



TRAINING COACHES: WHAT WORKS?

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INTRODUCTION



RATIONALE

- Who can or should be trained?
- Can you teach coaching to undergraduate students?
- Does teaching such a class to undergraduate students actually increase employable skills and employment?
- Do students actually use the skills in their everyday lives?
- Does such a class impact their lives and relationships personally?

TWO DELIVERY OPTIONS

- BYU-Idaho – Special Topics Class 1/year
- Aspen Family Wellness Center Aspenfwc.com
- BCC Approved (120 hour 3-credit class)
- Two Courses: Coaching Basics & Level 2 Family Life Coaching

DOES IT WORK? - SAMPLE & PROCEDURE

- 86 Family Science Majors – 1-year after Family Life Coaching Class
- 62% response rate = 53 respondents
- 8% male, 92% female
- Age – bimodal distribution (23, 39)
- 36% planning on graduate school



RESULTS

- 57% start their own coaching business
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WHAT COACHING CERTIFICATION HAVE YOU OR WILL YOU LIKELY PURSUE?

- BCC – 30
- FLCA – 4
- ICF – 2
- Other – 8
- None- 8

USE IN DAILY LIFE

DAILY	WEEKLY
EMPATHY – 89%	POWERFUL QUESTIONS – 47%
REFLECTIVE LISTENING – 83%	G.R.O.W. MODEL – 38%
	CBC – 32%
	MOTIVATIONAL INTERVIEWING – 43%

QUALITATIVE QUESTIONS

- How has taking the coaching class benefited your relationships?
- In what other ways has the coaching class benefited your life?

GENERAL IMPACTS

- It has taught me how to be genuine and have meaningful conversations that make a difference.
- Reflective listening, empathy, and powerful questions have helped me in my marriage, friendships, and at work.
- How has it not? It's been a great blessing to me, my family, those I serve in the church, the future missionaries I work with and it will assist me in my future career.

RELATIONSHIP IMPACTS

- My relationships with my spouse and children have improved greatly. I am listening to what my children want and helping them realize and actively move towards goals. It has changed my parenting approach for the better and has greatly enhanced my communication with my spouse.
- I have been married to my wife for 8 years and after taking the class she tells me to stop using my coaching skills on her. I take it as a compliment like she is feeling validated and that I am doing a good job being empathetic :)

CHANGES IN SELF

- I feel more empowered to make changes in my own life through coaching techniques. This helps me as I work with my family members and try to encourage them. I also feel that I can work on changing myself, even if I can't change others. This has given me freedom from much of the worry and concern I have for my family members and helps me to control the parts of my life that are within my control.

