

## Readings

### Module 1 – Introduction to the Course (1 CC, 2.5 R)

History of ICF. Accessed on April 25, 2022 at <https://coachfederation.org/history>

Updated Core Competencies. Accessed on April 25, 2022 at <https://coachingfederation.org/app/uploads/2021/03/ICF-Core-Competencies-updated.pdf>

ICF MCC Markers. To be published later in 2022.

Drake, D. (2008). Finding our way home: coaching's search for identity in a new era. In *Coaching: An International Journal of Theory, Research and Practice*. 1(1), 15-26.

Abravanel, M., and Gavin, J. 'Exploring the evolution of coaching through the lens of innovation.' In *International Journal of Evidence Based Coaching and Mentoring*, 15(1), 24-41.

Fillery-Travis, A., and Collins, R. (2017). 'Discipline, profession and industry - how our choices shape our future.' In *Sage Handbook of Coaching*. Bachkirova, Spence and Drake (Eds). SAGE Publications.

### Module 2 – Ethical Dilemmas (3.5 CC)

#### Core Competency #1: Demonstrates Ethical Practice

ICF Code of Ethics. Accessed on April 25, 2022 at <https://coachingfederation.org/app/uploads/2021/01/ICF-Code-of-Ethics-1.pdf>

Hirani, K. (2017). 'Transcending Ethical Dilemmas in Coaching and Supervision: A Model to Develop a Transpersonal Perspective.' In *Philosophy of Coaching: An International Journal*. 2(1) 6-27.

Louis, D., and Fatien Diochon, P. (Eds.). (2019). *Complex Situations in Coaching: A Critical Case-Based Approach*. London, UK: Routledge.

### Module 3 – Career Development 1 (3.5 RD)

#### Resource Development

Coaching tools and templates provided.

### Module 4 – Growth Trajectories (3.5 CC)

#### Core Competency #3: Establishes and Maintains Agreements

Franklin, M. (2019). *The heart of laser-focused coaching: A revolutionary approach to masterful coaching*. Thomas Noble Books: Wilmington, USA, pp. 51-65.

Humphreys, J. (2019). 'Coaching anxiety, fear and stress.' In *choice: the magazine of professional coaching*. 17(2).

Humphreys, J. (2022). 'Measuring different growth trajectories in a coaching engagement.' In *choice: the magazine of professional coaching*.

### **Module 5 – Real, Ideal and Idealized Self (3.5 CC)**

#### **Core Competency #3: Establishes and Maintains Agreements**

Boyatzis, R., and Dhar, U. (2022). 'Dynamics of the ideal self.' In *Journal of Management Development* 41(1), 1-9.

Christian, B., & Griffiths, T. (2016). *Algorithms to live by: The computer science of human decisions*. New York, NY: Henry Holt & Co, pp. 1-30.

Horney, K. (1950). *Neurosis and human growth: The struggle toward self-realization*. New York, NY: Norton, pp. 13-39

### **Module 6 – Group Mentor Coaching #1 (1.5 CC)**

### **Module 7 – Context and Identity (3.5 CC, 1.5 R)**

#### **Core Competency #4 – Cultivates Trust and Safety**

Video resources and worksheets provided.

### **Module 8 – Attachment and Narrative (3.5 CC)**

#### **Core Competency #4 - Cultivates Trust and Safety**

George, C., Kaplan, N., & Main, M. (1985). 'The Adult Attachment Interview.' Unpublished manuscript, University of California at Berkeley. Accessed on April 25, 2022 at [http://www.psychology.sunysb.edu/attachment/measures/content/aai\\_interview.pdf](http://www.psychology.sunysb.edu/attachment/measures/content/aai_interview.pdf)

Hudson Institute. 'Learning from the work of Bowlby and Ainsworth.' Accessed on April 25, 2022 at [https://hudsoninstitute.com/wp-content/uploads/2019/05/Self-as-Coach\\_Bowlby\\_FINAL.pdf](https://hudsoninstitute.com/wp-content/uploads/2019/05/Self-as-Coach_Bowlby_FINAL.pdf)

Wallin, D. (2007). *Attachment in psychotherapy*. New York, NY: Guildford Press. pp. 1-42

Drake, D. (2009). 'Using attachment theory in coaching leaders: The search for a coherent narrative.' *International Coaching Psychology Review*. 4(1), 49-58

**Module 9 – Trauma and Post-Traumatic Growth (3.5 CC)**  
**Core Competency #4 - Cultivates Trust and Safety**

Shoukry, H. (2017). 'Coaching for social change.' In *Sage Handbook of Coaching*. Bachkirova, Spence and Drake (Eds). SAGE Publications, pp. 176-191.

Spence, G. and Joseph, S. 'Coaching for posttraumatic growth: An appropriate response to the devastations of life?' In *Sage Handbook of Coaching*. Bachkirova, Spence and Drake (Eds). SAGE Publications.

Sehgal, P. (2021). 'The case against the trauma plot.' In *The New Yorker*. January 3 & 10, 2022 Issue.

Siegel-Acevedo, D. (2021). 'Writing Can Help Us Heal from Trauma.' In *Harvard Business Review*. July 01, 2021 issue.

