



INTERNATIONAL SOCIETY
FOR COACHING PSYCHOLOGY

SELF-EFFICACY RESEARCH STREAM
THE SELF-EFFICACY COACHING MODEL:
ISCP ITALY RESEARCH HUB'S AGENDA

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11th International Congress of Coaching Psychology

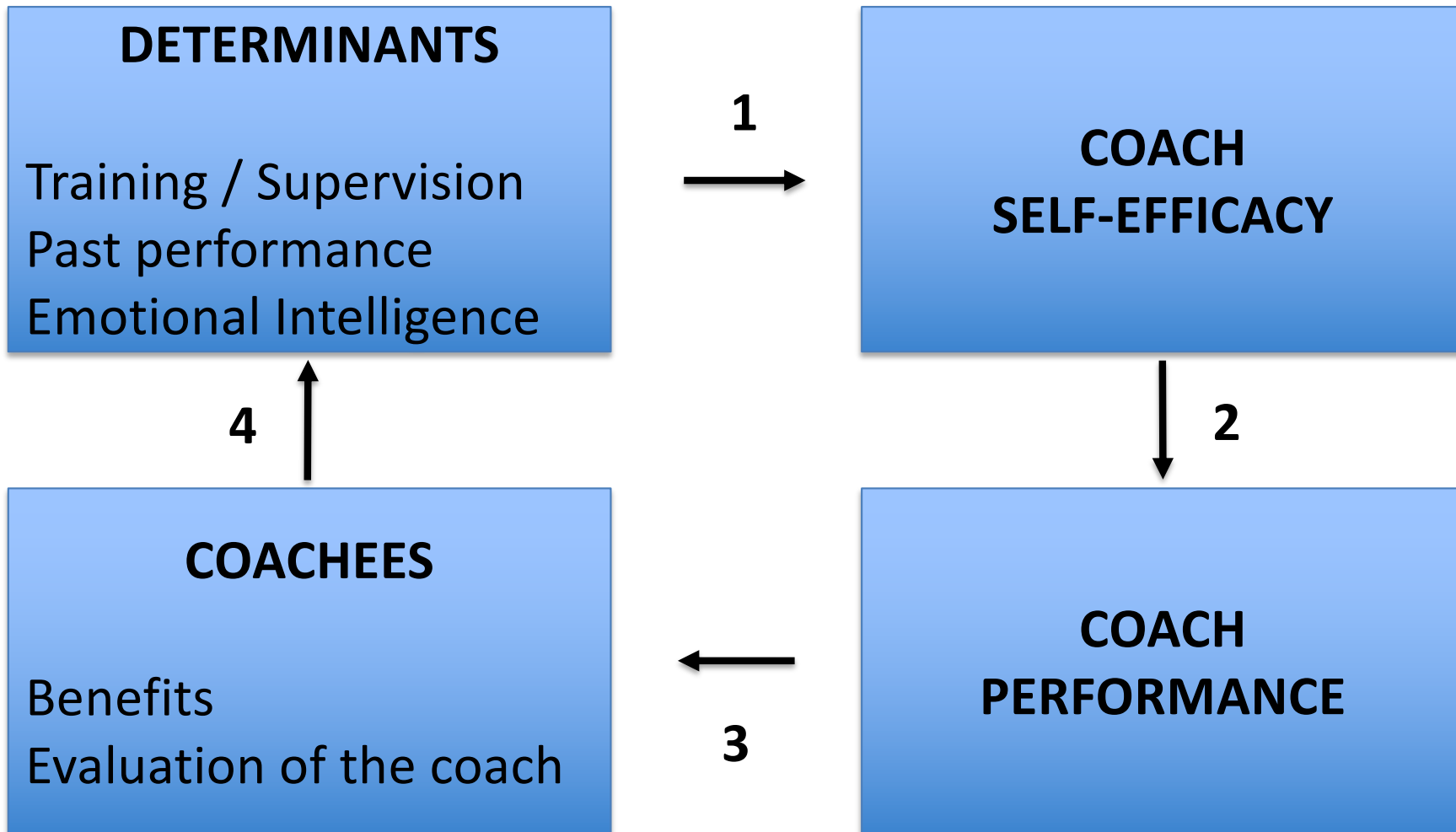
*Enhancing Wellbeing,
Managing Complexity
and Navigating
Transition through
positive and coaching
psychology*

