Cognitive Coaching℠

The Details
Cognitive Coaching℠ is offered in two parts of four classroom days each. Each 4-day session is structured to begin with two classroom days, then a break of 3-4 weeks to allow practice and implementation, followed by another two classroom days.

Learning Objectives
Following completion of the eight-day workshop, participants will be able to:

• develop trust and rapport
• develop an identity as a mediator of thinking
• utilize conversation structures for planning, reflecting and problem resolving
• develop autonomy and sense of community
• develop higher levels of efficacy, consciousness, craftsmanship, flexibility and interdependence
• apply four support functions: coaching, evaluating, consulting, collaborating
• utilize the coaching tools of pausing, paraphrasing, and posing questions
• distinguish among the five forms of feedback
• use data to mediate thinking

Edmonton 2020 Spring Cohort:
Part 1:
February 13th & 14th and
March 12th & 13th, 2020
Part 2:
May 7th & 8th and
June 4th & 5th, 2020
Location: University of Alberta
Times for all sessions -
Thurs 11:00-5:00pm
Friday 9:00-3:00pm

Calgary 2020 Spring Cohort:
Part 1:
April 6th & 7th and
May 11th & 12th, 2020
Part 2:
May 21st & 22nd and
June 11th & 12th, 2020
Location: University of Calgary
Times for all sessions -
8:00-2:30pm
The Office of Lifelong Learning is excited to offer Cognitive Coaching™, with cohorts in both Edmonton and Calgary, beginning in the spring of 2020.

Why coaching?
Leading people, helping others make changes and educating others requires not only knowledge, but also adaptive skills of communicating, engaging and fostering others’ thinking in a psychologically safe way. This means that at times you need to not give answers, but instead help guide others through problem-solving.

These adaptive skills are taught in and refined in a Cognitive Coaching™ seminar. You will become skilled in “mediating” someone’s thinking, by building rapport and posing questions that help the coachee develop their own problem resolving strategies. You will learn how to quickly establish yourself as a safe “sounding board” that builds the internal resourcefulness of the coachee.

The skills taught can be used informally in “on-the-fly” discussions and in a more structured format. With extensive opportunities to practice during the workshop, participants will feel confident implementing adaptive approaches to support others in a variety of contexts – at work, in the clinic, in the classroom, and with family.

Interested in learning more?
Read our publication in the Canadian Journal of Physician Leadership: https://cjpl.ca/cognitivecoaching.html
You can also learn more at the Thinking Collaborative website: https://www.thinkingcollaborative.com/