



# COMSEP

Better Health for All Patients  
Through Pediatric Education

## Coach Training Programs

- COMSEP COACH Course
- April 16, 2025



# Coach Training Programs

1. Discuss coaching as a leadership competency
2. Describe the benefits of coaching for your own professional development

# Leadership and Coaching



# Leaders in Action??!



# Coaching as a Leadership Competency

- Develop Listening skills
- Help others successfully keep their work
- Strengthen communication skills





## Coaching for development supports:

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- Individual goals
- Alignment to organizational objectives
- Skill development for team leadership
- Opportunities for advancement within organizations
- Powerful organizational results from strong team performance!

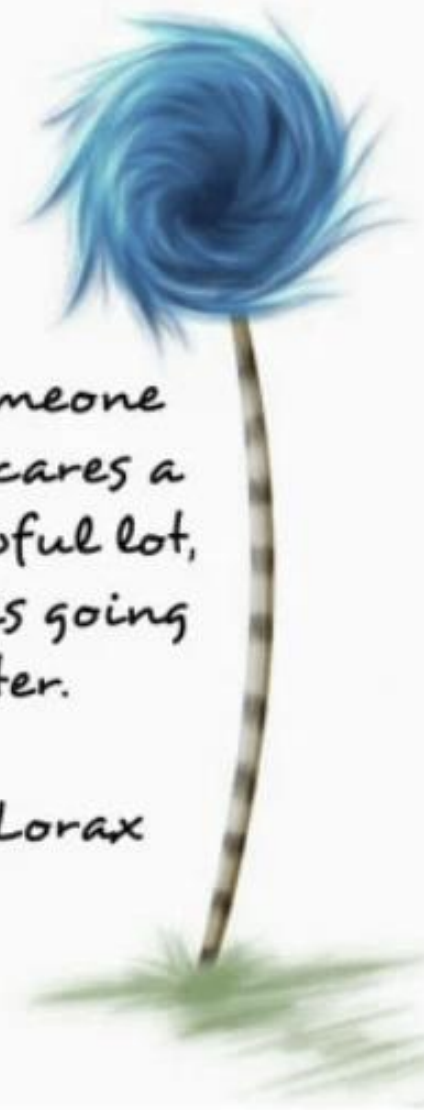


CENTER FOR  
**EXECUTIVE COACHING**  
WORLD-CLASS TRAINING | PRACTICAL METHODS | CLEAR RESULTS



Unless someone  
like you cares a  
whole awful lot,  
nothing is going  
to get better.  
It's not.

~ The Lorax



## The Model

WITH BROOKE CASTILLO

LIFE COACH SCHOOL



# Certified Physician Coaches of well, ya know...that school in Plano, TX : )

Private group · 297 members



- LCME Accreditation Services
- Executive/Life Coaching
- Event Speaking





# Multitasker ☐ Burned out Faculty ☐ Coach



**COMSEP**  
Better Health for All Patients  
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- Weight Loss for Busy Physicians
- Life Coach School
- Empowering Women Physicians

