



LSCC E25 – LSCC TRAINING PROGRAM SCHEDULE

Workshop/Dates	Reading Assignments	Process Assignments	Practical Assignments	Writing Assignments
<p>Getting Started ONLINE/August 3, 2024 12:00 PM - 2:00 PM EST on Saturday 2.00:00 (s)</p>				
Workshop 1 Aug 3 - 16 <i>Why Coaching</i>	A Brief History of Coaching* (13:00) CoActive Coaching: Intro & Part 1*** (58:00) Creative is a Verb: Intro – Ch. 3* (59:00)	Watch <i>The Assumptions with Seth</i> (5:00) Watch <i>Coaching Conversations with Len</i> (9:00) Watch TED Talk by Dr. Martin Seligman (23:00) Watch PERMA Talk by Dr. Martin Seligman (25:00) Watch TED Talk by Dan Pink (18:00)	Why Coaching Lecture on 08/03/2024 at 1:00 PM EST (60:00) (s) Conference Call on 08/10/2024 at 8:00 AM EST (60:00) (s) Supervision #1 – Goal Setting (60:00) (s)	Submit PERMA+ME Wheel (30:00) Submit Sample Session Review Form (30:00) Complete Supervision Reflection (15:00)

*PDF Available on Pathwright

**Audiobook/audio recording available

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(s) = synchronous hours

(dc) = direct client hours

		Listen to <i>Sample Coaching Session #1</i> (45:00)		
		Discussion Forum Participation (50:00)		
		Slack Video Reflection (10:00)		
W1 Time 9.30:00	Reading = 2 h, 10 m	Process = 3 h, 5 m	Practical = 3 h (s)	Writing = 1 h, 15 m
Foundations of Coaching/August 16-18, 2024 8:00 AM – 5:00 PM EST on Friday, Saturday, and Sunday 21.00:00 (s)				
Workshop 2 Aug 24 – Sept 6 <i>Alliance & Client Management</i>	CoActive Coaching: Part 2*** (142:00) Creative is a Verb: Ch. 4* (65:00) Coaching with the Brain in Mind: Ch 11 pp 323-339* (28:00) Flourishing Forward: Considerations for Trauma-Informed Coaching* (11:00)	Watch <i>Designed Alliance with Torri</i> (5:00) Watch <i>Listening with Greg</i> (7:00) Watch Cultivating Creativity Webinar – Part 1 (11:00) Watch <i>Coaching Skills Demo</i> (31:00) Listen to <i>Sample Coaching Session #2</i> (45:00) Discussion Forum Participation (50:00) Slack Video Reflection (10:00)	Alliance and Client Management Lecture on 08/24/2024 at 8:00 AM EST (60:00) (s) Conference Call on 08/31/2024 at 8:00 AM EST (60:00) (s) Supervised Triad Coaching Session #1 (90:00) (s)	Submit Cultivating Creativity Homework – Part 1 (120:00) Submit Sample Session Review Form (30:00) Submit Supervised Triad Coaching Review Form (30:00)
W2 Time 13.15:00	Reading = 4 h, 6 m	Process = 2 h, 39 m	Practical = 3 h, 30 m (s)	Writing = 3 h

