### The Columbia Coaching Certification Program—Internal Coach Intensive

**May 11-16, 2015**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td>May 11th</td>
<td>May 12th</td>
<td>May 13th</td>
<td>May 14th</td>
<td>May 15th</td>
<td>May 16th</td>
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<tr>
<td>8:30 – 8:45 AM</td>
<td>REVIEW DAY’S AGENDA</td>
<td>8:30 – 8:45 AM</td>
<td>REVIEW/PREVIEW DAY’S AGENDA</td>
<td>8:30 – 8:45 AM</td>
<td>DAILY REFLECTION/PREVIEW DAY’S AGENDA</td>
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<tr>
<td>8:45 – 9:30 AM</td>
<td>CRITICAL INCIDENT EXAMPLES: “COACHED WELL/COACHED POORLY”</td>
<td>8:45 – 9:30 AM</td>
<td>THE “VEHICLE”—“CORE COACHING COMPETENCIES”</td>
<td>8:45 – 10:30 AM</td>
<td>COACHING PROCESS OVERVIEW</td>
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<td>9:30 – 10:30 AM</td>
<td>BASELINE COACHING CONVERSATIONS—“CAPTURING YOUR STARTING POINT”</td>
<td>9:30 – 10:30 AM</td>
<td>RELATING—“ESTABLISHING A PERSONAL BOND” (Relating)</td>
<td>8:45 – 10:30 AM</td>
<td>PHASE I: CONTEXT—OVERVIEW</td>
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<td>BREAK: 10:30 – 10:45 AM</td>
<td>10:45 – 12:00 PM</td>
<td>BASELINE COACHING CONVERSATIONS (Cont.)—“OVERVIEW—INTERPERSONAL PROCESS RECALL”</td>
<td>10:45 – 12:00 PM</td>
<td>PHASE I: CONTEXT (cont.)</td>
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<td>10:45 – 12:00 PM</td>
<td>ORID FRAMEWORK—“OBJECTIVE, REFLECTIVE, INTERPRETATIVE &amp; DECISIONAL DATA”</td>
<td>* QUESTIONING AND LISTENING (Coach Demo)</td>
<td>10:45 – 12:00 PM</td>
<td>PHASE II: CONTENT— (cont.)</td>
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<td><strong>Lunch:</strong> 12:00 – 1:00 PM</td>
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<td>3:00 – 5:00 PM</td>
<td>WELCOME &amp; LAUNCH</td>
<td>1:00 – 2:30 PM</td>
<td>BASELINE COACHING CONVERSATIONS (Cont.)—“DEMONSTRATION &amp; DISCUSSION—MUTUAL RECALL”</td>
<td>1:00 – 2:30 PM</td>
<td>PHASE III: CONDUCT— OVERVIEW</td>
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<td>3:00 – 5:00 PM</td>
<td><strong>WELCOME RECEPTION</strong></td>
<td><strong>GATHERING ACTIVITY—“ROOTS AND ROUTES” HISTORY OF...</strong></td>
<td><strong>BASELINE COACHING CONVERSATIONS (Cont.)—“REVIEW TAPES WITH FACULTY”</strong></td>
<td><strong>BASELINE COACHING CONVERSATIONS (Cont.)</strong>—“PUTTING IT ALL TOGETHER” – Implications for Practice</td>
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<td>5:15 – 6:00 PM</td>
<td><strong>CELLER 49 GATHERING</strong></td>
<td>1:00 – 2:30 PM</td>
<td>TESTING ASSUMPTIONS &amp; REFRAMING (LSI combined with contributing – ORID in Action)</td>
<td>1:00 – 2:30 PM</td>
<td><strong>PHASE III: CONTENT — OVERVIEW</strong></td>
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<td>5:15 – 6:00 PM</td>
<td><strong>DINNER SERVED:</strong> 6:00 – 7:00 PM</td>
<td>BREAK: 2:30 – 2:45 PM</td>
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<td><strong>PHASE III: CONDUCT— (cont.)</strong></td>
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<td>5:15 – 6:00 PM</td>
<td><strong>GOING BACK—“SELF AS INSTRUMENT: A LIFE HISTORY APPROACH”</strong></td>
<td>2:45 – 4:30 PM</td>
<td><strong>PHASE II: CONTENT— (cont.)</strong></td>
<td>2:45 – 4:30 PM</td>
<td><strong>PHASE III: CONDUCT— (cont.)</strong></td>
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<td><strong>AT LEISURE:</strong> 4:30 – 6:00 PM</td>
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**Day’s Agenda**

- **30 minutes for Lunch and Breaks**
- **15 Minutes for Break**
- **12:00 AM for Dinner**
- **6:00 PM for Departure**

**Important Notes:**

- All flights should be booked for anytime after 4:00 PM.
- Copies of Session Materials are available in notebooks OR handed out during Sessions.

**Breakfast**

Buffet served every morning beginning at 7:00 am in the Biddle House and Continental Breakfast

**Lunch**

Buffet served every day in the Biddle House from 12:00 – 1:00 PM

**Fitness Center**

Hours: Now Open 24 Hours

**Dinner**

Served every evening at 6:00 PM in the Biddle House

**15-Minute Breaks**

Daily at approximately 10:30 AM & 2:30 PM

**Departure Reminder:** Check-out time is 11AM Fri.

**Accommodation Information:**

- Cancellation Policy: 30 days prior to departure
- All accommodations are in a hotel, with the option to book a private suite
- All flights should be booked for anytime after 4:00 PM.