

Art Costa and Robert Garmston's

COGNITIVE COACHINGSM

Foundation Seminar (8 days) – Darwin

Cognitive CoachingSM training focuses on the maps and tools needed to mediate another's thinking. The metaphor of maps and tools is used to indicate the dynamic, individualised way in which coaching takes place. A coach is equipped with maps and tools which s/he uses to assist the person being coached in "navigating" the territory of his/her thinking. Each coach uses the maps and tools in slightly different ways, but always focuses on mediating thinking.

The three maps of Cognitive CoachingSM are: planning, reflecting and problem-resolving. Each map has identified elements, which are learned in the training. The three maps interact with each other. When a person reflects on something he has done, he often begins thinking about the next activity or event and begins planning, based on what he learned from reflecting on a previous experience. Problem-solving can come from a person feeling "stuck" or can be part of reflecting or planning. When a person is "stuck" in his thinking, it is usually one or more of the States of Mind that are causing the "stuckness."

The main tools of Cognitive CoachingSM are: rapport, mediative questioning, response behaviours, pacing and leading. The training focuses on learning these tools and using them with the maps. A major focus of the training is trust and rapport.

Specifically, a person will do the following in Cognitive CoachingSM training:

- build trust by developing physical and verbal rapport
- facilitate thinking through questioning and developing greater precision in language
- develop a person's autonomy and sense of community by increasing their sense of efficacy and self-awareness
- distinguish between coaching and evaluation
- rehearse coaching interactions that are congruent with a variety of styles
- apply coaching skills which enhance the intellectual processes of performance

Registration Form

Australian based Cognitive CoachingSM Trainers



Gavin Griff



Sue Presler

Date: 29 March–1 April 2010 and 18–21 June 2010
Venue: Charles Darwin University, Darwin, NT
Time: 8.45 am to 3.45 pm (8.30 registration)
Cost: ANSN Members: \$1750.00 (incl GST)
Non-ANSN Members: \$2000.00 (incl GST)
Inquiries: Questions relating to this training should be directed to Gavin Griff
e: gavin.griff@ansn.edu.au p: 0458 094 050

Registration details:

Name: _____

School/Institution: _____

Address: _____

State: _____ Postcode: _____

Phone B.H. (____) _____ A.H. (____) _____

Fax: (____) _____ Mobile: _____

Essential Information: Please provide email address as all registrations will be confirmed by email.

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