**Harvey Danger - Flagpole Sitta [1997] - I'm Not Sick But I'm Not Well!**



COMSEP COACH Certificate Program: Creating Committed, Academic CoaCHes





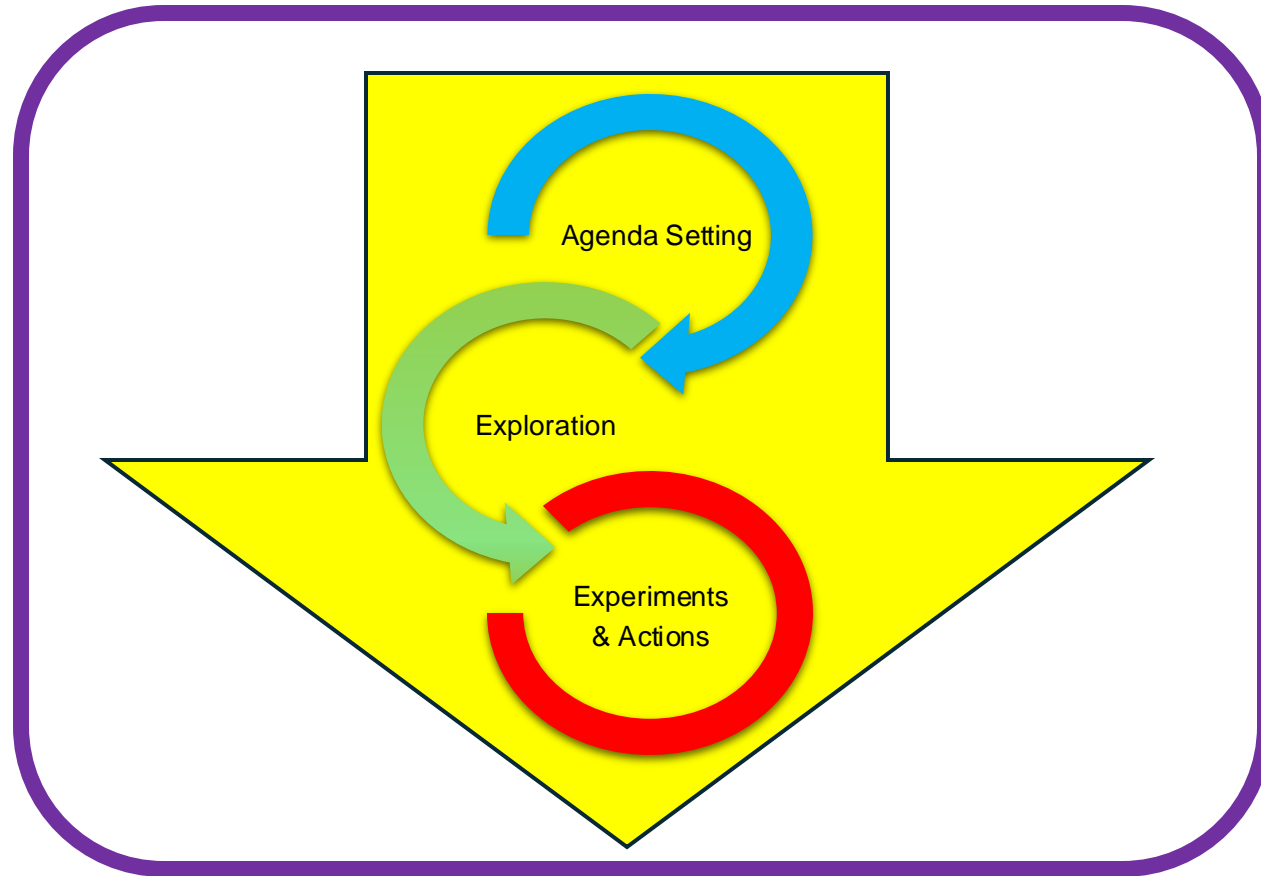
# Sabbatical, Serendipity and Transitions

