

Philosophy for Coaches
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Learning Outcomes

Week	Questions Addressed	Students learn ...
1. Introduction	<ul style="list-style-type: none"> • What is philosophy? • What do I stand to gain from studying philosophy? • How is philosophy relevant to coaching? 	<ul style="list-style-type: none"> • To engage with philosophical texts for the purpose of asking more powerful questions in their coaching engagements
2. Plato	<ul style="list-style-type: none"> • Does truth exist ‘out there’ or inside of me? • To what extent am I blind to the truth and how would I know if I am? • If I’m not blind to the truth, what are my obligations to those who are? 	<ul style="list-style-type: none"> • To conceive of truth, justice, and beauty as Ideal Forms • To reflect on what it means to be in service to others
3. Descartes	<ul style="list-style-type: none"> • How do I distinguish truth from falsehood? • By what method can I be sure of anything? • What can I know for sure? 	<ul style="list-style-type: none"> • To doubt what cannot be proven • To reflect in a systematic way • To challenge assumptions in themselves and others
4. Nietzsche	<ul style="list-style-type: none"> • What gives meaning to my life? • How do I know that I am living my best life? • What prevents me from living my best life? 	<ul style="list-style-type: none"> • To see their identity within the context of prevailing cultural norms and values • To define themselves for themselves (to the extent that this is possible)
5. Foucault	<ul style="list-style-type: none"> • What forms of power am I subject to? • How is power structured? • How do discourses - medical, religious etc. - determine how I see the world? 	<ul style="list-style-type: none"> • To see how power operates in society • To open up a space for freedom within prevailing power structures

6. Rorty	<ul style="list-style-type: none"> • How does description determine how I see myself and the world? • Is one descriptive language more authoritative than another? • What are the political implications of living without a 'master narrative'? 	<ul style="list-style-type: none"> • To see how reality is structured through language • To be at choice with respect to how they structure reality through language
7. Taylor	<ul style="list-style-type: none"> • What is authenticity and how do I attain it? • Is authenticity a worthy goal? • Is authenticity possible? 	<ul style="list-style-type: none"> • To understand authenticity within the context of individualism • To respond appropriately to challenges inherent in 'being authentic'
8. Butler	<ul style="list-style-type: none"> • Is gender a biological given or is it socially constructed? • How are gender and other seemingly natural categories produced and reproduced? • How are these categories disrupted through innovation and subversion? 	<ul style="list-style-type: none"> • To understand the source of recent debates about gender non-conformity • To engage meaningfully in conversations about gender identity
9. Nussbaum	<ul style="list-style-type: none"> • What are the limits of rationality? • What role do emotions play in good decision-making? • What can I do to increase the likelihood that I will make good decisions? 	<ul style="list-style-type: none"> • To distinguish between abstract reasoning and practical rationality • To develop more effective decision-making in themselves and others
10. West	<ul style="list-style-type: none"> • What are the contradictions at the heart of American democracy? • What responsibilities do we have as democratic citizens? • What qualities of character do we need to possess for a democracy to function well? 	<ul style="list-style-type: none"> • To engage with histories of oppression in America • To see the oppressor in themselves and others • To envision and create a more equitable world
11. Zizek	<ul style="list-style-type: none"> • How does ideology distort perception and experience? • What ideologies are we most subject to right now? • What alternatives are there? 	<ul style="list-style-type: none"> • To see how ideology operates in society • To resist ideology where it limits and constrains human flourishing