

**1-Week Front-end Coaching Intensive [FECI] | The Columbia Coaching Certification Program (3CP) | Fall 2024 – Cohort XXXIII | Concurrent Hybrid**

Day 1 – Sunday (November 10)	Day 2 – Monday (November 11)	Day 3 – Tuesday (November 12)	Day 4 – Wednesday (November 13)	Day 5 – Thursday (November 14)	Day 6 – Friday (November 15)
<b>Pre-work Prior to Program Launch</b> <ul style="list-style-type: none"> <li>LSI &amp; NBI</li> <li>Pre-work Booklet Readings</li> </ul>	<b>Asynchronous - B: Foundation #1</b> - Coaching Mindset: Guiding Principles; and Determining Your Starting Point [Allocate 1 Hour to Complete. Must Be Done Prior to SS#2]	<b>Asynchronous – D: Foundation #2</b> - Core Coaching Competencies (Presence, Relating, Questioning, Listening) + Learning Styles & Coaching – [Allocate 1 Hour to Complete. Must Be Done Prior to SS#4]	<b>Asynchronous - E: Foundation #3</b> – Overview of Coaching Process (Phase 1 + Feedback) + Thinking Style and Coaching [Allocate 1 Hour to Complete. Must Be Done Prior to SS#6]	<b>Asynchronous – F: Foundation #3</b> – Phase II (Feedback, Options, Planning/Goal Setting+ A/S) [Allocate 1 Hour to Complete. Must Be Done Prior to SS#8]	<b>Asynchronous – G:</b> Recap of 3 Foundations & Prepare for Final Coaching Conversation   [1 Hour Prior to SS#10]
<b>Asynchronous - A:</b> Program Overview   3 Coaching Foundations (Allocate 1 Hour to Complete)	<b>Synchronous Session #2:</b> Guiding principles & Baseline Coaching Conversations   Conversation Outline 9:00 AM – Noon   ET   3 Hours	<b>Synchronous Session #4:</b> Coaching Competencies & The Success Pyramid (ORID) 9:00 AM – Noon   ET   3 Hours	<b>Synchronous Session #6:</b> Coaching Process (Phase I: Entry & Contracting, D/Fs, S/A) 9:00 AM - Noon   ET   3 Hours	<b>Synchronous Session #8:</b>   Coaching Process – cont. (Demo #2 – D/F +S/A   Feedback & Options) 9:00 AM – Noon   ET   3 Hours	<b>Synchronous Session #10:</b> End of-The-Week Coaching   Practicum Overview   Closure   <b>8:00 AM – 12:00 PM ET</b>   3 Hours
	<b>Lunch</b> [12:00 to 1:00 PM]	<b>Lunch</b> [12:00 to 1:00 PM]	<b>Lunch</b> [12:00 to 1:00 PM]	<b>Lunch</b> [12:00 to 1:00 PM]	<b>Lunch</b> [12:00 to 1:00 PM]
<b>Core Group Session #1:</b> Introductions & Routes to Coaching [Zoom & Whiteboard] [Aligned Time Zones – 1 Hour] – <b>Note: 1:30 – 2:30 ET</b>  <b>Welcome Reception</b> [3:00 to 4:00 PM ET   In-Person]	<b>Asynchronous - C:</b> Interpersonal Process Recall - Mutual Recall   Ethics [Allocate 1 Hour to Complete. Must Be Done Prior to SS#3]	<b>Core Group Session #2:</b> Guided Reflections & Coaching in Organizations [1 Hour] Complete Prior to SS#5  <b>NOTE: 1:30 – 2:30 PM ET</b>	<b>Core Group Session #3:</b> Phase I: Coaching Demo #1 (Entry & Contracting) [1 Hour Complete Prior to SS#7]  <b>NOTE: 1:30 – 2:30 PM Eastern Time US</b>	<b>Core Group Session #4:</b> Phase II Demo #3 (Feedback & Options) [1 Hour Complete Prior to SS#9]  <b>NOTE: 1:30 – 2:30 PM Eastern Time US</b>	<b>Core Group Session #5:</b> Share Key Learning from the Week + “Coaching Buddies”    <b>Note: Final core group will take place for 40 minutes after end of the week coaching conversation. Additional instructions to be provided by facilitators.</b>
<b>Synchronous Session #1:</b> Program Launch & Life History/Maps  <b>4:00 – 7:00 PM Eastern Time US</b>   3 Hours	<b>Synchronous Session #3:</b> Baseline Review & Ethics – Take II 3:00 – 6:00 PM, ET   3 Hours	<b>Synchronous Session #5:</b> Success Pyramid Coaching Conversations (2 Hours)   Organizational Models & Coaching + LSI (1 Hour) 3:00 – 6:00 PM, ET   3 Hours	<b>Synchronous Session #7:</b> Coaching Process – cont. (DF-S/A Recap+ Feedback with NBI) 3:00 – 6:00 PM   ET   3 Hours	<b>Synchronous Session #9:</b> Coaching Process – Cont.   Phase II – P/G & Phase III – A/P [2 Hrs 15 mins] Demo #4: PGS +AS.] 3:00 -6:00 PM ET   3 Hours	<b>Transition to Practicum Period</b>
<b>Dinner</b> [7:00 to 8:00 PM ET]	<b>Dinner</b> [6:00 to 7:00 PM ET]	<b>Dinner</b> [6:00 to 7:00 PM ET]	<b>Dinner</b> [6:00 to 7:00 PM ET]	<b>Dinner</b> [6:00 to 7:00 PM ET]	