

ICF ACC  
CREDENTIAL  
COURSES  
2022-2023



POSITIVE  
**ACORN**

ICF ACC CREDENTIAL  
COURSE PACKAGE  
2022-2023



# COACHING SKILLS

**Instructor: Dr. Robert Biswas-Diener**

We developed our foundational coaching skills program to combine cutting-edge teaching practices with scientific literacy, ethical thinking, and best practices in coaching. This course introduces the coaching relationship and provides an experiential learning environment aimed at understanding the profession and developing skills. Rather than focusing solely on completing a certificate, we train for mastery. We want our graduates to be thoughtful, responsible, and effective coaches.

This 10-week course includes an orientation session and 6 class meetings. It requires additional time for reading and engaging with the pre-recorded lecture. Many live class sessions include time for skills practice in breakout rooms. The course includes highly recommended but optional practicum sessions.

## **Learning Objectives:**

- **Sophisticated facilitation skills**
- **How to ask deep questions**
- **Tools for creating trust and safety for clients**
- **How to fast-forward positive client change**
- **An ethical approach to coaching**

## **Learning Tools:**

- **“Flipped classroom” so that we rarely use class meetings for lecture**
- **Orientation to empirically-validated learning**
- **Practicum sessions for deeper learning and practice (Optional)**
- **Coaching demonstrations**
- **Case studies**
- **Recordings of real coaching sessions**
- **Supporting readings**
- **Partner practice**



### **Sept. 23 and 24 Meeting Topic:**

- Orientation to the course and program

### **Sept. 30 and Oct. 1 Meeting Topics:**

- The bookends of coaching: Agenda and Accountability
- Introduction to the ICF core competencies

### **Sept. 7 and Oct. 8 Meeting Topics:**

- Creating client awareness
- Developing coaching presence

### **October 14 and 15 Meeting Topics:**

- Asking powerful questions
- Working with metaphor

### **November 4 and 5 Meeting Topics:**

- The psychology of goals and motivation
- Values clarification

### **November 11 and 12 Meeting Topics:**

- The stages of change
- Solutions Focus coaching

### **November 18 and 19 Meeting Topics:**

- Using the Tree-of-Life Activity
- Hope Diagnosis

#### **Duration**

Coaching Skills runs from September 30-  
November 19, 2022.

**\*A program orientation session is scheduled  
September 23<sup>rd</sup> at 5 pm and September 24<sup>th</sup>  
at 9 am Pacific**

**There are two choices of class times.**

**Participants can attend either session:**

- Friday from 5 pm-8 pm Pacific
- Saturday from 9 am-12 pm Pacific.

**There are two choices of practicum times.**

**Participants can attend either session.**

- Wednesday from 9 am-10:30 am Pacific
- Wednesday from 3 pm-4:30 pm Pacific.

**Practicum dates are:**

- **October 5**
- **October 12**
- **October 19**
- **November 9**
- **November 16**
- **December 7**

**Coaching Skills is 37.5 credits.**



# APPLIED POSITIVE PSYCHOLOGY

**Instructor: Dr. Robert Biswas-Diener**

The science of positive psychology is our sweet spot. Positive psychology is an empirical approach to understanding what goes right, rather than what goes wrong, with people. Topics in this science include well-being, optimism, resilience, courage, flow, and many others. We leverage our expert knowledge in this field to introduce practical skills that are nuanced and effective. This 10-week course includes 6 class meetings, and requires additional time for reading and engaging with the pre-recorded lecture. The course includes a highly recommended but optional practicum.

## **Learning Objectives:**

- **Spot strengths in clients**
- **Debrief the Strengths Profile assessment**
- **List 3 ways to develop client strengths**
- **Use curiosity as a problem-solving tool**
- **Articulate a definition of happiness**

## **Learning Tools:**

- **“Flipped classroom” so that we rarely use class meetings for lecture**
- **Practicum sessions for deeper learning and practice (optional)**
- **Coaching demonstrations**
- **Case studies**
- **Recordings of real coaching sessions**
- **Supporting readings**
- **Partner practice**



### January 27 and 28 Meeting Topics:

- Introduction to the Science of Positive Psychology
- Strengths Spotting

### February 3 and 4 Meeting Topics:

- Strengths Development
- The Strengths Profile Assessment

### February 10 and 11 Meeting Topics:

- The Positive Self
- Positive Work

### March 3 and 4 Meeting Topics:

- The Science of Happiness
- Increasing Courage

### March 10 and 11 Meeting Topics:

- Solutions Focus
- Emotion in Coaching

### March 17 and 18 Meeting Topics:

- Curiosity and Interest as Problem-solving tools
- Savoring

#### Duration

Applied Positive Psychology runs from January 27-April 1, 2023.

#### There are two choices of class times.

#### Participants can attend either session:

- Friday from 5 pm-8 pm Pacific
- Saturday from 9 am-12 pm Pacific.

#### There are two choices of practicum times.

#### Participants can attend either session.

- Wednesday from 9 am-10:30 am Pacific
- Wednesday from 3 pm-4:30 pm Pacific.

#### Practicum dates are:

- February 1
- February 8
- February 15
- March 8
- March 15

Applied Positive Psychology is 37.5 credits.