

## SEA - Coaching for Leaders in HealthCare – Course Outline (3 months - 12 weeks)

Week	Duration	Running Total (mins)	Content
<b>Jan 13, 2024 - WEEK ONE MODULE #1 – 3<sup>1/2</sup> hr. Workshop “Setting the Foundation”</b>			
<b>Week 1 Module #1 3 ½ hrs (210 mins)</b>	30 mins	0 - 30	Welcome & Introductions / Creating the Container
	20 mins	30 - 50	Coaching Presence & Coaching Mindset
	10 mins	50 - 60	Being “Coachable” / Coaching leaders’ arena
	30 mins	60 - 90	Breakout session #1 Pods (Creating the container / Coaching presence)
	10 mins	90 - 100	<b>BREAK</b>
	20 mins	100 - 120	Coaching foundations - Stages of Change
	30 mins	120 - 150	Co-creating a Level Three Conversation
	40 mins	150- 190	Breakout session #2 Pods (Level three conversation)
	20 mins	210	Action items, take aways, next steps, reflections
<b>Week 3</b>	90 mins		Pod meeting #1 Coaching Practice - Coaching Mindset
<b>Week 5</b>	90 mins		Pod meeting #2 Coaching Practice - Level 3 Conversations
<b>Sat Feb 10, 2024 - WEEK SEVEN MODULE #2 – 3 hr. Workshop “Key Coaching Skills”</b>			
<b>Week 7 Module #2 3 hrs (180 mins)</b>	20 mins	0 - 20	Check ins / Creating the Container
	30 mins	20 - 50	Co-creating a Level Three Conversation - review Listen – Pause – Ask (Tool)
	40 mins	50 - 90	Breakout session #1 Pods (Listen -Pause – Ask)
	10 mins	90 - 100	<b>BREAK</b>
	30 mins	100 - 130	Coaching Arc
	30 mins	130 - 160	Pods (Coaching practice – Coaching arc)
	20 mins	160 - 180	Action items, take aways, next steps, reflections
<b>Week 9</b>	90 mins		Pod meeting #3 Coaching Practice - Listen -Pause – Ask
<b>Week 11</b>	90 mins		Pod meeting #4 Coaching Practice – Coach arc
<b>Sat March 16, 2024 - WEEK TWELVE MODULE #3 – 3 hr Workshop “Application of Coaching Skills in Education and Leadership”</b>			
<b>Wk 12 Module #3 3 hrs (180 mins) Break</b>	20 mins	0 - 20	Check ins / Creating the Container
	40 mins	20 - 60	Application of coaching techniques in leadership and educational scenarios: <ul style="list-style-type: none"> <li>○ Delivering “coachy” feedback</li> <li>○ Balancing support &amp; accountability with you team / learners</li> <li>○ Bringing your coaching presence to difficult conversations and tricky situations</li> </ul>
	40 mins	60 - 100	Coaching practice (Coaching techniques)
	10 mins	100 - 110	<b>BREAK</b>
	10 mins	110 - 120	Putting it all together – next steps
	50 mins	120 - 170	Next steps - highlights and themes Individual presentations 5 mins each in pods
	10 mins	170 - 180	Course Finale

\* A Pod is a group of three or four course participants who will meet as a group during the workshops and in between sessions to practice coaching each other, give feedback on peer coaching and discuss course material in greater depth. Each pod will be facilitated by a SeattleCoach® Pod Coach facilitator.