

# Essentials of Coaching Training Application

## Course Overview

This comprehensive coaching course is structured into six dynamic modules, each combining theoretical foundations with practical applications. Whether new to coaching or looking to refine your skills, this coach training offers a blend of in-person and virtual sessions that ensure flexibility and rich interactive learning experiences. The curriculum covers everything from the essentials of coaching within a university setting to integrating coaching principles into everyday life, equipping you with the tools to drive performance, growth, and positive change. There will be at least two hours per week outside of the course for additional study, practice, and application of the concepts.

## Features:

- **Overview Sessions:** This six-module training covers key leadership topics such as emotional intelligence, effective communication, and conflict resolution.
- **Group Coaching:** Group sessions (Di-Ads and Tri-Ads) that encourage peer learning and networking.
- **Self-Assessment & Exercises:** To help leaders assess their current skills and identify areas for growth.
- **Flexible Format:** Delivered in a blended approach over three months as a series.

## Benefits:

- Provides a broad understanding of leadership coaching.
- Encourages self-reflection and continuous improvement.
- Fosters a culture of learning and development within the institution.

---

## Section 1: General Information

1. Name: \_\_\_\_\_
2. Position/Title: \_\_\_\_\_
3. Department: \_\_\_\_\_
4. Email Address: \_\_\_\_\_
5. Mobile: \_\_\_\_\_
6. Years of Experience in Management at UNLV or other organizations: \_\_\_\_\_

---

## Section 2: Availability

7. Do you have the support of your department or organization to participate in this coaching session?
  - A. Yes, I do have support from my department and manager. Yes \_\_\_\_\_ No \_\_\_\_\_
  - B. If No. Please get support and then continue completing the application.

## Section 3: Expectations

Thank you for your interest in the *Essentials of Coaching* Training. Before completing the application, please ensure you have your manager's approval to attend.

- I. **Please discuss with your manager and confirm the J.E. process to ensure they approve the cost and attendance. The cost for this course will be \$500 through our Journal Entry process. There is a transfer (8100 VT-Out / 8000 VT-In) journal from a self-supporting account (restricted accounts are not allowed).**
  - II. Complete this application to help us understand your goals, readiness, and fit for the coach training. We will review your responses; they will be kept confidential.
  - III. We will contact your manager and let you know if you have been selected for this round.
- 

## Section 4: Motivation and Goals

8. Why do you want to participate in the Essentials of Coaching training?

9. What specific skills or knowledge do you hope to gain from this training?

10. How do you plan to apply coaching techniques in your current role?

---

## Section 5: Current Coaching and Leadership Practices

11. Have you ever used coaching techniques in your role? Yes \_\_\_\_\_ No \_\_\_\_\_

- o If Yes: *Please describe a situation where you used coaching techniques.*

12. What do you believe would be most challenging about coaching in your department?

13. How would you rate your current coaching skills?

Beginner      Intermediate      Advanced      Expert

---

## Section 6: Leadership Style and Perspectives

14. How would you describe your leadership style? (Each style has a hyperlink with a description).

[Transformational](#) \_\_\_\_\_ [Servant](#) \_\_\_\_\_ [Directive](#) \_\_\_\_\_ [Collaborative](#) \_\_\_\_\_

Other \_\_\_\_\_

15. How do you currently support the development of your team members?

16. What role do you think coaching plays in effective leadership?

---

### Section 7: Additional Questions

17. Do you want the coaches/facilitators to know anything specific about you or your goals?

18. Do you have any accessibility needs or special requirements for virtual or in-person sessions?

---

### Section 8: Applicant Acknowledgement & Commitment

19. I commit to the entire duration of the coach training. *Speak with the facilitator if you have concerns about time.*

20. I commit to actively participate in all activities, including role-plays and peer coaching sessions.

21. I have discussed my participation with my manager in the *Essentials of Coaching Training*.

22. I understand that the cost for this coaching session coach training will be \$500 through the UNLV Journal Entry process and is contingent on your manager's approval.

---

### Signatures

Manager's Name \_\_\_\_\_

Manager's Signature & Approval \_\_\_\_\_ Date \_\_\_\_\_

*(By signing, I acknowledge that I have reviewed and understand Section 3: Expectations and Section 8: Applicant Acknowledgement & Commitment for my direct report's participation in the coach training.)*

Participant's Name \_\_\_\_\_

Participant's Signature \_\_\_\_\_ Date \_\_\_\_\_