

Module 1 - Foundational Coaching Clinic

2-Day Schedule

DAY 1		DAY 2	
8:00	Welcome, Introductions, Agenda	8:00	Homework Review: Definition / Coaching
:15		:15	FCC-105 - Communicating Directly
:30	FCC -101- Overview of Life Coaching <i>What is Coaching? / Coaching vs. Other Disciplines / Telling-Asking</i> <i>CC#1 Ethics / CC#2 Coaching Agreement</i>	:30	<i>CC#7 Direct Communication</i>
:45		:45	Coaching DEMO & Debrief
9:00		9:00	
:15		:15	
:30	Coaching DEMO & Debrief	:30	FCC-106 - Sharing Perspectives
:45		:45	<i>CC#8 Creating Awareness / Neutral Language</i>
10:00	BREAK	10:00	BREAK
:15		:15	
:30	FCC-102 - Co-Creating the Relationship The Coaching BRIDGE model What About Bob? <i>CC#3 Trust & Intimacy</i>	:30	Practice Session
:45		:45	
11:00		11:00	
:15		:15	FCC-107 - Coaching Skill #3 - Encouraging Action
:30		:30	<i>CC# 9-11 Designing Action - Accountability</i>
:45		:45	
12:00	LUNCH	12:00	LUNCH
:15		:15	
:30		:30	
:45	Practice Session	:45	Practice Session
1:00		1:00	
:15	Coaching Opportunities - Video <i>CC#4 Coaching Presence / Paradym Shifts</i>	:15	FCC-108 - Coaching Skill #4 - Giving Support
:30		:30	
:45	Practice Session	:45	<i>CC# 9-11 Designing Action - Accountability -cont.</i>
2:00		2:00	
:15	FCC-103 - Coaching Skill #1 - Intuitive Listening <i>CC#5 Active Listening</i> Personal Filters	:15	Practice Session
:30		:30	
:45		:45	
3:00	BREAK	3:00	BREAK - <i>Distribute Evaluations</i>
:15		:15	
:30	FCC-104 - Coaching Skill #2 - Asking Questions <i>CC#6 Powerful Questioning</i>	:30	Practice Session
:45		:45	
4:00		4:00	
:15	Practice Sesson	:15	Overview of the Personality Assessment
:30		:30	
:45	:45		
5:00	Homework Assignments - DISMISS	5:00	DISMISS

Homework Assignment (2 hours): Complete the DISC Personality Assessment, score it and study your results, Write you own definition of Coaching, and Coach someone in person or on the phone.

8 Students = 7 observed coaching sessions each