

SYLLABUS

SUPER COACH CERTIFICATION

Lesson 1

1.0: Course Objectives and Schedule

1.1: What is Superperformance

1.2 What is Super Coaching

1.3 What is polar-complementarity

1.4 Polar-Complementary Method

- Extrinsic Motivation

- Intrinsic Motivation

1.5 What does Super Coaching Produce

- Tangible Super Outcomes (action, performance improvement, transformation)

- Intangible Super Outcomes (joy in work, inspiration, fulfillment, super growth)

1.6 Who to Coach

- Coaching Individuals

- Coaching Team Leaders

- Coaching Managers and Supervisors

- Coaching Executives

- Coaching Teams

1.7 External vs Internal Coaching

Lesson 2

2:0 Lesson Objectives

2:1 Superperformance is Habit Strength

2:2 Habits of Management

2:3 Habits of Leadership

2:4 Super Coaching Tools

- PXC

- Thriving in Complex Uncertain Environments

- Creating Self-Awareness

- Unlearning and Relearning

- Influencing Skills

- Coaching Skills

- Listening Skills

- Conflict Management

- Engaging Others

- Creating Accountability

- Developing Others

- Delegation Skills

Lesson 3

3:0 Lesson Objectives

3:1 Super Coach Requirements

3:2 Superperformance Coaching model

- Transformation of Employee
- Transformation of Boss
- Coaching for Superperformance

3:3 When to Use this Model

3:4 When Not to Use this Model

3:5 When This Model is most Effective

3:6 Interference

Lesson 4

4:0 Lesson Objectives

4:1 Super Coaching Process

-Process Steps

4:2 Servant Leadership, Systems thinking, and Transformation

4:3 Triple Braid of Superperformance

4:4 Servant Leadership by Greenleaf

4:5 Key Systems Thinking Activities

4:6 Linkage of Process

Lesson 5

5.0 Lesson Objectives

5:1 Determining, Deploying, and Interpreting Assessments

5:2 Four Main Categories

-Psychometric Battery

-Executive 360

-Habit Strength instrument

-Print Personality Tool

Lesson 6

6:0 Lesson Objectives

6:1 Influencing Performance, Political, and Cultural Environments

6:2 Six Month Practicum

- Project Fieldwork in Slack
- Coaching Practice with Individuals and Groups
- Webinars, Conference calls, and Meetups
- Community of Trust & Practice development