

Question: What are some of the coaching concepts I would learn by attending Project CHOICES' professional development?

Answer: Project CHOICES offers universal level (3 full days) skill development for building and district level coaches.

- Defining coaching
- Research around coaching
- Defining what coaching could look like and sound like
- Consulting vs. Coaching
- Basic coaching skills (trust, rapport)
- Administrative support
- Review of rapport and trust
- Stages of team development
- Inquiring versus advocating
- Open and closed questions
- Probing
- Pausing
- Paraphrasing
- How to talk about data
- Support functions

“Project CHOICES’ Coaching Training was a great way for us as a district to move forward in the development of a coaching model.”

-Participant and Coach, 2009