4th – 8th October 2021

Research Plan

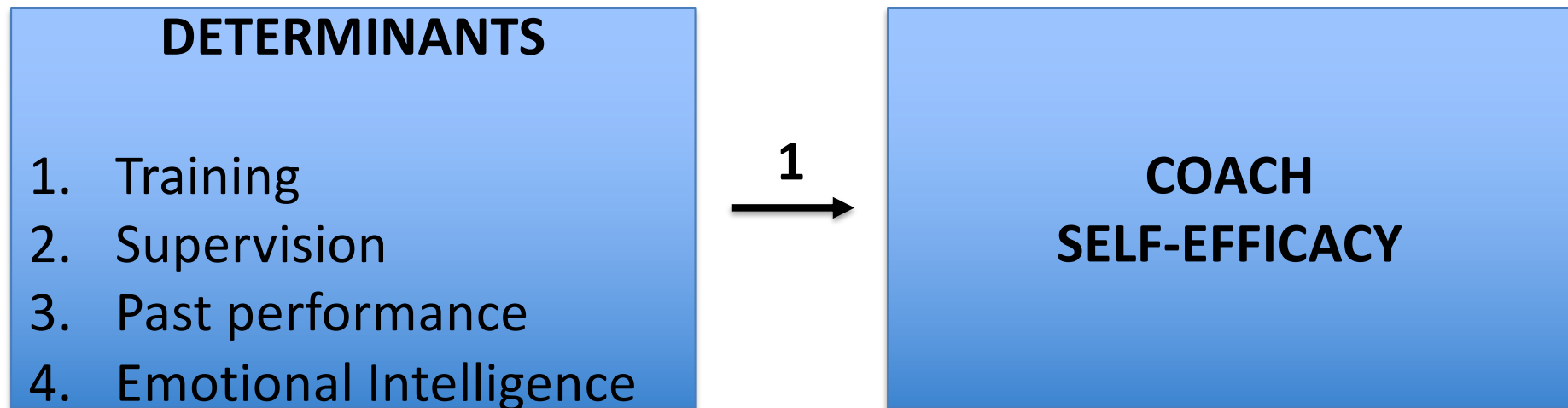
The Self-Efficacy Coaching Model

(SEC; Vieira & Palmer, 2019)



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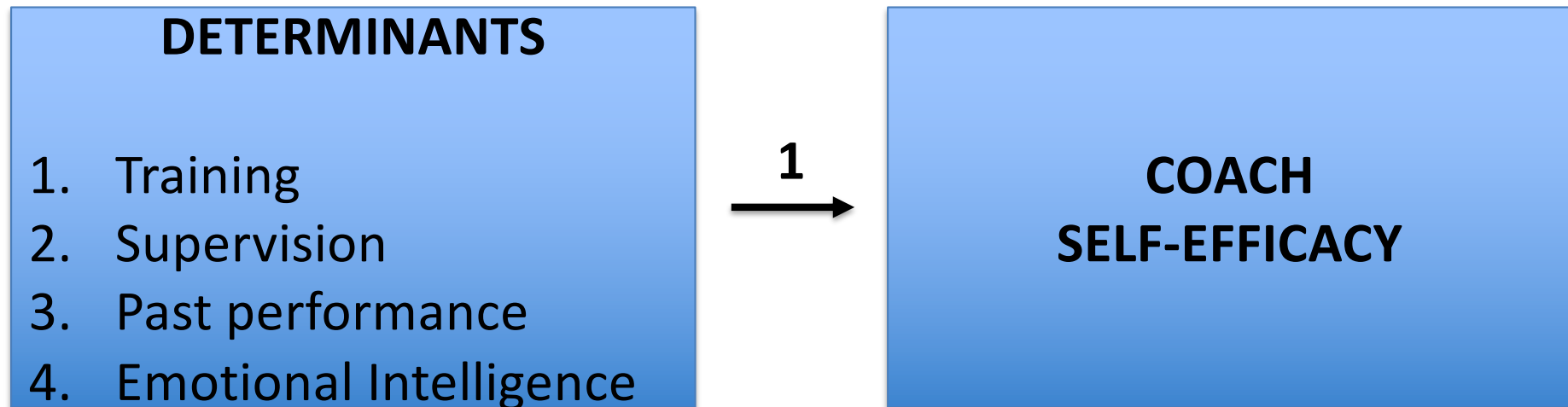


➤ Sample

- Coaches-in-training (pre-post design).
- Professional Coaches.

The Self-Efficacy Coaching Model

(SEC; Vieira & Palmer, 2019)



➤ Goals

- Validate CSSES Italian version (24 item).
- Analyze training and Emotional Intelligence effect on CSE.
- Supervision, years of experience and Emotional Intelligence on CSE.

The Italian version of the Coaching Skills Self-Efficacy Scale (CSSES)*

Main Aim

- In line with the Self-Efficacy Coaching Model (Vieira & Palmer, 2019) the ISCP Italy Research Hub propose the Italian version of the CSSES, to assess its psychometric properties and its factor structure in the Italian context.

CSSSES Scale*

- Composed of **24 item** (measured using a six-point Likert scale – from “no confidence at all” to “complete confidence”).
- Item refer to skills and competencies a coach should have and the challenges a coach has to deal with during the coaching process.

Method

- **Sample.** Respondents will be professional and on training coaches selected via a snowball procedure. They will be asked to fill out the questionnaire at before the coaching course (T1) and at the end (T2).
- **Measures.** Questionnaire is composed by 44 item: CSSES (24 item); General Self-efficacy scale (10 item); Brief Emotional Intelligence Scale (10 item). Demographic section are included. Questionnaire will be presented via CAWI, through an online platform.

Psychometric Aims

- Explore the dimensionality of the CSSES and its factor structure (EFA and CFA);
- Reliability;
- Construct validity and Discriminant validity.

Example CSSES ENG_version

1= Not confident at all

6 = Completely confident

- | |
|---|
| 1. Never interrupt a person while he/she is talking |
| 2. Listen carefully to what others say |
| 3. Even when I think I know the right answer, help the other one to get it on their own |
| 4. Focus completely on what the other person is saying and "forget" about myself |
| 5. Ask the right questions to help the other person |

Example CSSES ITA_version

1= Per niente fiducioso/a

6 = Completamente fiducioso/a

- | |
|--|
| 1. Non interrompere mai una persona mentre parla. |
| 2. Ascoltare attentamente quello che gli altri dicono. |
| 3. Anche quando credo di conoscere la persona giusta, aiuto l'altra persona ad arrivarci da sola. |
| 4. Concentrarmi completamente su quello che l'altra persona sta dicendo "dimenticandomi" di me stesso/a. |
| 5. Fare le domande giuste per aiutare l'altra persona. |