

**HANDOUT****Understanding the Superior Coaching Model****Time**

You have **10** minutes for this exercise.

**Objectives**

To ensure that participants have a clear understanding of the definition of coaching as portrayed in the Superior Coaching Model and to ensure participants have a working knowledge of each of the five elements in the model and how they are related.

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**Directions**

1. Review this exercise as a group and ensure that your group understands what tasks it must complete.
2. Have each person work independently and spend a few moments reviewing the Superior Coaching Model. Note any questions that you have about the model, its elements, and how they are related.
3. Have one group member volunteer to give his/her understanding of the model and how it describes superior coaching. Ask other members to add anything they feel might help further clarify the model.
4. Review any questions that members noted about the model in Steps 2 and 3. Have a group member record any questions about the model that the group would like to have discussed in the next session. Bring these questions back the large group.