



HARVARD MEDICAL SCHOOL

DEPARTMENT OF CONTINUING EDUCATION

COACHING: A NEW HORIZON:

Theory, Emerging Evidence, & Practice

September 26–27, 2008

at

Colonnade Hotel, Boston, MA

Program Directors

Carol Kauffman, Ph.D., P.C.C., Margaret Moore, M.B.A., Christopher Palmer, M.D.

Course Description

Did you know that coaches serve a \$1.5 billion dollar market every year? However, fewer than 20% of coaches are from the mental health or medical fields. The inaugural McLean Hospital and Harvard Medical School Coaching conference will deliver an overview of the field of coaching, including executive, life, health, and wellness coaching, suitable for both novice and experienced coaches. This energizing and groundbreaking event will integrate material from lectures by world leaders in coaching theory, research, and practice, with coaching exercises and demonstrations. Special offerings include a three-hour workshop and a coaching experience featuring a live coaching of a string quartet.

Participants will be introduced to the similarities and distinctions of coaching and therapy. They will learn various theoretical perspectives on coaching and an overview of the emerging research literature. In addition, participants will observe and practice coaching skills that they can begin to integrate into their own professional work to enhance patient or client outcomes.

For further information: contact info@harvardcoaching.org or call (617) 855-3921.

Visit www.HarvardCoaching.org for detailed information on presenters and resources and a free chapter on coaching, also at www.wiley.com/go/stober.

Learning Objectives: At the end of the conference people will:

- Know basic introduction and varying theoretical perspectives on coaching.
- Understand working definitions of coaching and key distinctions from therapy and consulting.
- Know primary models and theories that inform coaching theory and practice.
- Be able to identify different domains of coaching: executive, leadership, life, health, and wellbeing.
- Have an overview of emerging research on coaching models and efficacy.
- Have learned basic coaching skills that can be applied immediately in medical, therapy, or leadership practices to enhance outcomes.

Attendance Limited – register early!

REGISTRATION INFORMATION

Tuition Fee (Doctoral Level Professionals): \$495 (USD). Reduced Fee for Residents, Fellows in Training (with a letter of verification from Department Chair), and Allied Health Professionals: \$350 (USD). All foreign payments must be made by a draft on a United States Bank. If paying by check, please make payable to *Harvard Medical School* and mail with completed registration form to **Harvard Medical School, Department of Continuing Education, P.O. Box 825, Boston, MA 02117-0825**. If paying by credit card, please register online at www.cme.hms.harvard.edu/courses/coaching. **Telephone or mail-in registration with credit card payment is not accepted.** Inquiries should be directed to the above address, made by phone: (617) 384-8600, Monday–Friday, 10 A.M. to 4 P.M. (EST), or by email: hms-cme@hms.harvard.edu. Upon receipt of registration a confirmation letter will be mailed to the address listed on the form.

ONLINE INFORMATION:

To register or view course information online, visit: www.cme.hms.harvard.edu/courses/coaching.

REFUND POLICY:

A handling fee of \$60 is deducted for cancellation. Refund requests must be received by mail one week prior to the course. No refunds will be made thereafter.

COURSE LOCATION:

All sessions will be held at the Colonnade Hotel, 120 Huntington Ave., Boston, MA Telephone: (617) 424-7000

ACCOMMODATIONS:

Hotel rooms in Boston are limited. You are urged to make your reservations early. A limited number of rooms have been reserved at the Colonnade Hotel (Telephone: (617) 424-7000) until September 4, 2008. Please specify that you are enrolled in this course to receive a reduced room rate of \$259 per night single. A map of Boston listing local hotels will be sent with your confirmation of enrollment. For additional housing assistance, call Boston Reservations at (617) 332-4199.

TRAVEL:

For information about reduced airfare, call the Harvard Medical School–Department of Continuing Education office at (617) 384-8600, Monday–Friday, 10 A.M. to 4 P.M. (EST).

Program changes/substitutions may be made without notice.

AGENDA: Coaching: A New Horizon: Theory, Emerging Evidence, & Practice

Friday, September 26, 2008

PLEASE FILL OUT YOUR EVALUATION FORM. THANK YOU!

