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Kohlberg's 6 Stages of

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3rd Edition by Arthur L.

Costa (Author), Robert

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Leaders and Learners by Costa

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mission of Cognitive

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produce self-directed
persons with the
cognitive capacity for
excellence both
independently and as
members of a
community. Research
indicates that teaching is
a complex intellectual
activity and that
teachers who think at
higher levels produce
students who are higher-
achieving, more

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Leadership: 16~~

Questions to Ask. Often
coaching clients do not
explicitly ask for
support to develop their
self-leadership skills,
simply because the term

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self-leadership does not yet form part of common conversation.

Instead, they usually have a particular desired experience or goal in mind they are hoping to attain.

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Leadership: Your
Ultimate Coaching
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3 Cognitive Coaching

Skills Everyone Can Put

to Use. The slide on the

screen stressed the

importance of

developing self-directed

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Coaching by
individuals by

“conveying a valued
person from where s/he
is to where s/he wants to
be.” That’s what those
of us who were
participating in the first
of four Cognitive
Coaching retreats
learned about cognitive
coaching’s purpose and
our roles as CC coaches
in training.

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Skills Everyone Can Put
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to establish and sustain
structures for thinking &
collaborating . that
result in increased
performance &
resourcefulness.

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Potential

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Resources on Reflective
Coaching “Reflections
on Cognitive
Coaching,” by Robert
Garmston, Christina
Linder and Jan
Whitaker, Education
Leadership, October
1993, Volume 51,
Number 2, Pages 57-61
Cognitive Coaching:
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written by Arthur L.

Costa, Robert J.

Garmston, Carolee,

Hayes, Jane Ellison,

published by Rowman

& Littlefield...

~~Reflective Coaching:~~

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Trainers will lead

participants through the

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eight-day Foundations
where participants learn
how to: build trust by
developing physical and
verbal rapport. utilize
three mediative maps
for planning, reflecting
and problem resolving.
develop teachers'
autonomy and sense of
community.

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Instead, Cognitive

Coaching focuses

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entirely on developing internal thought processes and self-directedness of the teacher being coached. The coach ensures that empowering the teacher to be self-sufficient is the focus of each coaching conversation.

~~Using Cognitive Coaching to Build School Leadership ...~~

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With Dr. Arthur Costa, he is the co-developer of Cognitive Coaching, a program for educators which stresses the importance of self observation and analysis in the process of improving teaching practices. He is also co-founder of the Institute for Intelligent Behavior.

~~Robert Garmston~~

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thinking-based model of
coaching. April 2021.

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week, Sustaining the

Journey will offer a

third sneak peak into

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and/or mentoring

relationships. The focus

will be on using

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reflective, self-directed
Developing Self
teachers. UWM Credits:
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3 graduate credits

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Course Goals • Support
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teachers in developing
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the knowledge, skills,
and dispositions needed
in coaching and/or
mentoring relationships.
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