

# MONTGOMERY COLLEGE

# COACHING CERTIFICATION PROGRAM

Workforce Development and Continuing Education | Fall 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 Coaching Certificate Program)

**Course: MGT714 3.5 Hours**

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

**Online: Structured Remote**

CRN#: 24290 1 Session S  
9/6 9:30 a.m.-1 p.m.

## Coaching Clinic: Introduction

Acquire a thorough understanding of the philosophical, historical, and ethical foundations of coaching. (For complete description, please see our website.) *Prerequisite: Introduction to Coaching.* TWA

**Course: MGT581 15 Hours**

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

**Online: Structured Remote**

CRN#: 24289 5 Sessions T  
9/16-10/14 6:30-9:30 p.m.

## Coaching Essentials, Competencies, and Practices

Building on Coaching Clinic-Introduction, this course explores various coaching competencies, operating assumptions, and practices. Continue to experiment with the language of coaching and distinguish between the effects of various techniques. (For complete description, please see our website.) *Prerequisites:*

*Introduction to Coaching, and Coaching Clinic-Introduction.* TWA

**Course: MGT625 15 Hours**

\$300 + \$499 = \$799; NMR add \$350

**Online: Structured Remote**

CRN#: 24294 5 Sessions T  
11/11-12/16 6:30-9:30 p.m.  
No class: 11/25

## Mentor Coaching (TIP)

Mentor coaching involves a student being coached on their coaching skills rather than on practice building, life balance or other topics unrelated to the development of a participant's coaching skill. This class is required for those who need to fulfill the 10-hour mentor coaching requirement for the ICF ACC Level 1 credential, the ACC Portfolio Path application, or the ACC credential renewal. (for complete description, please see our website.) TWA

**Course: MGT767 10 Hours**

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

**Online: Structured Remote**

CRN#: 24291 5 Sessions R  
9/18-10/16 7-9 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      **2 Hours**

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

**Online:** Structured Remote

CRN#: 24292      1 Session      W  
9/24      6:30-8:30 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      **2 Hours**

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

**Online:** Structured Remote

CRN#: 24293      1 Session      W  
10/8      6:30-8:30 p.m.

### S.M.A.R.T Goals - A How to Guide

We've all heard that it is better to work smarter than harder. This concept starts with identifying your goals. In this 2-1/2-hour session, learn and practice a well-established process to write clear, attainable goals that hold you (or others) accountable to a deadline.

**Course:** MGT791      **2.5 Hours**

\$75+ \$84 fee = \$159; NMR add \$120

**Online:** Structured Remote

CRN#: 24295      1 Session      W  
10/22      6:30-9 p.m.

### The Wheel of Life

The Wheel of Life is an excellent tool that lets you explore the different areas of your life. The goal of this 2 ½ - hour session is to increase awareness of those different areas and the attention you give them, how important they are to you, and how satisfied you are with them. This class provides a powerful experience in a short period of time—helping people connect with how balanced their life is, how they feel about that, where the issues might be—and identifying one action to take away and improve things!

**Course:** MGT792      **2.5 Hours**

\$75+ \$84 fee = \$159; NMR add \$120

**Online:** Structured Remote

CRN#: 24296      1 Session      W  
11/5      9:30 a.m.-12 p.m.

### Coaching Certification

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

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

Montgomery College is approved by the International Coaching Federation to offer Level 1 Accreditation for the Coaching Certification curriculum.



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