Morning

7:00 – 8:00 A.M.	Registration and Continental Breakfast	
8:00 – 8:10	WelcomeScott Rauch, M.D.
8:10 – 9:00	How Coaching WorksCarol Kauffman, Ph.D., P.C.C., and Margaret Moore, M.B.A.
9:00 – 10:00	Coaching & Therapy: Different Challenges, Different Skill SetsPanel: Philip Levendusky, Ph.D.; Dianne Stober, Ph.D.; Susan David, Ph.D.; Carol Kauffman, Ph.D., P.C.C.; Anthony Grant, Ph.D.
10:00 – 10:20	Coaching ExerciseCarol Kauffman, Ph.D., P.C.C.
10:20 – 10:30	Vision of Excellence AwardRuth Ann Harnisch, I.A.C.-C.C.
10:30 – 10:50	Break	
10:50 – Noon	Positive Leadership CoachingTal Ben-Shahar, Ph.D.
Noon – 1:30 P.M.	Lunch (on your own)	

Afternoon

1:30 – 2:30	Coaching Leaders: Developing Emotional Intelligence to Win Hearts and MindsSusan David, Ph.D.
2:30 – 3:30	Evidence-Based Coaching in Action (and Coaching Exercise)Dianne Stober, Ph.D.
3:30 – 3:50	Break	
3:50 – 4:30	Coaching Exercise and Coaching DemonstrationCarol Kauffman, Ph.D., P.C.C., and Margaret Moore, M.B.A.
4:30 – 5:15	Does Coaching Work? Emerging Evidence & Future TrendsPanel: Mary Wayne Bush, Ed.D.; Anthony Grant, Ph.D.; Dianne Stober, Ph.D.; Edward Phillips, M.D.

Saturday, September 27, 2008

Morning

7:00 – 8:00 A.M.	Registration and Continental Breakfast	
8:00 – 9:45	Art of Possibility (including performance coaching a live string quartet)Benjamin Zander, B.A.; Rosamund Zander, M.S.S.
9:45 – 10:00	Break	
10:00 – 11:00	Evidence-Based Coaching as Applied Positive PsychologyAnthony Grant, Ph.D.
11:00 – Noon	Executive Coaching: Becoming an MVP. Presentation and Coaching ExerciseWilliam Roiter, Ed.D.
Noon – 1:30 P.M.	Lunch (on your own)	

Afternoon

1:30 – 4:30	Developmental Coaching WorkshopRobert Kegan, Ph.D.
4:30 – 5:15	Newer Horizons: What We've Learned and Where Do We Go From Here?Panel: All faculty, who will remain for follow-up questions

Course Faculty

Scott Rauch, M.D., is President and Psychiatrist in Chief of McLean Hospital and Chair of Psychiatry and Mental Health for the Partners Health Care System, as well as Professor of Psychiatry at Harvard Medical School. His principal research interests relate to neuroimaging and the neurobiology of anxiety disorders.

Carol Kauffman, Ph.D., A.B.P.P., P.C.C., co-founder of the McLean Hospital/Harvard Medical School Coaching & Positive Psychology Initiative, is Assistant Clinical Professor at Harvard Medical School, Department of Psychiatry. Carol is a 30-year veteran psychologist at McLean Hospital, an ICF professional certified coach, and has an active U.S./U.K. executive coaching and coach supervision practice. She is Chief Supervisor of the London-based business coaching program at Meyler Campell Ltd. Carol is Co-Editor in Chief of *Coaching: An International Journal of Theory Research and Practice* and co-edited a special issue on positive psychology for *International Coaching Psychology Review*. Please visit DrCarolKauffman.com.

Margaret Moore (Coach Meg), M.B.A., co-founder of the McLean Hospital/Harvard Medical School Coaching & Positive Psychology Initiative, is an entrepreneur who founded Wellcoaches in 2000, following 17 years in the biotechnology industry, to establish standards for professional coaches in health care. She is the lead author of the *Coaching Psychology Manual* being published by Lippincott, Williams & Wilkins in early 2009. Margaret's collaboration with Edward Phillips, M.D., to teach physicians a basic coaching roadmap, led to the launch of the Harvard Medical School Institute of Lifestyle Medicine.