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<p>Workshop 3 Sept 7 - 20 <i>Discovery & Assessment</i></p>	<p>CoActive Coaching: Part 3-4*** (96:00)</p> <p>Creative is a Verb: Ch. 5* (57:00)</p> <p>Personal Assessment Results (135:00)</p> <p>The Process of Experiential Learning: Ch. 2* (24:00)</p>	<p>Watch <i>Curiosity with Torri</i> (12:00)</p> <p>Discussion Forum Participation (50:00)</p> <p>Slack Video Reflection (10:00)</p>	<p>Discovery & Assessment Lecture on 09/07/2024 at 8:00 AM EST (60:00)</p> <p>Conference Call on 09/14/2024 at 8:00 AM EST (60:00)</p> <p>Client Coaching Sessions (360:00)</p> <p>Triad Coaching Session #2 (90:00)</p> <p>Individual Mentor Coaching #1 (60:00)</p>	<p>Submit Initial Coaching Roster & Client Release Forms (60:00)</p> <p>Submit Triad Coaching Review Form (30:00)</p> <p>Submit Recording and Review Form for Individual Mentor Coaching Session #1 (60:00)</p>
<p>W3 Time 19.24:00</p>	<p>Reading = 5 h, 12 m</p>	<p>Process = 1 h, 12 m</p>	<p>Practical = 4 h, 30 m (s) + 6 h (dc)</p>	<p>Writing = 2 h, 30 m</p>
<p>Neuroscience, Trauma, and Belonging Webinar ONLINE/September 21, 2024 8:00 AM-11:00 AM EST on Saturday 3.00:00 (s)</p>				
<p>Experience-Assisted Coaching ONSITE/September 27-29, 2024 8:00 AM - 5:00 PM EST on Friday, Saturday, and Sunday 21.00:00 (s)</p>				
<p>Workshop 4 Oct 5 - 18 <i>Expression & Ethics</i></p>	<p>ICF Code of Ethics* (20:00)</p> <p>BCC Code of Ethics* (15:00)</p> <p>Creative is a Verb: Ch. 6-9* (156:00)</p> <p>Coaching with the Brain in Mind: Ch 3 pp 94-102 (14:00)</p>	<p>Watch <i>Applying Concepts with Erica</i> (7:00)</p> <p>Watch Cultivating Creativity Webinar – Part 2 (18:00)</p> <p>Discussion Forum Participation (50:00)</p> <p>Slack Video Reflection (10:00)</p>	<p>Ethics & Expression Lecture on 10/05/2024 at 8:00 AM EST (60:00)</p> <p>Conference Call on 10/12/2024 at 8:00 AM EST (60:00)</p> <p>Client Coaching Sessions (360:00)</p> <p>Triad Coaching Session #3 (90:00)</p>	<p>Cultivating Creativity Homework – Part 2 (90:00)</p> <p>Submit Triad Coaching Review Form (30:00)</p> <p>Submit Recording and Review Form for Individual Mentor Coaching Session #2 (60:00)</p>

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			Individual Mentor Coaching #2 (60:00)	
W4 Time 18.00:00	Reading = 3 h, 25 m	Process = 1 h, 25 m	Practical = 4 h, 30 m (s), 6 h (dc)	Writing = 3 h
Workshop 5 Oct 19 – Nov 1 <i>Intro to Relational Systems</i>	Selections from Seven Principles for Making Marriage Work: Ch 1, 2, 3, and 9*** (167:00) Appreciative Inquiry*** (101:00)	Watch <i>Gottman's Relationship Science with Len</i> (14:00) Cultivating Creativity Webinar – Part 3 (28:00) Discussion Forum Participation (50:00) Slack Video Reflection (10:00)	Relational Systems Lecture on 10/19/2024 at 8:00 AM EST (60:00) Conference Call on 10/26/2024 at 8:00 AM EST (60:00) Client Coaching Sessions (360:00) Triad Coaching Session #4 (90:00) Individual Mentor Coaching #3 (60:00) Supervision #2 – Mid-Program Review (60:00)	Submit Cultivating Creativity Homework – Part 3 (120:00) Submit Triad Coaching Review Form (30:00) Submit Recording and Review Form for Individual Mentor Coaching Session #3 (60:00) Updated Coaching Roster & Client Release Forms (60:00)
W5 Time 21.40:00	Reading = 4 h, 28 m	Process = 1 h, 42 m	Practical = 5 h, 30 min (s) + 6 h (dc)	Writing = 4 h, 30 m
Intersectionality Workshop ONLINE/November 2, 2024 9:00-11:00 AM EST on Saturday 2.00:00 (s)				
Coaching and Systems ONSITE/November 8-10, 2024 8:00 AM - 5:00 PM EST on Friday, Saturday, and Sunday 21.00:00 (s)				

