您的教练作品集 (ACTP)

**要求**

1. **教练有力的工具**
2. **教练模型**
3. **教练研究论文（或案例分析）**

**原创真实性**

在您着手准备作品集时也许会通过参考相关的视频、阅读文章、收听广播或访问ICA模块或互联网搜索等方式作一些相关参考。所有的您使用或借鉴的这些资源都被视为非常有价值的并且能够帮助拓展您的学习内容或支持您的见解与观点。但是请注意不要过度依赖来自第三方的内容，禁止摘抄且不标注引用或出处。请点击指南查看文章有关[原创作品集定义](https://cnsupport.icoachacademy.com/support/solutions/articles/4000138713-%E6%82%A8%E7%9A%84%E4%B8%AA%E4%BA%BA%E4%BD%9C%E5%93%81%E9%9B%86%E5%AF%B9%E6%82%A8%E6%9D%A5%E8%AF%B4%E6%98%AF%E7%8B%AC%E4%B8%80%E6%97%A0%E4%BA%8C%E7%9A%84-your-portfolio-is-unique-to-you-)

**发表**

一旦经ICA批准后，您的作品集将会发表至ICA博客随后在毕业年鉴中在您的个人资料内链接至网页。对于您之后教练服务的推广来说不失为一个绝佳的机会。如果由于您个人的原因不愿意公开发表，可随时通过 [support@coachcampus.com](mailto:support@coachcampus.com) 与我们取得联系。

**教练有力的工具**

在您成功研究学习通过某些方法能够转变他人看待问题观点的角度后，试着创建一种能与您和您的教练利基产生共鸣的有力工具。您也可以从ICA的有力工具科目内获得一些灵感，但是您创建的有力的工具必须是您专属的并且拥有其独一无二的名称。该工具也应符合this vs that框架体系。

**流程：**

1. **反思**

首先思考一下您或周围一些人近期所遭遇的重要事件或状况。在其中寻找出看待问题的发点并思考以下探索性问题：

* 在该次经历中涉及了哪些挑战和/或成功？
* 在这样的情况下出现了哪些观点或信念？
* 挑战的环境是否因为观点或视角的改变而超越了？
* 您或周围的人是如何改变他们对事物的认知方式从而体验到情绪（信仰的体现）的改善同时也找到了新的选择并采取新的行动？

1. **选择一个视角**

通过第一步的反思，思考有一个有可能会限制创造“情绪陷入”的观点而阻碍了成长、自我意识或向前迈进行动的机会。

例如：恐惧、稀缺、不安全

现在根据上述的选择来考虑一种更为有力的观点或角度。并不需要一定是完全相反的观点 – 只需要是一种更有可能创造新的思维方式和创造性行动的观点。

例如：信任、富足、适合

1. **描述和定义**

定义和/或描述您选择的每个视角。您可以按照自己喜欢的顺序进行操作 – 从一个视角开始然后转至另一个，或者两个视角来回切换进行区分。

**格式：**

封面：主题、您的姓名、电子邮件、注册的课程类型

排版：简介、说明、应用、反思、参考资料

字数： 约2000字左右

参考资料：请注明来自第三方出处

格式：必须为word文档，字体12号，间距1.5

\*可参阅CoachCampus网站的博客内强有力的工具，如[Courage vs Vulnerability](https://coachcampus.com/coach-portfolios/power-tools/lorna-poole-courage-vs-vulnerability/)

**提交**

1. 将每个作品集部分上传至论坛;
2. 并将论坛帖子的URL链接复制粘贴到毕业清单列表中;
3. 选择一位同学的作品集，通过学生论坛对其进行评论;
4. 将您评论后的论坛文章内容的URL链接复制粘贴到毕业清单列表中。

**教练模型**

教练的过程是根据不同情况和背景产生的，这也意味着每一次会谈和每一位客户都是不同的。通过创建您自己的教练模型，您可以充分展示出您作为教练的风采、您的客户类型和教练环境、您将为客户解决哪些问题以及您将使用的教练结构。

将热情或特定的专业知识作为您模型的基础。有时过往的经验起到至关重要的作用，凭借过往经验可以决定您的教练专业和方向。换句话说，探究并整合之前的工作和生活经验将对您足以成为一名专业的教练并对客户来说更有价值方面起到了重要作用。

**流程：**

**通用的技能和经验**

您过往的个人或专业经历将有助于改进您的教练模型。例如，如果您曾经拥有自己的公司的经历将有助于对创业者或企业拥有者的教练方面起到重要帮助。

请思考您从过去的经验中学习到了哪些可通用的技能或能力，以及您希望将哪些技能融合至您的教练模型中。

首先请列出您认为对于成为一名教练起到重要帮助的过往知识、专长和学习。有薪和义务劳动的职位都考虑在内。创建列表时请注意工作范围和职责不要重复。您也许曾经听说过这项清单被称为生命周期清单。以及包括这些经历所涉及的挑战或成功？

