



J-SAT
COVE
Coaching Options Versatile & Effective

Prison & Probation Directors Conference Workshop:

COVE: Coaching Options that are Versatile and Effective

Council of Europe, Estonia June 19-20, 2018

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The Four Processes of Motivational Interviewing

PLANING

EVOKING

FOCUSING

ENGAGING & Role Clarification

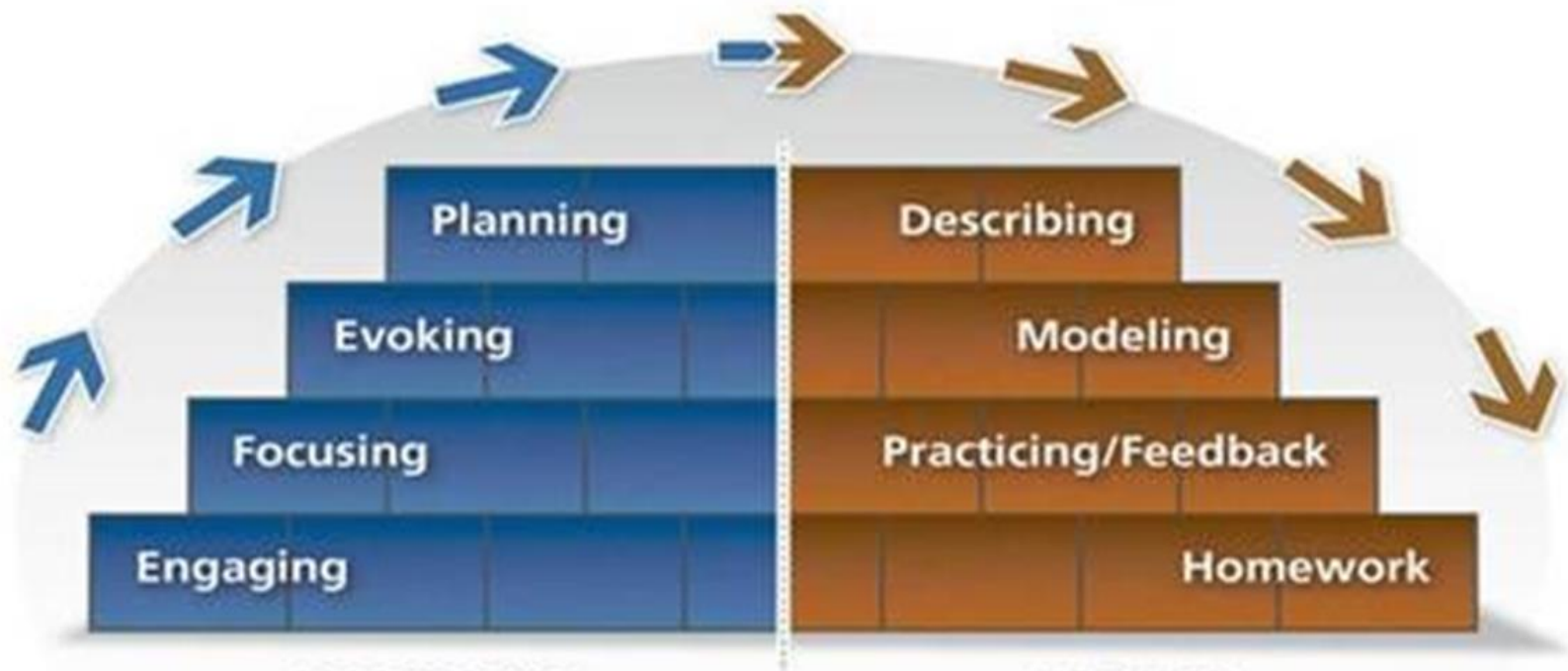
The Four Step of Cognitive Behavioral Coaching

Homework

Practice the skill with feedback

Model the skill

Describe the skill



4 PROCESSES OF
MOTIVATIONAL INTERVIEWING

Development

4 STEPS OF
COGNITIVE COACHING

Implementation

COVE: Coaching Practice Model

Role Clarify

Engaging

Focusing

Evoking

Planning

Cognitive

Learn & Carry

COVE: Coaching Practice Model

Role Clarify

1. My role today is....
2. What is your role today?

Engaging

Focusing

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COVE: Coaching Practice Model

Role Clarify

1. My role today is....
2. What is your role today?

Engaging

3. What's on your mind?
4. What else?

Focusing

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COVE: Coaching Practice Model

Role Clarify

1. My role today is....
2. What is your role today?

Engaging

3. What's on your mind?
4. What else?

Focusing

5. What's the real challenge here for you?

Evoking

Planning

Cognitive

Learn & Carry

COVE: Coaching Practice Model

Role Clarify	<ol style="list-style-type: none">1. My role today is....2. What is your role today?
Engaging	<ol style="list-style-type: none">3. What's on your mind?4. What else?
Focusing	<ol style="list-style-type: none">5. What's the real challenge here for you?
Evoking	<ol style="list-style-type: none">6. What do you want?7. How can I help?
Planning	
Cognitive	
Learn & Carry	

COVE: Coaching Practice Model

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Planning	<ol style="list-style-type: none">8. If you are saying yes to this what are you saying no to?
Cognitive	
Learn & Carry	

COVE: Coaching Practice Model

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Cognitive	9 – 12 Describe, Model, Practice with Feedback, Transfer
Learn & Carry	

COVE: Coaching Practice Model

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Cognitive	9 – 12 Describe, Model, Practice with Feedback, Transfer
Learn & Carry	<ol style="list-style-type: none">13. My next steps are ... What are your next steps?14. What was most useful for you today?