

## Introduction to Coaching and Leadership Curriculum with Learning Objectives

1. Guest Coaches Interview
  - a. Students will define characteristics that make an effective and ineffective leader (Standard 1 Core Concepts)
  - b. Students will use self-reflection for improvement regarding coaching and leadership skills (Standard 7 Self Management)
2. Coaching Philosophy Development
  - a. Students will advocate for themselves and their choices effectively (Standard 8 Advocacy)
  - b. Students will use strategies to communicate effectively (Standard 4 Interpersonal communication)
  - c. Students will state skills for self-management (Standard 7 Self Management)
  - d. Students will define characteristics that make an effective and ineffective leader (Standard 1 Core Concepts)
  - e. Students will use self-reflection for improvement regarding coaching and leadership skills (Standard 7 Self Management)
  - f. Students will set effective goals and help others set effective goals (Standard 6 Goal Setting)
  - g. Students will influence others in a positive way (Standard 8 Advocacy)
3. Favorite Coach Biography
  - a. Students will define characteristics that make an effective and ineffective leader (Standard 1 Core Concepts)
4. Daily Situation Discussion Questions
  - a. Students will advocate for themselves and their choices effectively (Standard 8 Advocacy)
  - b. Students will use strategies to communicate effectively (Standard 4 Interpersonal communication)
  - c. Students will define characteristics that make an effective and ineffective leader (Standard 1 Core Concepts)
  - d. Students will use self-reflection for improvement regarding coaching and leadership skills (Standard 7 Self Management)
5. Identifying Leadership Qualities
  - a. Students will state skills for self-management (Standard 7 Self Management)
  - b. Students will define characteristics that make an effective and ineffective leader (Standard 1 Core Concepts)
  - c. Students will use self-reflection for improvement regarding coaching and leadership skills (Standard 7 Self Management)
6. Wooden on Leadership Book
  - a. Students will define characteristics that make an effective and ineffective leader (Standard 1 Core Concepts)

- b. Students will use self-reflection for improvement regarding coaching and leadership skills (Standard 7 Self Management)
- 7. Reading Emotions
  - a. Students will use strategies to communicate effectively (Standard 4 Interpersonal communication)
- 8. Active Listening
  - a. Students will use strategies to communicate effectively (Standard 4 Interpersonal communication)
- 9. Effective Communication
  - a. Students will advocate for themselves effectively (Standard 8 Advocacy)
  - b. Students will use strategies to communicate effectively (Standard 4 Interpersonal communication)
- 10. Hoosiers
  - a. Students will define characteristics that make an effective and ineffective leader (Standard 1 Core Concepts)
  - b. Students will use self-reflection for improvement regarding coaching and leadership skills (Standard 7 Self Management)
- 11. Effectively Delivering Bad News
  - a. Students will use strategies to communicate effectively (Standard 4 Interpersonal communication)
  - b. Students will state skills for self-management (Standard 7 Self Management)
  - c. Students will influence others in a positive way (Standard 8 Advocacy)
- 12. Developing Positive Coaching Relationships
  - a. Students will use strategies to communicate effectively (Standard 4 Interpersonal communication)
  - b. Students will state skills for self-management (Standard 7 Self Management)
  - c. Students will define characteristics that make an effective and ineffective leader (Standard 1 Core Concepts)
  - d. Students will influence others in a positive way (Standard 8 Advocacy)
- 13. Body Language
  - a. Students will use strategies to communicate effectively (Standard 4 Interpersonal communication)
  - b. Students will influence others in a positive way (Standard 8 Advocacy)
- 14. Creating a Coaching Resume
  - a. Students will state skills for self-management (Standard 7 Self Management)
- 15. Making Difficult Decisions
  - a. Students will advocate for themselves and their choices effectively (Standard 8 Advocacy)
  - b. Students will use strategies for positive decision making (Standard 5 Decision Making)
  - c. Students will use self-reflection for improvement regarding coaching and leadership skills (Standard 7 Self Management)
- 16. Developing Interview Skills for a Coaching Position

- a. Students will advocate for themselves effectively (Standard 8 Advocacy)
- b. Students will define characteristics that make an effective and ineffective leader (Standard 1 Core Concepts)
- c. Students will use self-reflection for improvement regarding coaching and leadership skills (Standard 7 Self Management)

17. Multiple Roles of a Coach

- a. Students will state skills for self-management (Standard 7 Self Management)
- b. Students will define characteristics that make an effective and ineffective leader (Standard 1 Core Concepts)
- c. Students will influence others in a positive way (Standard 8 Advocacy)

18. Effectively Teaching a Basic Skill

- a. Students will use strategies to communicate effectively (Standard 4 Interpersonal communication)
- b. Students will define characteristics that make an effective and ineffective leader (Standard 1 Core Concepts)
- c. Students will use self-reflection for improvement regarding coaching and leadership skills (Standard 7 Self Management)
- d. Students will influence others in a positive way (Standard 8 Advocacy)