



LifeBound Academic Coaching for Non-Cognitive Skills

DAY ONE	DAY TWO	DAY THREE	DAY FOUR	DAY FIVE	DAY SIX
Facilitated Discussion: Introductions What is Coaching?	Facilitated Discussion: Debrief Personal Stories	Facilitated Discussion: Discussion Debrief Vision Activity	Facilitated Discussion: Introductions What is Coaching?	Facilitated Discussion: Debrief- Inspiring Perspectives	Facilitated Discussion: Debrief- Rewriting the Scene
Tool Practice: Listening & Powerful Questions	Skill Practice: VISION	Skill Practice: PROBLEM-SOLVING	Tool Practice: Listening & Powerful Questions	Skill Practice: ACCOUNTABILITY	Skill Practice: PROFESSIONALISM
Skill Practice: PURPOSE/PASSION	Skill Practice: GOAL-SETTING	Skill Practice: SELF-MANAGEMENT	Skill Practice: PERSPECTIVE	Skill Practice: RESILIENCE	Skill Practice: LEADERSHIP
Skill Practice: SELF-AWARENESS	Group Practice: Popcorn Coaching	Group Practice: Student Coaching	Skill Practice: MOTIVATION	Group Practice: Popcorn Coaching	Group Practice: Student Coaching
Reflection Exercise: Personal Stories	Reflection Exercise: Vision Activity	Implementation of Coaching Skills	Reflection Exercise: Inspiring Perspectives	Reflection Exercise: Rewrite the Scene	Implementation of Coaching Skills