

# Cognitive Coaching Seminars®

## Foundation Training

### Learning Guide

#### *12th Edition*

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# COGNITIVE COACHING SEMINARS®:

## Foundation Training Outcomes

### PART 1 OUTCOMES (DAYS 1-4)

- Understanding of the essence of Cognitive Coaching<sup>SM</sup>
- Increased consciousness and craftsmanship in applying interpersonal communication skills to develop trust and rapport
- Understanding of the power of a structured professional conversation
- Understanding of Cognitive Coaching<sup>SM</sup> as one of four support functions
  
- Internalized Planning Conversation Map
- Expanded and refined skills and repertoire of coaching behaviors (pausing, paraphrasing)
- Understanding of capabilities for refining coaching skills
  
- Understanding of the Reflecting Conversation Map
- Increased automaticity with the essential coaching pattern of pausing, paraphrasing, pausing, and posing questions
- Increased consciousness and skills in asking mediative questions
  
- Internalized Reflecting Conversation Map
- Awareness of how to navigate support functions
- Understanding of the role of data in mediating thinking

### PART 2 OUTCOMES (DAYS 5-8)

- Integration of the maps and tools from Part 1
- Flexibility in coaching for human uniqueness
  
- Detection and mediation of cognitive shift
- Refined mediation skills and coaching capabilities
- Extended coaching skills to mediate self-directed learning in others when they are struggling with a problem
  
- Fluency with the tool cluster of pacing
- Enhanced personal acuity, ways of attending, listening, and responding
- Refined coaching skills in crafting mediative questions
  
- Internalized Problem-Resolving Map
- Fluency with the tool cluster of leading
- Integrated maps and tools of Cognitive Coaching<sup>SM</sup>

# RESEARCH AND RELATED LITERATURE

For research and related literature, please reference:

<https://www.thinkingcollaborative.com/>

This website is the first resource to learn about the variety of Cognitive Coaching Seminars available. Listings include both descriptions of trainings and dates and locations of those already scheduled.

Cognitive Coaching Seminars include the eight-day Foundation Seminar, a pre-requisite for the six-day Advanced Seminar, as well as customized sessions on Presentation Skills, Facilitation Skills, and Teacher Leadership. Follow-up to the Foundation Seminar available in customized modules can be found at:

<https://www.thinkingcollaborative.com/thinking-collaborative-offerings-2019/>

Books referenced in the Cognitive Coaching Seminars and other tools are available at:

<https://www.thinkingcollaborative.com/shop/>

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*"The word organization is a product of how we think and how we interact; [it] cannot change in any fundamental way unless we can change our basic patterns of thinking and interacting."*

Peter Senge, *The Learning Organization Made Plain*, (19). October, 1991.