

AD 71601
FACILITATING LIFE'S TRANSITIONS:
DYNAMICS OF PROFESSIONAL AND PERSONAL COACHING
James A. Woods College of Advancing Studies, Boston College, Fall 2009

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This course studies the growing field of coaching as it facilitates transitions and growth in professional and personal life. Course will cover theories of transitions and coaching, including topics such as performance and goal setting, communication, decision making, risk-taking, self-awareness, and collaborative leadership. During half-hour in-class coaching sessions, students will have an opportunity not only to act as “clients” who discuss their own personal or professional transitions to achieve their goals but also to serve as coaches who help others with their goals. Papers will give students an opportunity to synthesize concepts with their experience.

Office Hours: By appointment, scheduled by phone or e-mail

Required Reading:

Bridges, W. (2004). *Transitions: Making Sense of Life 's Changes* (2nd ed.). Cambridge, MA: Perseus Books.

Halberstam, D. (2005). *The Education of a Coach*. New York, NY: Hyperion.

Manton, J. (2008). *The Secret of Transitions: How to Move Effortlessly to Higher Levels of Success*. Bandon, OR: Robert Reed Publishers.

Welch, S. (2009). *10-10-10: 10 Minutes, 10 Months, 10 Years*. New York: Scribner.

Whitworth, L., Kimsey-House, K, Kimsey-House, H., & Sandahl, P, (2007). *Co-active Coaching: New Skills for Coaching People Toward Success in Work and Life* (2nd ed.). Mountain View, CA: Davies-Black Publishing.

Recommended:

Goldman, D. (1997). *Emotional Intelligence*. New York: Bantam Books.

Landsberg, M. (1998). *The Tao of Motivation*. New York, NY: HarperCollins.

Mitchell, B. (2007). *The Boomerang Age: Transitions to Adulthood in Families*. New Brunswick, NJ: Aldine Transaction.

Schlossberg, N. (1989). *Overwhelmed. Coping with Life's Ups and Downs*. New York York: Lexington Books.

Zinsser, W. (1999). *On Writing Well* (30th anniversary edition). New York: HarperCollins Publishers.

Course Format:

This course will consist of 14 weekly classes which will include group discussions, work in pairs, and lectures. Twenty to thirty minutes of each class will be set aside for pairs to practice co-active coaching.

Requirements:

Regular, punctual attendance in class and participation in class discussion are required. More than two missed classes will result in 5 points off the final grade for each additional class missed and will require a typed, three page summary of readings for that class. Please contact me *in advance* if you know you will be missing a class.

Completion of assigned readings, written work, and quizzes in time for the class specified.

Plagiarism or any cheating will result in failure of the course.

Grading

Your grade will be determined as follows:

Participation in class discussion	20%
First paper (Class 4)	15%
Mid-term (Class 7)	20%
Second paper (Class 11)	20%
Final (Class 14)	25%

Grades for late assignments and quizzes will normally be dropped by one notch (say, from A- to B+) for each class meeting after the due date. Such penalties are only fair to students who meet deadlines. Quizzes given late will differ from the originals. No assignment will be accepted after the last day of class.

Syllabus

This is a preliminary syllabus, which may be modified during the course of the semester. Readings listed under each class should be completed by that class.

Class 1

Introduction and review of syllabus.

Class 2**Readings:**

Co-active Coaching

Class 3**Readings:**

Co-active Coaching

Class 4

First Paper Due

Class 5

Readings:

Transitions: Making sense of life's changes

Class 6

Readings:

Transitions: Making sense of life's changes

Class 7

MID-TERM EXAM

Class 8

Readings:

The Secret of Transitions: How to Move Effortlessly to Higher Levels of Success

Class 9

Readings:

10 – 10 – 10: 10 Minutes, 10 Months, 10 Years

Class 10

Readings:

10 – 10 – 10 : 10 Minutes, 10 Months, 10 Years

Class 11

SECOND PAPER DUE

Class 12

Readings:

The Education of a Coach

Class 13

Readings:

The Education of a Coach .

Class 14

FINAL EXAM

“Not in his goals but in his transitions is man great.” – Ralph Waldo Emerson