

AI COACHING: ENHANCING QUALITY IN COACHING THROUGH PSYCHOLOGY AND AI

PATRIZIA CATELLANI, MARIA RITA FIASCO

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Enhancing Wellbeing,
Managing Complexity
and Navigating
Transition through
positive and coaching
psychology

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Al Coaching: A Definition



Al Coaching

A technology-enhanced systematic process to coach people and help them in defining their goals and building their own strategy and actions to get to them.

Artificial intelligence learns from coaching processes and makes them increasingly adaptable, effective and efficient.

Different from

Online coaching and hybrid coaching, where coaches uses communication tools and media to support their work (i.e. chat, videocalls)

Self-coaching, where clients autonomously work on their professional development, through the use of video and self-diagnostic tools

The Starting Question



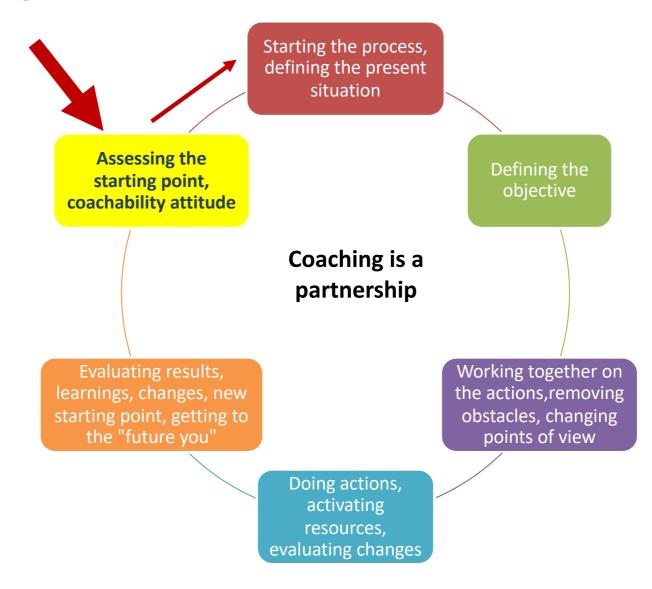
How to use AI to continuously improve the quality and the effectiveness of the coaching process?

- Better define the coachee's profile and their «coachability» attitude
- Establish an even more customized approach to the coachee
- Enhance the human relationship

Coach & Coachee Partnership Co-building the Growth Process



How to better refine the coachee's profile going beyond the traditional assessment tools and using Al techniques?





Methodology & Resources

STATE OF THE ART

 Survey, compare and, where possible, demo-test the main existing AI coaching platforms and assessment tools

aggiornare

PROFILING MODEL

• Identify the key dimensions to profile the starting point of the coachee and assess change after coaching activity

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Raccolta di requisiti come materiale di input per fare poi focus group

PROOF OF CONCEPT

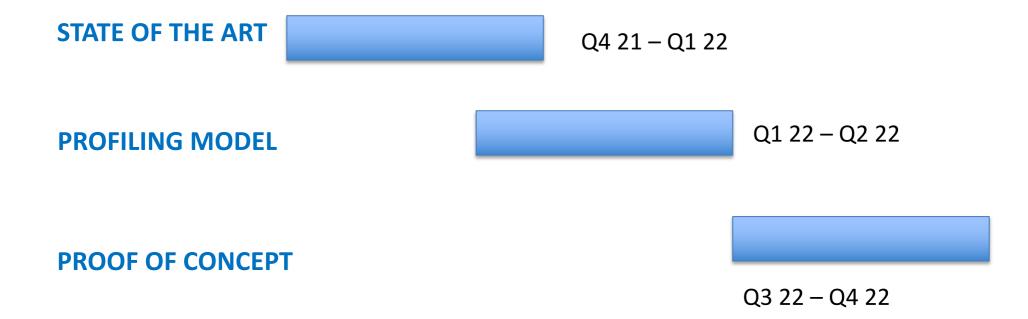
- Twofolds standpoint
 - Coachee's profile
 - Recommendations and tools for the coaching activity



Joint team of university students, SCP coaches, digital learning and AI experts



Macro Schedule





Thank You!

