



IRISH LIFECOACH INSTITUTE

Professional Coaching & Coach Training

Required Course Work

(For Completion at least 3 days before Module 3 – upload all work to the student resource centre at www.ili.ie via your student login)

1. Learner Record Part A: Book Assignment – The Four Agreements by Don Miguel Ruiz

Please write a 500 word essay on the above book. The focus of this assignment will be *“what you got from the book, and how you can apply it in your life”*. This is not meant to be a book review and you should only be covering your growing self-awareness and your intention to apply what you have learnt in your everyday life.

2. Module Questions – Please answer all the following questions

Questioning

1. What is meant by the term “Powerful Question”?
2. Name 3 things a coach should avoid when questioning a client?
3. Distinguish between open and closed questions?

Applications of Coaching

4. Name 6 different areas of life that coaching can be applied
5. What is the area you are most interested in and why?

Goal Setting

6. Explain the SMART model of goal setting
7. Why do people often fail to set goals?
11. Describe the impact and benefits of goal setting for a client

3. Peer Coaching – Between Module 2 and Module 4 you will need to complete 4 sessions as a coach and 4 sessions as a client with your peers outside of class hours. Two of each can be done over the phone (see page 120). Please ensure you complete your Peer Coaching Log Form (see page 121) after each session and hand in to your tutor (or upload them to the Institute’s Student Resource Centre via your student login username and password).

5. PCG Meetings – You are required to meet up as a PCG at least 4 times outside of class hours over the duration of the course (6 meetings are recommended). Each member must fill out a PCG Log Form (see page 113) and hand in to tutor at next module (or upload them to the Institute’s Student Resource Centre via your student login username and password). For more details on Peer Coaching Groups (PCG) please see page 112.