

COACHING BASICS



GOWEN FIELD

6-8 May 2025
5-7 August 2025

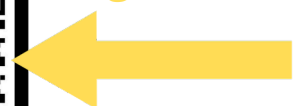
Coaching Basics is a 3-day course for E4(P) and above that focuses on coaching through motivational interviewing and coaching principles. Students will learn tools and methodologies for effective communication and active listening to drive positive behavior change. This course is for those who want to grow as leaders and create lasting change and positive impact with those they lead.

OPEN TO ARMY AND AIR

Units are responsible for ensuring Service Members attend in a duty status



Register here



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FOR QUESTIONS OR TO REGISTER, CONTACT:
TOTAL HEALTH LEAD

208-272-3271

idngj9healthandwellnessbranch@army.mil

"In practicing MI (Motivational Interviewing) today, I realized how unseen I have been feeling. The MI practice helped me see the deep work I need to be doing. Not only to better myself, but to better my Soldiers as well. This course has brought up a lot in myself that I didn't see hiding beneath the surface and it's only day one." ~Course Student 2023