Philip Levendusky, Ph.D., A.B.P.P. is the Associate Professor of Psychology, Harvard Medical School and at McLean Hospital serves as Senior Vice President, Business Development and Director of Psychology Department and Psychology Training. For nearly three decades, Philip has developed and directed cutting-edge clinical programs at McLean Hospital. He is recognized nationally and internationally as a pioneer of integrated cognitive-behavioral treatment systems for persons with serious mental illness. In addition, he has "coached" a generation of psychology students to achieve excellence in the pursuit of their professional careers.

Dianne Stober, Ph.D., is a practitioner, educator, and scholar in coaching psychology, as well as a licensed clinical psychologist. She co-edited, with Anthony Grant, *The Evidence Based Coaching Handbook* (Wiley, 2006). She is on the editorial boards for the *International Coaching Psychology Review* and *The International Journal of Evidence-Based Coaching and Mentoring*. She contributed to Fielding Graduate University's Evidence-Based Coaching Certificate program. Dianne is Vice President of the Graduate School Alliance in Executive Coaching in North America and is a member of the Research Advisory Panel for the Foundation of Coaching.

Susan David, Ph.D., is a research associate at Yale University and founder of Evidence-Based Psychology (www.ebpsych.com). She is known internationally for research, keynote speaking, business consulting, and executive coaching. Susan specializes in the application of evidence-based scientific methods to emotional intelligence, engagement, and coaching, with a specific focus on high performance leadership. She is the recipient of fourteen scholarships and research grants including two for research on emotions in well-being and coaching. Susan is on the editorial boards of two coaching journals and is currently authoring and editing books on Engagement (Little, Brown & Company), Positive Psychology (Oxford University Press), and Coaching (Wiley).

Ruth Ann Harnisch I.A.C.-C.C., is a philanthropist and a professional coach (certified by the International Association of Coaching). Ruth Ann invests in developing human potential. She funds research grants through The Foundation of Coaching. The Harnisch Foundation also sponsors an online hub for independent information about coaching, The Coaching Commons (www.coachingcommons.org). The H.F. is creating the first-ever collegiate Coaching Scholar in Residence program at Baruch College, and launching The Gift of Coaching, an online resource for pro-bono coaching.

Tal Ben-Shahar, Ph.D., is an author and lecturer at Harvard University. He taught the largest course at Harvard on "Positive Psychology" and the third largest on "The Psychology of Leadership" with a total of over 1,400 students per year. Tal consults and lectures around the world to executives in multinational corporations, the general public, and at-risk populations. Topics include happiness, self-esteem, resilience, goal setting, mindfulness, and leadership. An avid sportsman, Tal won the U.S. Intercollegiate and Israeli National squash championships. He obtained his Ph.D. in Organizational Behavior and B.A. in Philosophy and Psychology from Harvard University.

Anthony Grant, Ph.D., is recognized as a pioneer of coaching psychology and established and directs the world's first Coaching Psychology Unit at the School of Psychology, Sydney University. Anthony has coached many of Australia's leading executives and C.E.O.s, and has delivered many thousands of hours of coach training. He has conducted extensive coaching research, including randomized controlled outcome studies and has co-written and co-edited five books on evidence-based coaching. His books have been translated into eight languages.

Mary Wayne Bush, Ed.D., is the Director of Research for The Foundation of Coaching (www.thefoundationofcoaching.org), a nonprofit organization that promotes global coaching-related research with financial grants and other resources. She is an experienced corporate coach, organizational development consultant, and is known internationally as a speaker and author on coaching-related research. Mary Wayne is on the Editorial Boards of two coaching journals and is co-editing the forthcoming *Oxford Handbook of Coaching and Mentoring* (Oxford University Press).

Edward M. Phillips, M.D., is an Assistant Professor of Physical Medicine and Rehabilitation at Harvard Medical School. He is Director of Outpatient Medical Services of the Spaulding Rehabilitation Hospital Network and Assistant Physiatrist in the Department of Physical Medicine and Rehabilitation at Massachusetts General Hospital and Consultant at Brigham and Women's Hospital. He is course director, and co-author with Margaret Moore, of the Harvard Medical School Department of Continuing Medical Education online course "Lifestyle Medicine for Weight Management" and has launched the Institute of Lifestyle Medicine to help physicians walk the walk, talk the talk, and help patients master lifestyle change.