**提示**

规划教练模型时请思考以下几个问题：

* 哪种教练框架、理论或模型最吸引您？
* “当我在教练过程中，就像一个\_\_\_\_\_\_。
* 教练过程就像一个\_\_\_\_\_\_。是关于深度、力量的转变。”
* “我的客户为了\_\_\_\_\_\_找到我，我使用\_\_\_\_\_\_帮助客户找到它。
* 您认为促成强有力的教练会谈中教练或客户之间必须建立的三件最重要的事情是什么？

**格式**

封面：教练模型名称、您的姓名、电子邮件、注册的课程类型

排版：简介、视觉说明、参考资料

字数： 约1000字左右

参考资料：请注明来自第三方出处

格式：必须为word文档，字体12号，间距1.5

\*可参阅CoachCampus网站的博客内教练模型，如[Action Oriented Health](https://coachcampus.com/coach-portfolios/coaching-models/lorna-poole-action-oriented-health-coaching/)

**提交**

1. 将每个作品集部分上传至论坛;
2. 并将论坛帖子的URL链接复制粘贴到毕业清单列表中;
3. 选择一位同学的作品集，通过学生论坛对其进行评论;
4. 将您评论后的论坛文章内容的URL链接复制粘贴到毕业清单列表中。

**教练研究论文**

您的教练研究论文对您来说是独一无二的。它可以使您更深入地研究您所感兴趣的领域并且展示了它与教练之间的关系。

它能够在一个特定利基或特定主题相关内容内探索一个教练理论或教练实践。您的论文奖包括教练理论知识及实践应用。例如：研究一个理论或实践及它们在教练过程中的应用如正念、价值观等等。或者，研究教练在特殊领域的应用，例如教练忽视、教练单亲母亲、外籍教练等。

**格式**

封面：主题、您的姓名、电子邮件、注册的课程类型

排版：简介、文章内容、结论

字数： 约2000字左右

参考资料：请注明来自第三方出处

格式：必须为word文档，字体12号，间距1.5

\*可参阅CoachCampus网站的博客内教练模型，如[Health Coaching, an overview of practice and exploration of efficacy](https://coachcampus.com/coach-portfolios/research-papers/lorna-poole-health-coaching-an-overview-of-practice-and-exploration-of-efficacy/)

**提交**

1. 将每个作品集部分上传至论坛;
2. 并将论坛帖子的URL链接复制粘贴到毕业清单列表中;
3. 选择一位同学的作品集，通过学生论坛对其进行评论;
4. 将您评论后的论坛文章内容的URL链接复制粘贴到毕业清单列表中。

**Requirement**

1. **Coaching Power Tool**
2. **Coaching Model**
3. **Coaching Research Paper (or Case Study)**

**Authenticity**

When conducting research for your portfolio you might watch a video, read an article, listen to a podcast, revisit ICA modules, or even just browse the internet. All are considered valuable resources for extending your learning or supporting the opinions or insights you are presenting. But, it's important that you don't over rely on 3rd party content, or include it without referencing it. Here's a guide to how to [Create Without Copying](http://support.coachcampus.com/solution/articles/4000138440-your-portfolio-is-unique-to-you)

**Publishing**

Once approved by ICA, your portfolio pieces will be posted to the ICA blog and then linked to your profile in the Graduation yearbook. This is a great opportunity to be seen, and for your coaching services to be promoted. If for any reason you would prefer to not be published, please let us know via support@coachcampus.com

**COACHING POWER TOOL**

After studying a number of ways you can change someone's perspective from this to that, create a power tool that resonates with you and your coaching niche. You can use ICA's Power tools for inspiration, but your power tool must be unique to you and named uniquely. It should also fit with the this vs that framework

**Process**

1. **Reflect**  
   Consider a significant recent event or situation you or someone around you experienced. Look for the perspectives held by those involved. Consider the following exploratory questions:  
     
   - What challenges and/or successes were involved in this experience?

- What perspectives or beliefs were present in the circumstances?

- Were challenging circumstances transcended with a change of perspective or point of view?

- How did you or those around you change the way they perceived matter and, as a result, experienced an improve mood (embodied beliefs), found new choices, and took new action?

1. **Choose a perspective**With your reflections from step one in mind, consider a point of view that limits possibilities creating a ‘stuck feeling’ that inhibits growth, self-awareness or opportunity for taking action and moving forward.  
     
