



Art Costa and Robert Garmston's

# COGNITIVE COACHING

An Australian National Schools Network Leadership Development Program course

Successful schools continually work to develop a culture of student, teacher and leadership learning success. Cognitive Coaching is integral to this.

Participation in this intensive workshop will equip you and/or members of your team with a set of strategies, a way of thinking and a way of working that invites self and others to shape and reshape their thinking and problem solving capacities to achieve learning success.

Art Costa has pioneered this work and one of his trainers will conduct the course. For more information on the trainer, Sue Presler, and the Center for Cognitive Coaching-  
<http://www.cognitivecoaching.com/overview.htm>

As a result of the training, participants will :

- Develop their knowledge of the Cognitive Coaching model, which is a model of human interaction that promotes self-directed learning.
- Develop their skills in communication — necessary to coaching, but applicable to a wide variety of situations.
- Develop their identity, skills, and effectiveness as a mediator of self-directed learning in self and others

This is an intensive eight-day course offered in two 4 day segments.

**DATE:** 1st – 4th December 2009 • 16th – 19th March 2010

**VENUE:** Canning Vale College, Perth, WA

**COST:** *Early Bird Rates by 30/09/09*

ANSN members \$1850

Non ANSN members \$2100

*After 30/09/09*

ANSN members \$2100

Non ANSN members \$2300

*(prices include GST)*

*Group discounts by negotiation.*

*This cost includes the 8-day course plus resources (books + manuals)*

**INQUIRIES:**

Questions relating to this training should be directed to Leith Hogan

**email** [leith.hogan@ansn.edu.au](mailto:leith.hogan@ansn.edu.au) or

**phone** 02 9590 5341

**REGISTRATION DETAILS:**

■ Name of participant(s)

■ School/organisation

■ Postal address & email address, fax & phone number

**email these details (and enquiries) to**

**[leith.hogan@ansn.edu.au](mailto:leith.hogan@ansn.edu.au) or**

**fax to 02 9590 3416**

# Registration Form - Perth

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## COGNITIVE COACHING

An Australian National Schools Network Leadership Development Program course

**Fax back to 02 9590 3416**

Participant name

Email address

Participant name

Email address

Participant name

Email address

Participant name

Email address

Participant name

Email address

School

Address

Phone

Fax

ANSN member  Yes  No Membership number if applicable

School purchase order number

**The Australian National Schools Network (ANSN) is a not-for-profit company that seeks to lead and support rethinking teaching and learning for a socially just world by fostering connections between people and schools nationally and internationally.**

**Join the ANSN**

**School Membership \$275.00 per year (\$220 if your system is also a member.)**

**Individual Membership \$ 55.00 per year**

**[www.ansn.edu.au](http://www.ansn.edu.au) for further details and flyer.**

**ANSN**

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Strawberry Hills  
NSW 2012

Phone: 02 9590 5341  
Fax: 02 9590 3416  
Email: [leith.hogan@ansn.edu.au](mailto:leith.hogan@ansn.edu.au)

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I found the Cognitive Coaching course to be a great support to me as Principal. It provided a clear but flexible framework with enough practice and experience to feel confident in using the coaching back at school. The use of Cognitive Coaching has helped reduce the anxiety in conflict situations and gain better results.

**Cecilia Stone**

**Principal**

**Carrum Downs Primary School  
Victorian Department of Education**

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Cognitive Coaching has made a significant impact on my practice as both a teacher and leader. The essence of Cognitive Coaching for me has been the empowerment of my staff to direct their own professional pathway. Cognitive Coaching tools are practical, user friendly and cause positive cognitive shifts which propel participants forward. Positive relationships are built with trust and mutual respect. .... I have found that I have gained a better understanding people, their choices, decisions and actions. I have also gained insight in myself as a professional and enhanced my interactions with colleagues to promote self awareness and self directedness.

The true power of Cognitive Coaching is to support constructive, meaningful and sustained change. I highly recommend this training program as it builds a strong foundation in empowering all individuals to be self directed in their learning journey. It supports the growth and development of a positive proactive learning culture.

**Sonita Quinlan**

**Foothills Cluster Educator**

**Victorian Department of Education**

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Coaching and mentoring have become the Victorian Education department's preferred model for continuing professional learning 'on the job'. I found Cognitive Coaching to be an exemplary model. It gives a deep understanding of the coaching process, models for conversations and psychological insights into my own and other's responses. There is a depth and completeness to the program which gives participants genuine skills and understandings. I went away feeling confident that I could engage in a number of different types of coaching conversations.

One of the underlying ideas of the program is Art Costa's Five States of Mind. Looking for the presence or absence of these in staff has given me a framework for developing individual teachers. The fundamental principle of 'self-directedness' now shapes much of my thinking.

In seeking to establish a culture of professional development in our school, we have used the Cognitive Coaching model with our Leading Teachers to enhance their skills for leading Professional Learning Teams. It has greatly improved the interactions within our professional Learning Teams.

**Andrée Poulter**

**Assistant Principal**

**Reservoir District Secondary**

**College**

**Victorian Department of Education**

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The Cognitive Coaching course facilitated by Sue Presler would rate as the best professional learning experience that I have undertaken in my professional career. Sue is an outstanding coach and facilitator. It confirmed a lot of what I knew about the power of self directed learning and built my skills as a coach and leader. The workshops epitomised best practice in adult learning and there was plenty of opportunity to apply the developing skill sets. I have used the conversation maps in my work to good effect and am looking forward to completing the Advanced course. Cognitive Coaching values people highly and enables them to move towards a desired future in a most empowering way. The Cognitive Coaching focus on thinking is a valuable complement to any coaching model. Its application to teaching and leading is clear. I would unconditionally recommend this program to any system or school focussed on improved teaching and learning.

**Carey McIver**

**Manager School Communities**

**Tasmanian Department of Education**

**Accredited Australian Growth Coaching Coach**

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I believe cognitive coaching has empowered me to believe in myself and my own strengths and abilities. Working as a change agent in my role as a Cluster Educator is often challenging. The underpinning

Cognitive Coaching framework of states of mind (craftsmanship, interpersonal, flexibility, efficacy, consciousness) has caused me to change how I feel about my work and interact with my colleagues. They have enabled me to achieve a deeper level of understanding of what motivates or challenges professional growth. I have undertaken other coaching courses, but the Cognitive Coaching training takes everything to a deeper level.

As a coachee, being coached utilising the Cognitive Coaching structures is a gentle massage for the brain, and when you experience a cognitive shift in thinking the "aha" produced is like a burst of energy from within. I underwent a Cognitive Coaching session prior to my application for the Lindsay Thompson Fellowship. The results speak for themselves!

**Abby Graham**

**Professional Learning Leader**

**(Educator)**

**Neerim District Secondary College**

**Victorian Department of Education**

**Lindsay Thompson Fellow 2007**

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The 8 days spent being trained as a Cognitive Coach were some of the most rewarding and empowering days I have spent in 26 years of teaching. The skills learned have had a major impact on how I relate to both staff and students. I would thoroughly recommend the course to anyone wanting to grow, not only professionally, but also on a personal level.

**Sue Baensch**

**Corio Bay Senior College**

**Victorian Department of Education**

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The Cognitive Coaching training was the most beneficial and insightful learning opportunity I have undertaken. It has provided me with a powerful avenue to interact with staff and students and given me insight into my own thinking, as well as the thinking of others. It is the only professional learning that I have undertaken that has challenged me to develop the capacity of others.

**Gavin Grift**

**Cluster Educator**

**Mulberry Hill Cluster**

**Victorian Department of Education**

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