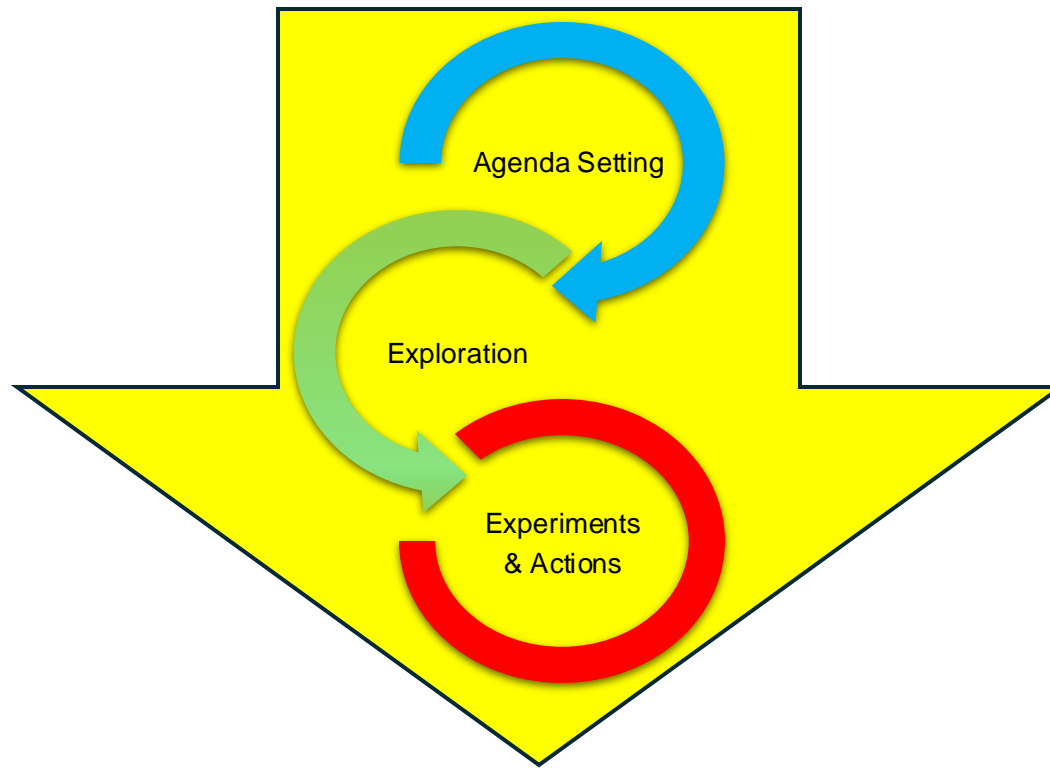


The  
journey  
continues



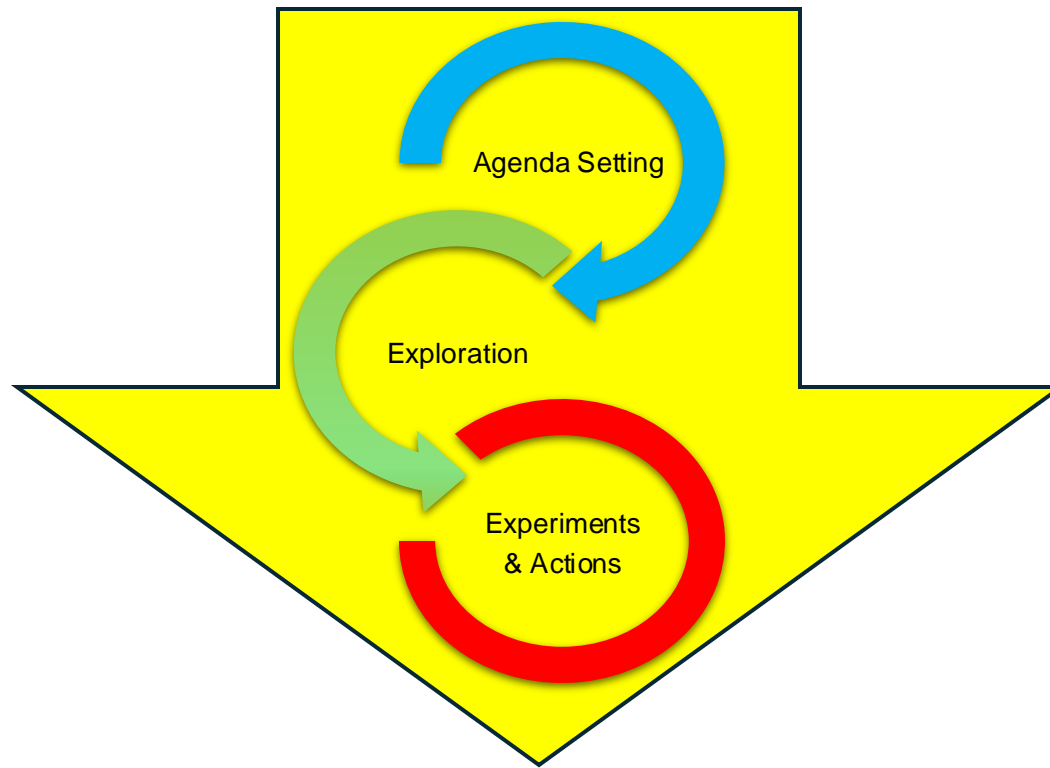
# The COMSEP COACH APPROACH





Foundations	The Coach Approach & Mindset Asking Questions & Listening Wholeheartedly
Agenda Setting	What would you like to focus on? Coaching Readiness
Exploration	It's the thought that counts Coaching Emotions Strength Based Coaching
Experiments & Actions	Co-creating actions to help people reach their goals





