You're listening to, you've got this episode 291. Welcome to you've got this, a weekly podcast for higher education professionals looking to increase their confidence and capacity for juggling the day-to-day demands of an academic. I'm your host, Dr. Katie Linder on this episode, I want to share a little bit about my coach training program.

Now, if this is of no interest to you at all, feel free to skip this episode, but this is on my mind because I actually, as I record this just got off two different Q and a calls that I do with people who are interested in the program. And it occurred to me that I haven't talked about the program. In a while.

Cause I launched it like two and a half years ago and I thought, well, I'm about to take on another cohort. Maybe now is a good time to share briefly about the coach training program and just see if anyone is interested in joining the June cohort, which begins on the 18th of June. So, um, as this is releasing it's about 10 days away.

From now. And there's always a cohort that runs in June and another cord that runs in January. So of course, if this summer is not a good time for you, but you're thinking it might be something of interest in the future you had planned ahead and kind of think about one of these other times where you can onboard into the program.

But, um, this is a program that I launched in January of 2020, right before the pandemic. And there are. 45 to 50 coaches. Who've come through the program at this point, who are either graduated from the program who are, or who are actively engaging in the coach training program. And like 99% of not a hundred percent of these people come out of higher education.

So this is a coach training program that is specifically for people who are in higher education or who want to work with clients who are higher education. And that would include anyone from undergraduate students to graduate students, to post-docs to, um, early career faculty, to mid, to late career faculty, to administrators or staff.

Um, pretty much anyone who falls into the orbit of higher education is, uh, the clients that we work with in this. So part of the reason I designed this program was because I went through a coach training program that was not higher ed specific. And I ended up having to do a lot of translation of how the tools would work with higher ed clients.

And one way to think about this is when you work with clients that are in professional fields, like doctors or lawyers or professors, um, they come to the coaching setting. Different backgrounds and experiences. And it can be a little bit challenging to coach people who, um, come in and they've really been trained to be experts.

And oftentimes in the coaching space, there's a little bit of vulnerability. Like maybe you're working on something or you want to, uh, do some kind of deep self exploration. And you have to be willing to be vulnerable with your coach. And there are all kinds of different tools and activities and skills that I train people in, in this coach training program that help you to, um, work with clients that are coming out of a higher education background, and that are often highly credentialed and, um, incredibly intelligent.

So often the other thing that we talk about a lot in this program is that higher education folks are often a lot in their heads and they're very kind of cognitive and they, they think a lot. And sometimes what we do in the coaching space as well is what is called somatic coaching, which is a kind of embodied coaching where you're really helping people to understand.

How they're not only thinking with their heads, but like with their hearts are with their guts, all parts of their bodies and minds when they're making decisions around what they value, um, around the kinds of things that they want to prioritize in their lives and in their. So this coach training program is, uh, six classes altogether.

And the first three classes are based on what is needed for what is called the ACC or associate certified coach requirement within ICF. That's the international coaching Federation. That is the organization that has accredited my coach training program. And this is a set of courses that are really about kind of the, the basics of what you need to know as a coach.

So the first course talks a lot about the logistics of coaching, the structure of a coaching session, um, the kind of core or foundational components of how to be effective as a coach. The second course really gets into, um, kind of a variety of coaching tools and how you bring those tools into different parts of the.

And then the third course in that first, um, entry-level sequence is called mentor coaching. And this is a course where you are mentored specifically by me in individual sessions, but you also do some group mentoring where we listen to recordings of sessions together, and we get a chance to think about those sessions as they relate to core competency requirements of ICF.

Now, there are also three courses in the program that I consider to be. Upper level courses and they have prerequisites the, that are the first three courses in the program. But once you finish those first three courses in the program, you have the option of taking up to three additional courses and the three additional courses focus on things like values based coaching, um, habit formation.

And group coaching, which is another course. I combine those two topics together. And then I have a third course that's focused on building client confidence and it's probably one of the more advanced courses in the program. I consider it to be almost like a capstone of the program. And if you're interested in pursuing coach training to get eventually a PCC level credit, With the international coaching Federation, um, you would take five of the six courses in my program to get the 125 hours you need in order to get that credential.

Now there's a ton of information on the ICF website about the different credential levels. And I will definitely link to all of this in the show notes, if you want to do a bit of a follow up here. Um, but the main thing to kind of think about if you're considering becoming a coach or you're interested in the skills.