Maté, G. (2021). *Wisdom of Trauma: Featuring Dr Gabor Maté*. Film accessed on 25<sup>th</sup> April, 2022 at <https://thewisdomoftrauma.com/>

**Module 10 – Group Mentor Coaching #2**

**Module 11 – Non-Attachment and No-Self (3.5 CC)**  
**Core Competency #5 – Maintains Presence**

Sumedho, A. *The four noble truths: Illustrated edition*. Accessed on April 25, 2022 at <https://amaravati.org/dhamma-books/the-four-noble-truths/>

**Module 12 – Pragmatism and Democracy (3.5 CC)**  
**Core Competency #5 – Maintains Presence**

Rorty, R. (1989). *Contingency, irony, and solidarity*. Cambridge: Cambridge University Press

Bachkirova, T., and Borrington, S. (2019). 'Old wine in new bottles: Exploring pragmatism as a philosophical framework for the discipline of coaching.' In *Academy of Management Learning & Education* 18(3), 337–360

**Module 13 – Group Mentor Coaching #3 (1.5 CC)**

**Module 14 – Listening for ... Transference (3.5 CC)**  
**Core Competency #6 – Listens Actively**

Shedler, J. (2005). 'Transference.' In *That was then, this is now*. Accessed on April 25 2022 at [https://jonathanshedler.com/PDFs/Shedler%20\(2006\)%20That%20was%20then,%20this%20is%20now%20R9.pdf](https://jonathanshedler.com/PDFs/Shedler%20(2006)%20That%20was%20then,%20this%20is%20now%20R9.pdf)

Maccoby, M. (2004). 'Why people follow the leader: The power of transference.' *Harvard Business Review*.

Haan, Erik. (2011). 'Back to basics: How the discovery of transference is relevant for coaches and consultants today.' *International Coaching Psychology Review*. 6. 180-193.

**Module 15 – Listening for ... Defense (3.5 CC)**  
**Core Competency #6 – Listens Actively**

Shedler, J. (2005). 'Defense.' In *That was then, this is now*. Accessed on April 25 2022 at [https://jonathanshedler.com/PDFs/Shedler%20\(2006\)%20That%20was%20then,%20this%20is%20now%20R9.pdf](https://jonathanshedler.com/PDFs/Shedler%20(2006)%20That%20was%20then,%20this%20is%20now%20R9.pdf)

Detert, J., & Burris, E. (2016). 'Don't let your brain's defense mechanisms thwart effective feedback.' In *Harvard Business Review*.

Bowins, B. (2004). 'Psychological defense mechanisms: a new perspective.' *The American Journal of Psychoanalysis*, 64(1).

**Module 16 – Listening for ... Values (3.5 CC)**  
**Core Competency #6 – Listens Actively**

Humphreys, J. (2018). 'Whose values are you living when you're living your values? An existential approach to values clarification coaching.' *Philosophy of Coaching: An International Journal* 3(2) 73-87.

Baumgartner, N. (2020). 'Build a Culture That Aligns with People's Values.' In *Harvard Business Review*.

**Module 17 – Group Mentor Coaching #4 (1.5 CC)**

**Module 18 – Awareness of ... Assumptions (3.5 CC)**  
**Core Competency #7 – Evokes Awareness**

Kegan, R., & Lahey, L. L. (2009). *Immunity to change: How to overcome it and unlock potential in yourself and your organization*. Boston, Mass: Harvard Business Press. Chapter 9.

Kegan, R., & Lahey, L. L. (2001). 'The real reason people won't change.' In *Harvard Business Review*, November 2001 Issue.

### **Module 19 – Awareness of ... Parts (3.5 CC)**

#### **Core Competency #7 – Evokes Awareness**

'The Internal Family Systems Model Outline.' Published by IFS Institute. Accessed on 25 April 2022 at <https://ifs-institute.com/resources/articles/internal-family-systems-model-outline>

'The Eight Concepts of Bowen Theory.' Published by the Bowen Institute. Accessed on 25 April 2022 at <https://www.thebowencenter.org/core-concepts-diagrams>

'How family dynamic systems play out at work.' Podcast published by HBR Presents. Accessed on 25 Apr 2022 at <https://hbr.org/podcast/2021/11/how-family-dynamics-play-out-at-work>

How understanding your family dynamics can improve work. Podcast published by HBR Ideacast. Accessed on 25 Apr 2022 at <https://hbr.org/podcast/2022/04/how-understanding-your-family-dynamics-can-improve-work>

Chamine, S. (2016). *Positive intelligence: Why only 20% of teams and individuals achieve their true potential and how you can achieve yours*. Greenleaf Book Group Press, 2016. Chapters 1-8.

### **Module 20 – Awareness of ... Aspirations (3.5 CC)**

#### **Core Competency #7 – Evokes Awareness**

Callard, A. (2018). *Aspiration: The agency of becoming*. New York, NY: Oxford University Press. Chapter 1.

### **Module 21 – Group Mentor Coaching #5 (1.5 CC)**

### **Module 22 – Commitment and Integrity (3.5 CC)**

#### **Core Competency #8 – Facilitates Client Growth**

Flores, F., & Letelier, M. (2013). *Conversations for action and collected essays*. CreateSpace Independent Publishing Platform.

Solomon, R. C., & Flores, F. (2001). *Building trust in business, politics, relationships, and life*. New York: Oxford University Press.

Jensen, M. & Christensen, K. (2009). 'Integrity: Without it nothing works.' In *Rotman: The Magazine of the Rotman School of Management*, Fall 2009, pp. 16-20.

Carman, T. et. al. (2011). *Being in the world: A philosophical guide to a meaningful life*. Accessed on 25 April 2022 at [https://www.youtube.com/watch?v=fcCRmf\\_tHW8&t=338s](https://www.youtube.com/watch?v=fcCRmf_tHW8&t=338s)

**Module 23 – Career Development 2 (3.5 RD)  
Resource Development**

Tools and templates provided.

**Module 24 – Individual Mentor Coaching #1 (1 CC)**

**Module 25 – Individual Mentor Coaching #2 (1 CC)**

**Module 26 – Individual Mentor Coaching #3(1 CC)**