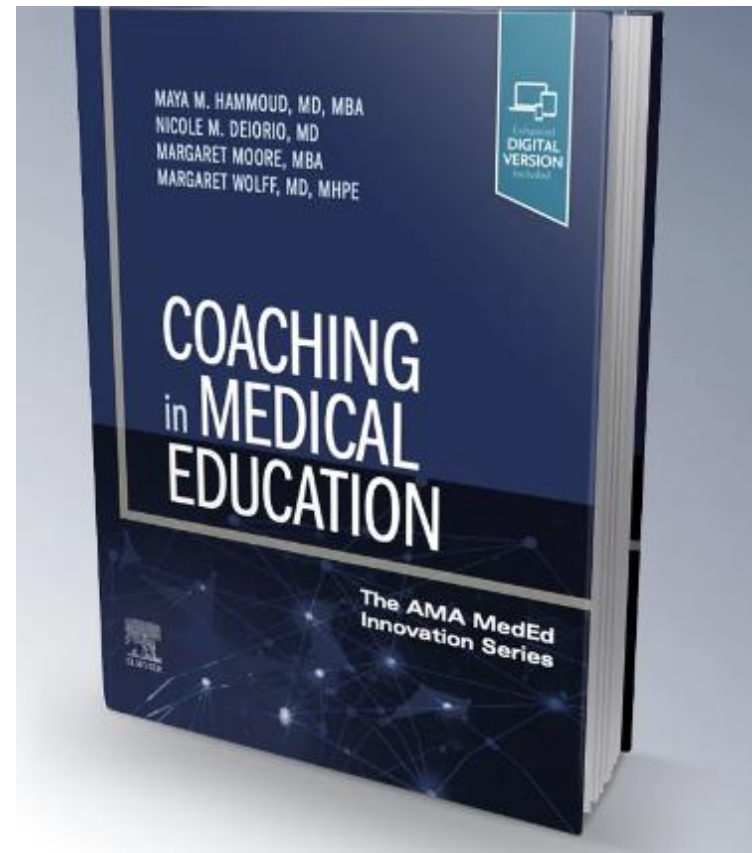
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# Type of Coaching Programs

- Formal programs
- Informal development/leadership programs
- “Stealth coaching”

# Formal Coach Programs

- Engage trainees and/or faculty
- Internal or External coaches
- Resources and ROI
- Sustainability
- Focus areas (i.e.-struggling learner, high potentials, leaders, wellness)



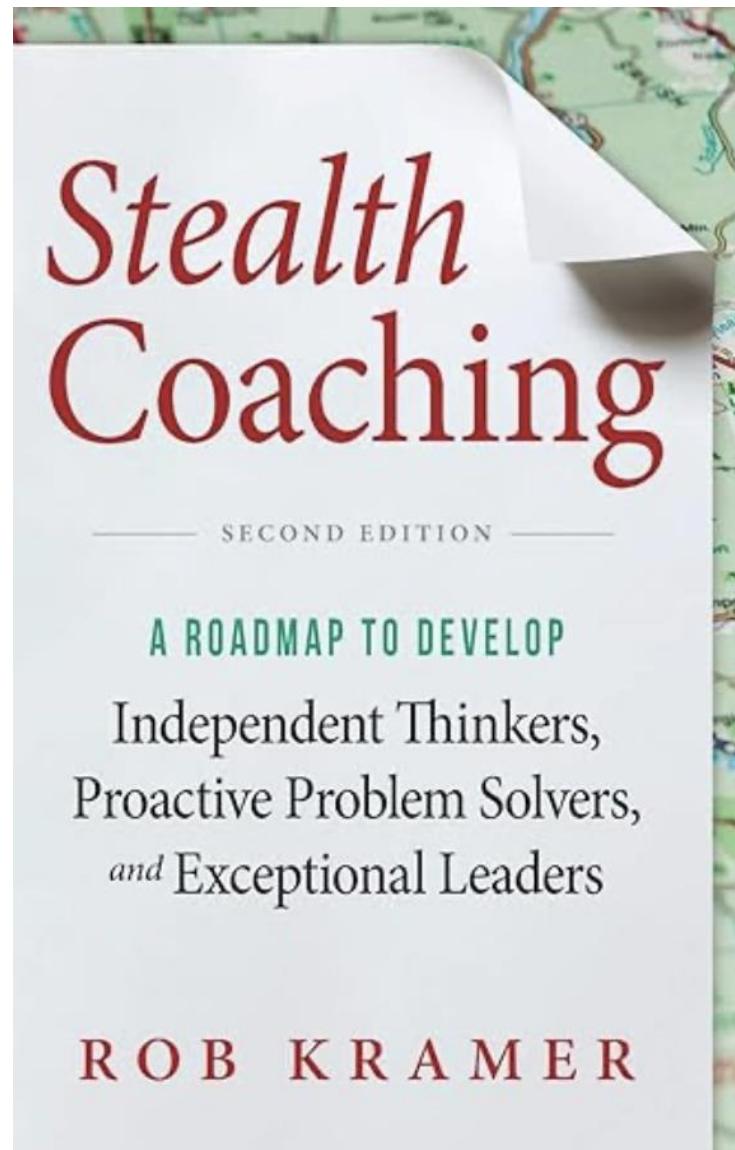
# Informal Coaching Programs

- Coaching for leaders, faculty development, trainee success, etc.
- Workshops, skills sessions, affinity groups





# “Stealth Coaching”





Where to  
Begin?





Does coach training influence program design?



# Sharing Goals.....

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Break out room report outs

Wrap up!

