




МИНОБРНАУКИ РОССИИ
федеральное государственное бюджетное образовательное учреждение
высшего образования
«ИРКУТСКИЙ ГОСУДАРСТВЕННЫЙ УНИВЕРСИТЕТ»
ФГБОУ ВО «ИГУ»

Кафедра европейских языков

УТВЕРЖДАЮ:

Директор МИЭЛ


О. В. Архипкин

« 22 » апреля 2026 г.

Рабочая программа дисциплины

Наименование дисциплины	ФТД.02 Основы коучинга / Introduction to Coaching
Направление подготовки	45.04.02 Лингвистика
Направленность подготовки	Проектирование цифрового лингвистического образовательного контента / Digital Linguistic Educational Content Design»
Квалификация выпускника –	магистр
Форма обучения	очная с применением электронного обучения, дистанционных образовательных технологий

Согласовано с УМК МИЭЛ ИГУ:

Рекомендовано кафедрой:

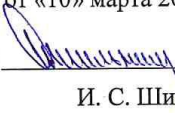
Протокол № 3 от « 23 » марта 2026 г.

Протокол № 7 от «10» марта 2026 г.

Председатель


Е. В. Крайнова

Зав. кафедрой


И. С. Шильникова

Иркутск 2026 г.

ФТД.02 Основы коучинга / Introduction to Coaching

Discipline goals are to gain an understanding of coaching in education and become proficient in its tools.

Discipline objectives:

1. to develop the conceptual and terminological framework of the studied discipline;
2. to become familiar with coaching methods and techniques used in education;
3. to expand students' range of psychological and ethical skills necessary for effective interaction in the sphere of education;
4. to develop a creatively active personality capable of applying acquired knowledge and developed skills and competencies in practice in pedagogical and methodological activities.

CONTENT AND STRUCTURE OF THE DISCIPLINE

This discipline consists of 1 credit unit, or 36 hours.

Of these, 10 hours are taught using e-learning and distance learning technologies.

Of these, 18 hours are practical training.

Midterm assessment form: credit

Discipline content, structured by topic, indicating the types of classes and the number of academic hours allocated to them

№	Section of the discipline / topic	term	Total number of academic hours	Practical training (in hours)	Types of studies, Including student's independent work, classroom hours and studies intensity (in academic hours)			Student's independent work	Forms of ongoing progress monitoring; midterm assessment form (by semester)
					Contact work between the lecturer and the student				
					Lectures	Classroom studies	Consultations		
1	2	3	4	5	6	7	8	9	10
1	Fundamentals of coaching	1	6			4		2	Oral Survey
2	Classical coaching in education	1	8			6		2	Case solution
3.	Metaphors in educational coaching	1	14			8		6	Case solution
	Total number of academic hours: 36		28	0	0	18	0	10	

Contents of Educational Material

Section 1. Fundamentals of coaching.

The concept of coaching. History of the term and the practice. Differences between coaching, counseling, and psychotherapy. Advantages of coaching as a form of psychological support. Elements of coaching. Principles of coaching (principles of positivity, involvement, shared success, activity and responsibility, creativity, awareness of personal resources, and systemic thinking).

Section 2. Classical coaching in education.

Main techniques in coaching. The GROW model and its development. Application of the SMART scheme. Working with “Logical levels”. Four stages of achieving a goal. Scaling and “Chinese menu” as coaching methods. Beckhard’s formula. Dealing with fears in coaching. Walt Disney’s technique “Dreamer, Realist, Critic”. Using empathic and reflective listening at different stages of coaching. Techniques of operationalization, confrontation, and immediate feedback. Communication strategy and tactics in verbal communication. Reflection.

Section 3. Metaphors in educational coaching.

Metaphors in coaching. Clean language and symbolic modeling. Metaphorical associative cards in coaching and in education. Transformational games in education.

REQUIREMENTS FOR DISCIPLINE ACHIEVEMENT

List of planned learning outcomes by discipline correlated with indicators of achievement

Competence	Indicators of achievement	Discipline outcomes
<p>ПК-1 Able to organize student activities aimed at the development of a general education program, including the use of e-learning, remote technologies and digital tools</p>	<p>ИДК ПК1.1 Develops and implements educational programs with the help of modern digital technologies, using e-learning and remote technologies</p>	<p>Know: methods for using coaching technologies in planning and conducting classes or training courses. Be able to: usage of coaching technologies in planning and conducting classes or training courses. Master: usage of coaching technologies for planning and conducting classes or training courses.</p>
<p>ПК-2 Able to develop educational and methodological support of the learning process, including programs for the development of the educational organization in order to create a safe and comfortable educational environment</p>	<p>ИДК ПК2.1 Proficient in forms and methods of teaching, including those that go beyond training sessions: project activities, out-of-class events</p>	<p>Know: the main coaching techniques for the educational process. Be able to: usage of coaching techniques in the educational process. Master: usage of coaching techniques for the educational process.</p>

	<p>ИДК ПК2.2 Develops and applies modern psychological-pedagogical technologies based on knowledge of the laws of personality development and behavior in real and virtual environments</p>	<p>Know: the laws of personal development and human behavior (in real and virtual environments), as well as modern psycho-pedagogical technologies. Be able to: development and adaptation technologies to tasks and environments (real/virtual). Master: usage of methods of diagnosing, designing, and applying psycho-pedagogical technologies, taking into account virtual factors.</p>
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Разработчик:



 (подпись)

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 (Ф.И.О.)

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Программа рассмотрена на заседании кафедры европейских языков « 10 » марта 2026 г. Протокол № 7.

Зав. кафедрой  И. С. Шильникова

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