

# The Coaching Course

What are some of the key skills required for mission and leadership in the church in Ireland for the coming decade?

Jesus framed much of his teaching in the form of questions. In this way he created space for people to think, understand and find meaning. He initiated conversations but always placed responsibility back on people to think and make choices about these claims and ideas for themselves.

As people we do our best thinking when we're asked questions and given space and attention to think out loud instead of just being told the answers.

What will it look like in discipleship, pastoral care, teaching and mission to create space for people to explore, discover and deepen faith, to be encouraged and empowered to be all that God is calling them to be?

Coaching is a both a skillset and toolkit that offers a way to open up powerful and life-changing conversations.

Praxis and Innovista Ireland have designed the Coaching Course to equip leaders in the church in Ireland with the skills they need, learning and practicing together over five sessions.

We believe coaching can be a catalyst in seeing leaders and teams thriving and having an increased kingdom impact. Longer term we would love to develop a network of volunteers who could make coaching available to churches, organisations and individuals across Dublin (and beyond).

Location:	Irish Bible Institute
Dates:	2 April, 7 May, 18 June, September tbc and October tbc
Cost:	€395 (includes 5 full days of coaching training and an Emotional Capital Report self-assessment for each participant).
Places:	12
Day structure:	10am – 1.30pm: Teaching and group work. 1.30pm – 2.30pm: Lunch 2.30pm – 4.30pm: Coaching Triads, feedback and reflection.
To apply:	Fill in the online form at: <a href="https://forms.gle/EwosdKFKadtjNxHX6">https://forms.gle/EwosdKFKadtjNxHX6</a>

	Session Overview
<b>Session One</b> <i>Developing an inward coaching presence</i> Thursday 2 April 2020	An introduction to the nature and purpose of coaching, what it is, and how it differentiates itself from other professions. Skills covered will include how to become more present and attentive, the technology of mindfulness, the importance of the inner work of the coach and an active practice of growing self-awareness. Participants will also explore basic coaching techniques and begin practicing coaching in afternoon triads.
<b>Session Two</b> <i>Developing an outward coaching posture</i> Thursday 7 May 2020	Participants will develop coaching skills in self-control, empathy, listening, asking questions. Participants will add frameworks for coaching questions and new techniques to their developing toolkit.
<b>Session Three</b> <i>Coaching with Emotional Intelligence</i> Thursday 18 June 2020	Participants will explore how emotional intelligence can be learned and built to enhance the effectiveness and quality of their coaching practice. Participants will have the opportunity to assess and measure their own levels of emotional intelligence.
<b>Session Four</b> <i>Coaching in your context</i> TBC	Participants will deepen coaching skills and methods around themes of vision, change, motivation and decision making.
<b>Session Five</b> <i>Coaching with teams</i> TBC	Participants will explore various coaching models to help build teams and various methods to coach teams through conflict.

Course Facilitator: Matthew Broderick

Matthew is a qualified and accredited executive coach and emotional intelligence trainer with RocheMartin. He has international coaching, training and facilitation experience working with individuals and teams across the business, NGO, education and embassy sectors with a variety of clients including the United Nations, Trocaire and Dell.

He is an accredited practitioner with the European Mentoring & Coaching Council (EMCC) and is certified to administer, interpret and provide feedback on RocheMartin's Emotional Capital Report.

Matthew previously worked at UCD with Agape for 5 years, working with university students in discipleship and mission. He is part of the teaching team at Ignite Network in Blackrock.

For more information: Matthew Broderick - [matthew@rochemartin.com](mailto:matthew@rochemartin.com)

Sam Moore - [sam.moore@innovista.org](mailto:sam.moore@innovista.org)