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Workshop 6 Nov 16 - 29 <i>Groups & Teams</i>	From One to Many: Ch. 1-4* (134:00) Coaching with the Brain in Mind: Ch 11-12 pp 340-370* (51:00) ICF Team Coaching Competencies* (34:00)	Watch <i>Emotional Intelligence with Megan</i> (14:00) Discussion Forum Participation (50:00) Slack Video Reflection (10:00)	Groups & Teams Lecture on 11/16/2024 at 8:00 AM EST (60:00) Conference Call on 11/23/2024 at 8:00 AM EST (60:00) Client Coaching Sessions (360:00) Triad Coaching Session #5 (90:00) Individual Mentor Coaching #4 (60:00)	Submit Triad Coaching Review Form (30:00) Submit Recording and Review Form for Individual Mentor Coaching Session #4 (60:00)
W6 Time 16.43:00	Reading = 3 h, 39 m	Process = 1 h, 14 m	Practical = 4 h, 30 m (s) + 6 h (dc)	Writing = 1 h, 30 m
Workshop 7 Nov 30 – Dec 13 <i>Conflict & Change in Human Systems</i>	From One to Many: Ch. 5-9* (173:00)	Discussion Forum Participation (50:00) Slack Video Reflection (10:00)	Conflict & Change Lecture on 11/30/2024 at 8:00 AM EST (60:00) Conference Call on 12/07/2024 at 8:00 AM EST (60:00) Client Coaching Sessions (360:00) Triad Coaching Session #6 (90:00) Individual Mentor Coaching #5 (60:00)	Submit Triad Coaching Review Form (30:00) Submit Recording and Review Form for Individual Mentor Coaching Session #5 (60:00)
W7 Time 15.53:00	Reading = 2 h, 53 m	Process = 1 h	Practical = 4 h, 30 m (s) + 6 h (dc)	Writing = 1 h, 30m
Workshop 8 Dec 14 – Jan 4 <i>Integration & Completion</i>	Creative is a Verb: Ch. 10* (6:00)	Discussion Forum Participation (50:00) Slack Video Completion (10:00)	Completion Lecture on 12/14/2024 at 8:00 AM EST (60:00) Conference Call on 12/21/2024 at 8:00 AM EST (60:00)	Submit Recording and Review Form for Individual Mentor Coaching Session #6 (30:00)

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			Individual Mentor Coaching #6 (60:00) Supervision #3 – Integration Project Proposal, Completion & Next Steps (60:00)	Final Coaching Roster & Client Release Forms (120:00) Personal Coaching Toolkit (360:00) Integration of Self and Coaching Practice Project (360:00)
W8 Time 19.36:00	Reading = 6 m	Process = 1 h	Practical = 4 h (s)	Writing = 14 h, 30 m
Integration of Self and Coaching Practice Presentations for Feed Forward/January 11, 2025 12:00 PM-4:00 PM EST on Saturday 4.00:00 (s)				
SCHEDULE FINAL EXAM by February 1, 2025 1.30:00 (s)				
LSCC Training Time 180 Hours	Workshop Reading = 25.47	Workshop Process = 13.28	Workshop Practical = 34 (s) {+ 30 (dc) Hrs}	Workshop Writing = 31.75
	Onsite Learning + Integration Presentations = 68.5		LIVE Online Workshops, Webinars & Learning = 7	

Synchronous Hours = 108 (including 11.5 Individual Mentor Coaching & Supervision Hours)

Asynchronous Hours = 72

ICF Core Competences = 160.5 Hours

ICF Resource Development = 19.5 Hours

LARK'S SONG CERTIFIED COACH (LSCC) TOTAL TRAINING HOURS = 180 Hours

And 30 Direct Client Coaching Hours

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