someone who prior to the programme who is new to you. Other than that, we encourage participants to work with who they are assigned to reflect the reality of coaching in practice.

## **8. I'm seeing a counsellor right now – can I do coaching as well?**

Coaching is for people who are in good, stable mental health. While seeing a counsellor does not mean your mental health is poor, if you are being supported in this way or taking medication for a condition such as depression, you need to consider whether the wholly future focus of coaching is one you are able to fully embrace for yourself and others at this time.

## **9. Do I need to know a lot about the Bible?**

Whatever your level of familiarity with the Bible the Christian Coach Toolbox programme will help you grow your understanding. If you already know your way around the Bible then that's great too, with an opportunity to revisit and explore fresh insight from God's Word.

## **10. Is the course externally validated?**

We are working toward external accreditation. Currently we accredit participants internally through peer review of their final reflection and evidence of their journey and learning through the programme. Past participants have been able to use their Christian Coach Toolbox training hours as qualifying coach training hours towards entry onto other coach training courses, for example, the Warwick University Diploma in Coaching and MA Coaching Programme.

## **11. How do I register for the programme?**

You're invited to prayerfully complete and submit the Joining Form which will form the basis of an informal conversation to check that the programme is a match with your existing coaching experience and needs. £50 non-refundable deposit secures your place. Once the cohort is confirmed (8- 12 participants), we will invoice with the balance due one month in advance of the published date for the first online session. Payment is by bank transfer (please request an invoice). Should the cohort not proceed you will be refunded in full.

**12. Do I have to become a KingsCompass Member to do the course?**

No – although Members receive a course discount. If you are not a member, your course fee includes KingsCompass Community Membership for the duration of the course. There is no reduction should you not wish to take advantage of KingsCompass Membership benefits included in the fee.

**13. What are the course fees?**

Fees are published in the brochure and syllabus pdf with early bird discounted rates (downloadable from the website). KingsCompass Community Members benefit from a further discount. Fees include access to live online sessions, electronic notes, activity sheets and slide sets (that make up into a course file). It excludes any other costs incurred through co-coaching or reference books.

**14. I still have more questions**

Please e-mail and arrange a zoom to talk these through [training@kingscompassthechristiancoachacademy.org](mailto:training@kingscompassthechristiancoachacademy.org). It will be lovely to hear from you and we'll be very happy to help.

**[www.kingscompassthechristiancoachacademy.org](http://www.kingscompassthechristiancoachacademy.org)**