

**Be The Cause – Independent Applied Learning  
Syllabus Description: Certified Professional Coach Program**

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## **COURSE PURPOSE**

- To design an Independent Applied Learning (IAL) in which participants experience creating and implementing a project that embodies the Antioch University Seattle (AUS) social justice mission and the role of professional coaching in forwarding that philosophy.

## **COURSE OBJECTIVES**

The participant will:

- Define, design and implement a social justice project grounded in professional coaching best practices
- Use an approach that aligns values and philosophies of inviteCHANGE and AUS
- Select readings that make explicit the connection between Social Justice and Transformative Coaching theories and their real world application
- Deepen self-awareness and discovery of their impact on society through the design and implementation of the project
- Document their learning by writing and submitting for instructor evaluation and feedback:
  - Book reviews of the selected readings
  - An annotated bibliography of related articles and other project planning resources.
  - Project proposal
    - Draft I for instructor approval will incorporate participant thinking about what they want to learn, what activities will support achievement of the intended learning objectives and a declaration of how learning will be demonstrated and/or the evidence of progress toward the learning objectives will be observed across the life of the proposed project.
    - Draft II will be reviewed by the Host Organization and a written approval obtained that outlines any agreements for the project that are essential to creating safety, clear boundaries and a

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process for escalation of challenges that may occur across the life of the project.

- Implementation plan
- Final paper analyzing the project and including participants' reflections on lessons learned, insights gained and integrating feedback from the client and/or representative at host organization.

### **PARTICIPANT LEARNING OBJECTIVES**

- Participant gains skill and confidence in applying coaching techniques with a population of clients that is typically underserved by professional coaches. These populations might include persons with low income of diverse racial and ethnic background, new immigrants, people with communication disabilities, teens, survivors of crime/domestic abuse, etc.
- Participant gains skill in assessment of client needs and strengthens skill in the application of professional coaching best practices in contracting with a client and delivering coaching services.
- Participant develops awareness of the power of coaching as a tool for forwarding social justice and individual growth and learns to assess the impact of the coaching project on the coaching clients and their communities.
- Participant discovers his/her own personal challenges, biases or pre-conceived notions about underserved client populations and communities. As a result of this awareness and reflection, participant renews commitment and develops strategies to continue to deepen cultural competence.

### **COURSE ACTIVITIES**

- 3 book reviews that support their project - at least one from each category
  - Professional Coaching
  - Social Justice
- Meetings with Field Advisor
  - 1-2 initial planning and design sessions with Field Advisor (4hrs.)
  - Monthly check-ins (3-5 hrs. over 3 mos. Co-designed)

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- Project review and feedback session (2hrs.)
- Advisor will review and give feedback on written work, including final reflection paper (3 hrs.)
- Documentation
  - Project proposal and Host Organization written approval
  - Monthly progress reports
  - Final reflection paper with annotated bibliography
- Project presentation
  - Project process – creation, design, implementation
  - Follow-up and next steps

### **FACULTY ADVISOR QUALIFICATIONS & EXPERIENCE:**

**BJ Levy**, MA, JD and PCC has been a transformative life coach since 2000. She has earned the Professional Certified Coach Certification and is a member of The International Coach federation where she is also an assessor for coach certification. BJ is on the faculty of inviteCHANGE and is also an inviteCHANGE Certified Mentor Coach. BJ focuses on bringing Voice Dialogue, a process of in-depth self- awareness, to professional coaching, and working with clients who are ‘long past time for a change.’ BJ works with individuals and small business owners who are ready to create lives of unlimited possibilities and meaningful action. As a ‘recovered attorney’ BJ knows the courage it takes to make huge changes and walk the path of personal freedom. BJ received her MA in Psychology from Antioch University Seattle in 1990.

**Chanda Carlson**, MA and MCC, uses her gifts of vision, wisdom, and twenty-five years of experience in leadership development to engage executives in discovering their inherent leadership qualities in ways that feel genuine for them. Her current clientele includes corporate and non-profit executives who lead teams that get desired results, as well as those who are transitioning to retirement and want to harvest ways to ‘give back.’ Chanda is on faculty at inviteCHANGE where she is also an inviteCHANGE Certified Mentor Coach, and an adjunct faculty member of AUS where she’s an alumna in Whole Systems Design (1992). For harmony in her life she gardens, dances, travels to sun spots, does community volunteer work and spends quality time with her partner, their cat and friends.