Benjamin Zander, B.A., is one of the most sought after international speakers on the subject of leadership and creativity, and recently was the closing keynote speaker at the World Economic Forum. He has been profiled on CNN, 60 Minutes, and the BBC and in *New York Times*, *London Times*, and the *Wall Street Journal*, and was the 2002 recipient of the United Nations "Caring Citizen of the Humanities Award." Ben and his partner Rosamund Zander collaborated on a best-selling book, *The Art of Possibility*. Ben has been the conductor of the Boston Philharmonic Orchestra for thirty years, on the faculty of the New England Conservatory since 1965, and is the Artistic Director of the Walnut Hill School, a high school for the performing arts.

Rosamund Zander, M.S.S., is an author, executive coach, and a family systems therapist, who develops models for leadership, relationship, and effective action. Roz works with individuals and organizations from a systemic perspective to move "downward spiral thinking" into a mindset of possibility. She has designed corporate programs and conducted workshops in a variety of settings, including the British Civil Service, Public Radio, and the World Economic Forum.

William Roiter, Ed.D., is the founder of the MVP Research Group. William is a psychologist who has more than thirty years of experience in the field of executive coaching, management, and business psychology. He is the co-author of *Corporate MVPs* (Wiley, 2004). William's most recent book *Beyond Work: How Accomplished People Retire Successfully* (Wiley, 2008) explores how accomplished people retire. Bill has been working as a full time executive coach since 1996 and is a "senior" coach for many businesses. He also teaches executive coaching in MSPP's Graduate Certificate in Executive Coaching program.

Robert Kegan, Ph.D., is a psychologist who teaches, researches, writes, and consults about adult development, adult learning, and professional development. In addition to his faculty appointment at Harvard Graduate School of Education, Robert is educational chair of the Institute for Management and Leadership in Education; co-director of a joint program with the Harvard Medical School to bring principles of adult learning to the reform of medical education; and is co-director of the Change Leadership Group, a program for the training of change leadership coaches for school and district leaders.

Continuing Education

Physicians: Harvard Medical School is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Harvard Medical School designates this educational activity for a maximum of 14.5 AMA PRA Category 1 Credit(s).™ Physicians should only claim credit commensurate with the extent of their participation in the activity.

Psychologists: McLean Hospital is approved by the American Psychological Association to sponsor continuing education for psychologists. McLean Hospital maintains responsibility for this program and its content. Participants meeting requirements will receive 14.5 CE credits.

Nurses: This program meets the requirements of the Massachusetts Board of Registration in Nursing (244 CMR 5.00) for 14.5 contact hours of nursing continuing education credit. Advance practice nurses, please note: educational activities which meet the requirements of the ACCME (such as this activity) count towards 50% of the nursing requirement for ANCC accreditation.

Social Workers: Continuing Education hours have been applied for. Please call (617) 855-3151 for more information.

Licensed Mental Health Counselors: McLean Hospital is an NBCC Approved Continuing Education Provider (ACEP™) and may offer NBCC approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program. The hospital's provider number is 6085. This program is approved for 14.5 clock hours of CE credit or 1.45 CEU.

ICF Coaches: ICF Continuing Coach Education Credits pending.



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Please Print Clearly

Tuition Fee (Doctoral Level Professionals): \$495 (USD)

Residents*/Fellows in Training* and Allied Health Professionals: \$350 (USD)

Check is enclosed: Please make your check payable to *Harvard Medical School* and mail it with this registration form to:
Harvard Medical School-Department of Continuing Education, P.O. Box 825, Boston, MA 02117-0825

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First Middle Initial Last

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Professional School Attended _____ Year of Graduation _____

Profession _____

Principal Specialty _____ Board Certified: Yes No

Organization Affiliation _____

* A letter of verification from Department Chair must accompany the registration form for a reduced fee.

Registrations paid by credit card may be made online at:
www.cme.hms.harvard.edu/courses/coaching

Online registrants: Add the first **three characters** of source code found here. ⇨ **Source Code: A B C D E F G H I J X Z**