Ask yourself, the question of what is drawing you into it. What is it that you are really enjoying or thinking that you might enjoy about coaching now? For a lot of people, it's the relationship. It's the one-on-one, um, kind of energy that you're getting from working with individual clients. But I have a lot of people who come through the program that really want to work with groups and they want to have the facilitation skills of a coach to be able to do that.

I also have a lot of people who come through the program kind of in a similar position to me, where they're a leader and they want to use coaching. In their leadership or in their management of employees. And they find that to be really effective. Um, I've had people come through the program from pretty much all areas of higher education, people who are in student affairs, people who are in academic affairs, people who are in executive positions, people who are department heads or associate deans.

Um, I've also had people who work in organizations that are higher ed adjacent, like, um, disciplinary organizations come through the program. It's always really special to see how the cohorts come together, because there's a lot of really fun people that get to connect in these cases. So a couple other details I'll share is, uh, about the formatting of the courses.

So each of these courses runs like 12 to 15 weeks, depending on the course, all of the scheduling information is on the website, which I will link in the show notes, but you can always go to higher ed coaches.com to find out all the information. And, um, in each of the courses we meet for two hours synchronous.

And that includes a lot of interaction. So, um, you probably don't want me lecturing at you for two hours, who wants that, but you do have a lot of interaction with the other people in the program. You get to practice different coaching tools and activities and breakout rooms. There's a lot of Q and a, especially in the first course to make sure that everybody's getting their questions answered about all the different components.

And another core element of the program is a coach training manual that I wrote myself about two and a half years ago. And, um, this is a manual it's about 300 pages long, and it actually includes all of the material that I cover across the entire program. So even if you just take the first course, you get the entire manual and you're welcome to see all of the 50 plus tools that I include in all of the different training components for all of the classes in the past.

So the other thing you might be interested in knowing is, uh, pricing. This is all on the website, too. It's completely transparent. All of the individual courses have a price. And so you can purchase an individual course. You can also do monthly payments for the individual courses. And I also have some packages that I've put together that are basically bundling courses around what's required for the different items.

Uh, credentials. So if you're interested in like the first three courses, for example, you can get that for 38 69. Um, if you're interested in the all five courses, they get you to the PCC training. Um, I think that's like 72, 29 something around 72, 70 $300. Um, and then of course you can buy all of the courses individually as well.

Now there are a lot of people who come through the coach training program that use some kind of institutional funding to pay for their coach training. Um, these are people who often coach as part of their day jobs or who are using coaching as a part of their research. There's actually several people who've come through the program that are researching coaching to some degree.

And so they want to be credentialed as a coach. Um, and so that's definitely something that is just a part of the payment process. If you want to use institutional. But again, all of that information is included on the website. And so you can kind of look through and see what the different courses cost.

If you're looking at them individually as well, the first course that I'm offering in June as the onboarding for the next cohort is 1497. If you purchase it individually, um, or if you want to do a three month payment plan, it's five 50 a month over the months of June, July, and August. Okay. Now you might be thinking like this is a weird podcast episode.

Katie doesn't often directly sell things on the podcast, but I did want to go ahead and just do a quick check-in about this coach training program, because I do only onboard for it twice a year. And I always get people who are interested in this and they're like a month too late. And so I thought, well, let me do a quick episode and just quickly talk about the fact that it launches on June 18th in the summer.

So if you're interested and you want to check it out, You can always go to higher ed coaches.com and take a look. Now I will say, um, the coach training program right now only runs on Saturdays. It is one of the best parts of my weekend. I love working with the clients that I have in this training program.

I think that it is just such an incredible experience to watch people kind of come into. What it means for them to identify as a coach and everybody has kind of their own special and unique way that they're coaching. And so to get to see that across so many different people is a huge privilege to be a part of their professional development as they come into coaching.

And I am just such a huge believer in the power of coaching. This is why I love to do it. It's why I incorporate it into my leadership style and why I love to help train and teach other people about these things. So, if you have any questions about the coach training program, you can also always email me at hello at Dr.

Katie linder.com. I do have slots for 30 minute Q and a sessions that you can sign up for, to chat with me about the coach training program. But I also love to answer questions over email, if that's helpful for. So, um, if you did listen to the end of this episode, I'll just say thank you for allowing me to do this brief commercial about the coach training program that's coming up, uh, later on this month and I'll be back next week with a regular episode until then.

Thanks for listening.

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