

# MONTGOMERY COLLEGE

# COACHING CERTIFICATION PROGRAM

Workforce Development and Continuing Education | Spring 2025

## Introduction to Coaching

If you seek to inspire and motivate others, then coaching may be the skill set for you. This emerging field draws on numerous communication approaches and techniques you can use to support others in achieving short and long-term goals by developing a positive approach to all areas of their lives. In this experiential 3 1/2 hour introductory session, we will discuss what coaching is- and isn't- distinguishing coaching from mentoring, consulting, therapy, training and athletic development, coaching core beliefs, qualities of an effective coach and the essential components of all coaching interventions. Additionally, the Montgomery College Coaching Certificate Program, the International Coach Federation (ICF) coach credentialing process and the latest trends in the coaching industry will be addressed. (This is the first course in the Coach Certificate Program) TWA

**Course: MGT714**                      **3.5 Hours**

\$50+ \$59 fee = \$109; NMR add \$120

**Online: Structured Remote**

CRN#: 34059                      1 Session                      S  
2/1                                      9:30 a.m.-1 p.m.

## Mentor Coaching

For full course description, visit our website: [montgomerycollege.edu/wdce/coaching](http://montgomerycollege.edu/wdce/coaching). (This course can be taken at anytime after taking *Introduction to Coaching*). TWA

**Course: MGT767**                      **10 Hours**

\$325 + \$950 fee = \$1,275; NMR add \$650

**Online: Structured Remote**

CRN#: 34058                      6 Sessions                      R  
1/30-4/30                              7-8:30 p.m.

## Coaching Clinic: Introduction

Acquire a thorough understanding of the philosophical, historical, and ethical foundations of coaching. Explore similarities and differences between coaching and related disciplines and consider the scope of coaching potential. You will earn a defined coaching framework to structure a coaching session, practice using this process in real-time conversations, and observe the effect of these skills as a coachee. (Please note that there is pre-work required for this course so early registration is strongly recommended.) *Prerequisite: Introduction to Coaching*. TWA

**Course: MGT715**                      **15 Hours**

\$300 + \$385 fee = \$685; NMR add \$300

**Online: Structured Remote**

CRN#: 34057                      5 Sessions                      T  
2/4-3/4                                      6:30-9:30 p.m.

## Coaching Essentials, Competencies, and Practices

For full course description, visit our website: [montgomerycollege.edu/wdce/coaching](http://montgomerycollege.edu/wdce/coaching).

*Prerequisites: Introduction to Coaching and Coaching Clinic Introduction*. TWA

**Course: MGT716**                      **15 Hours**

\$300 + \$385 fee = \$685; NMR add \$300

**Online: Structured Remote**

CRN#: 34056                      5 Sessions                      T  
4/1-4/29                                      6:30-9:30 p.m.



## Elective Courses

### Listening for Deeper Connection

A true commitment to listening well is important in any conversation. If you are someone who wants to start to improve their listening skills to deepen your connection with others, this 2-hour session will introduce you to the three Levels of Listening and provide a 3-step process for demonstrating more effective listening.

**Course:** MGT728                      **2Hours**  
\$50 + \$59 fee = \$109; NMR add \$120  
**Online:** Structured Remote  
CRN#: 34054                      1 Session    R  
3/13                                      7-9 p.m.

### Asking Powerful Question

Learning to use the power of questions can dramatically increase your professional and personal effectiveness. Best practices for powerful questioning will be reviewed and demonstrated in this 2-hour session.

**Course:** MGT726                      **2Hours**  
\$50 + \$59 fee = \$109; NMR add \$120  
**Online:** Structured Remote  
CRN#: 34053                      1 Session    R  
3/27                                      7-9 p.m.

For more information contact:  
Noel Lazaro at 240-567-2563, or  
noel.lazaro@montgomerycollege.edu

\*TWA – Tuition Waiver Applies  
\*NMR – Non-Maryland Residents

### Coaching Skills for Everyday Life

Do you want to improve your communication with family, friends, or colleagues at work? Coaching skills are not just for professional coaches or managers, they are for everyday life whether you're interacting with children at home, trying to help a family member, friend or a colleague or team at your place of work. Through a hands-on, interactive approach, you will learn how to listen more effectively, ask better questions, better manage conflicts and more! TWA

**Course:** MGT717                      **6 Hours**  
\$170 + \$89 fee = \$259; NMR add \$140  
**Online:** Structured Remote  
CRN#: 34055                      2 Sessions    S  
2/15-2/22                              9 a.m.-12 p.m.

### Coaching Certification Program

*Required Courses (Must be taken in this order):*

1. Introduction to Coaching
2. Coaching Clinic–Introduction
3. Coaching Essentials, Competencies, and Practices
4. Coaching Practicum
5. Coaching Mastery
6. Mentor Coaching

Montgomery College is accredited by the International Coach Federation to offer Coaching Certification Program. All courses are ACSTH compliant for course specific training hours.

