

Art Costa and Robert Garmston's

# COGNITIVE COACHING<sup>SM</sup>

Foundation Seminar (8 days) – Bendigo

Cognitive Coaching<sup>SM</sup> training focuses on the maps and tools needed to mediate another's thinking. The metaphor of maps and tools is used to indicate the dynamic, individualised way in which coaching takes place. A coach is equipped with maps and tools which s/he uses to assist the person being coached in "navigating" the territory of his/her thinking. Each coach uses the maps and tools in slightly different ways, but always focuses on mediating thinking.

The three maps of Cognitive Coaching<sup>SM</sup> are: planning, reflecting and problem-resolving. Each map has identified elements, which are learned in the training. The three maps interact with each other. When a person reflects on something he has done, he often begins thinking about the next activity or event and begins planning, based on what he learned from reflecting on a previous experience. Problem-solving can come from a person feeling "stuck" or can be part of reflecting or planning. When a person is "stuck" in his thinking, it is usually one or more of the States of Mind that are causing the "stuckness."

The main tools of Cognitive Coaching<sup>SM</sup> are: rapport, mediative questioning, response behaviours, pacing and leading. The training focuses on learning these tools and using them with the maps. A major focus of the training is trust and rapport.

Specifically, a person will do the following in Cognitive Coaching<sup>SM</sup> training:

- build trust by developing physical and verbal rapport
- facilitate thinking through questioning and developing greater precision in language
- develop a person's autonomy and sense of community by increasing their sense of efficacy and self-awareness
- distinguish between coaching and evaluation
- rehearse coaching interactions that are congruent with a variety of styles
- apply coaching skills which enhance the intellectual processes of performance

# Registration Form

## Center for Cognitive Coaching<sup>SM</sup> Accredited Cognitive Coaching<sup>SM</sup> Trainers



Gavin Griff



Sue Presler



Abby Graham

**Date:** 19–22 April, 2010 and 5–8 July, 2010  
or 13–16 August, 2010 and 15–18 October, 2010

**Venue:** The Big Hill Vineyard  
Cnr Calder Hwy and Belvoir Park Rd  
Big Hill, Vic, 3453  
Mel Ref: 609 D4

**Time:** 8.45 am to 3.45 pm (8.30 registration)

**Cost:** \$1650.00 (incl GST)

**Inquiries:** Questions relating to this training should be directed to Gavin Griff  
e: ggriff@hbpls.com.au p: 0458 094 050

### Registration details:

Name: \_\_\_\_\_

School/Institution: \_\_\_\_\_

Address: \_\_\_\_\_

State: \_\_\_\_\_ Postcode: \_\_\_\_\_

Phone B.H. (\_\_\_\_) \_\_\_\_\_ A.H. (\_\_\_\_) \_\_\_\_\_

Fax: (\_\_\_\_) \_\_\_\_\_ Mobile: \_\_\_\_\_

**Essential Information:** Please provide email address as all registrations will be confirmed by email.

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