

## ADAPT Career Coaching

**\$1200 and 18 ICF CCEUs**

Offered through the Duquesne University School of Business Professional Coach Certification Program and taught by Steve Wendell

This course is for coaches who want to learn how to work with clients to develop their career management capacity for the 21<sup>st</sup> century landscape. This course will help clients in all phases of career management: clients seeking to better align their current job, exploring major career transitions, and developing long-term career management that includes adaptability and holistic integration of all domains of their life. This course does not require any prior career counseling, career coaching, or career specific knowledge. Opportunities to serve as career coaches at Duquesne University and other various ongoing projects will be available to select graduates of this elective.

### Major Topics

**This course is based on the foundations of the PCCP and ICF competencies while integrating the best practices of career counseling with multiple coaching theories.**

The course uses the ADAPT model (Adaptability Development and Authentic Purpose Targeted model) for career coaching (Steve Wendell). We will cover the approaches to develop the client's individualized capacity for career management through the general domains of Reflection, Planning, and Action. We will explore the topics through application of the tools and approaches in the student's own career management strategies.

### Delivery Method & Course Meeting Days and Times

Webinars will be delivered via Zoom. You are responsible to ensure you have the necessary technology and bandwidth to participate. Three required triad coaching sessions are arranged on your own (details to be provided in the first webinar).

Date			Session Topic
May 4, 2022	5-6:30 pm	Webinar	21 <sup>st</sup> Century Landscape – Career Adaptability
May 18, 2022	5-6:30 pm	Webinar	Career Decision Making and Theories
June 1, 2022	5-6:30 pm	Webinar	Career Counseling Best Practices – Coaching Modifications
June 15, 2022	5-6:30 pm	Webinar	Coaching Theories, Models, Exercises: Part 1
June 29, 2022	5-6:30 pm	Webinar	Coaching Theories, Models, Exercises: Part 2
July 6, 2022	5-6:30 pm	Webinar	Putting It All Together – Entry/Engagement
	2 hours	Coaching	Entry
July 20, 2022	5-6 pm	Webinar	Putting It All Together – Reflection (Authentic Career Vision)
	2 hours	Coaching	Reflection (Authentic Career Vision)
August 3, 2022	5-6pm	Webinar	Putting It All Together – Planning and Action
	2 hours	Coaching	Planning and Action
August 17, 2022	5-6pm	Webinar	Putting It All Together – Going Forth

No textbooks are required.

Reading assignments: articles and instructor provided summary articles.

Assignments: Utilize the tools discussed in the course for your own career management.

### CCEU Information

**This course offers 14.33 ICF Core Competency credit hours and 3.67 Resource Development credit hours.**

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