

## HVCCC Introduction to Coaching Workshop

Workshop 1 (Monday or Wednesday)	
3:00pm – 3:10pm	<input type="checkbox"/> Introductions <ul style="list-style-type: none"> <li>○ Acknowledgement</li> <li>○ Virtual meeting etiquette</li> <li>○ Orientation information to your resources</li> <li>○ Choose your own adventure</li> </ul>
3:10pm – 3:25pm	<input type="checkbox"/> What to expect from your leader? The differences between coaching and other techniques <input type="checkbox"/> Introduction to the GROW Model <input type="checkbox"/> Wiggle words
3:25pm – 3:45pm	<input type="checkbox"/> GROW Model practice
3:45pm – 3:55pm	<input type="checkbox"/> Debrief and questions
3:55pm – 4:00pm	Quick break
4:00pm – 4:30pm	<input type="checkbox"/> Introduction to Above Line/Below line <input type="checkbox"/> Reframing <input type="checkbox"/> How/Who/What/When/Where? <input type="checkbox"/> Avoiding closed questions <input type="checkbox"/> Next steps to practice
4:30pm	Finish

Workshop 2 (Tuesday or Thursday)	
3:00pm – 3:10pm	<input type="checkbox"/> Debrief on the everyday use of coaching
3:10pm – 3:25pm	<input type="checkbox"/> 5 Levels of Coaching Conversations
3:25pm – 3:45pm	<input type="checkbox"/> Increasing our communication – using the MBTI profiles <input type="checkbox"/> Coaching people with different personality styles
3:45pm – 3:50pm	Quick break
3:50pm – 4:20pm	<input type="checkbox"/> Practice coaching using GROW Model and the MBTI profiles
4:20pm – 4:30pm	<input type="checkbox"/> Next steps to applying coaching in your every-day
4:30pm	Finish