   *Example: fear, scarcity, insecurity*

Now consider a more empowering perspective or attitude to the one chosen above. It doesn’t have to be the exact opposite point of view – just one that is more likely to create new ways of thinking and creative actions.  
  
*Example: trust, abundance, adequacy.*

1. **Describe and Define**  
     
   Define and/or describe each of the perspectives you choose. You can do this in any order you prefer – starting with one perspective and then the other or go back and forth between the two to make the distinction

**Format**

Cover page: Topic, your name, your email, your program enrollment type

Layout: Introduction, Explanation, Application, Reflection, References

Words: approx. 2000 words in length

Reference: Be sure to reference all third party content

Format: Must be a word document with 12 font and 1.5 spacing

\* Refer to the CoachCampus blog for example power tools, such as [Courage vs Vulnerability](https://coachcampus.com/coach-portfolios/power-tools/lorna-poole-courage-vs-vulnerability/)

**Submission**

Upload each portfolio piece to the forum

Paste the URL of the forum post into your graduation checklist

Select a peers portfolio piece and review it via the student forum

Paste the URL of the piece you have reviewed into your graduation checklist

**COACHING MODEL**

Coaching is contextual, meaning every session and every client is different. By creating your own coaching model, you showcase who you are as a coach, who your clients will most likely be, what environment will you be coaching in, what problems will you be solving for clients and what structure you will use.

Draw on a passion or specific expertise as a foundation for your model. Sometimes prior experience is so significant that it alone can determine your coaching specialty and direction. In other cases, prior work and life experience need to be explored and then reintegrated to create a specialty that will be satisfying to you as a coach and valued by your clients.

**Process**

**Transferable skills and Experience**

Your previous personal or professional experiences will inform and enhance your coaching model. For example, if you’ve been a business owner you can understand even more how to coach a business owner.

Consider what transferable skills (or competencies) you have acquired from past experiences and which ones you would like to blend into your coaching model.

Begin by listing all your past knowledge, expertise, and learning that feels important to your work as a coach. Consider both paid and non-paid positions. Notice any overlap in duties and responsibilities as you create the list. You may have heard this referred to as a life inventory. What challenges and/or successes were involved in this experience?

**Prompts**Consider the following questions when planning your coaching model

* Which Coaching framework, theory or model appeals to you the most?
* “When I coach I am like a \_\_\_\_\_\_\_\_
* Coaching is like a \_\_\_\_\_\_\_\_, it is about deep, powerful transformation.”
* “My clients come to me looking for \_\_\_\_\_\_\_ and I help them find that using \_\_\_\_\_\_\_\_\_”
* What are the top 3 things you think a coaching/client relationship has to have for powerful coaching to take place?

**Format**

Cover page: Coaching model name, your name, your email, program enrollment

Layout: Introduction, Explanation with Visual, References

Words: approx. 1000 words in length

Reference: Be sure to reference all third party content

Format: Must be a word document with 12 font and 1.5 spacing

\* Refer to the CoachCampus blog for example power tools, such as [Action Oriented Health](https://coachcampus.com/coach-portfolios/coaching-models/lorna-poole-action-oriented-health-coaching/)

**Submission**

Upload each portfolio piece to the forum

Paste the URL of the forum post into your graduation checklist

Select a peers portfolio piece and review it via the student forum

Paste the URL of the piece you have reviewed into your graduation checklist

**COACHING RESEARCH PAPER**

Your Coaching Research Paper is unique to you. It allows you to go deeper and investigate an area of interest to you and demonstrate how it relates to coaching.

It can explore a coaching theory or practice or coaching within a particular niche or about a particular topic. Your paper will include knowledge of a coaching theory as well as its practical application. For example: Research a theory or practice and its application in coaching such as mindfulness, NLP, Value Sort etc. Or, Research coaching as it applies to a particular segment such as Coaching Nurses, Coaching Single Mothers, Coaching Expats.

**Format**

Cover page: Topic, your name, your email, your program enrollment type

Layout: Introduction, Body, Conclusion

Words: approx. 2000 words in length

Reference: Be sure to reference all third party content

Format: Must be a word document with 12 font and 1.5 spacing

\* Refer to the CoachCampus blog for example research papers, such as [Health Coaching, an overview of practice and exploration of efficacy](https://coachcampus.com/coach-portfolios/research-papers/lorna-poole-health-coaching-an-overview-of-practice-and-exploration-of-efficacy/)

**Submission**

1. Upload each portfolio piece to the forum
2. Paste the URL of the forum post into your graduation checklist
3. Select a peers portfolio piece and review it via the student forum
4. Paste the URL of the piece you have reviewed into your graduation checklist