



# Cognitive Coaching<sup>SM</sup>

Developed by Arthur L. Costa and Robert J. Garmston



## Initial Training

July 6-9, 2010 – Saskatoon

Part I – Planning and Reflecting

October 21-23, 2010 – Saskatoon

Part II – Problem Resolving

Cognitive Coaching<sup>SM</sup> training focuses on developing knowledge and skills in order to support another's thinking. 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 supporting thinking.

The three maps of Cognitive Coaching<sup>SM</sup> are: planning, reflecting and problem solving. Each map has identified elements, which are learned in the training. The main tools of Cognitive Coaching<sup>SM</sup> are: rapport, mediative questioning, response behaviors, pacing and leading. The training focuses on learning these tools and using them with the maps. A major focus of the training is building trust and rapport.

Specifically, a person will do the following in Cognitive Coaching<sup>SM</sup> 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
  - Practice coaching interactions that fit with a variety of styles
  - Apply coaching skills which enhance performance
- (Adapted from <http://www.cognitivecoaching.cc/overview.htm>)

### Registration

Part I and II = \$682.50 (GST included)

Part I only = \$420.00 (GST included)

Registration includes manual, refreshments and lunch.



Register early – space is limited.  
Deadline: June 18, 2010

## Cognitive Coaching Registration Form

Name

Teaching Certificate Number  School/Organization

Mailing Address  Home  School

City  Province  Postal Code

Phone  E-mail

Payment Options:  Cash/Debit  Cheque  Complimentary  
 Visa  MasterCard

Credit Card Number

Expiry  CVV/CVC Code\*  Date

Signature

\* This 3-digit number is found on the signature strip on the back of your card and is required to process your payment. Please submit this code in the space provided or call the Saskatchewan Teachers' Federation office with the number. The STF does not keep credit card information on file. This section will be destroyed after your registration is processed.

The above information will be used for the purposes of processing your registration, course administration, and generating statistical information related to the administration of this program.

### Complete and return form and payment to:

Saskatchewan Professional Development Unit  
2317 Arlington Avenue  
Saskatoon SK S7J 2H8  
Phone (306) 373-1660 Fax (306) 374-1122

