Integrative Health & Wellness Coaching: Class of 2021
Weekly Schedule: October 26, 2020 – April 30th, 2021

Asynchronous: On your own time, but following the syllabus pace/schedule
- Online Course Work, Assignments, and Self-Care Reports
- Online Dialogues – Student Questions - Pre Faculty Zoom

Synchronous: Live online participation (via Zoom) at specified dates/times
- Zoom Trainings, Faculty-Led (Full Class – required live participation)
- Zoom Classes, Faculty-Led (Full Class – required live participation)
- Mentor-Supervised Team and Individual Sessions (mandatory live attendance)
- Individually scheduled events (MITIs; documented coaching hours)

ORIENTATION Unit: October 26 - November 1, 2020 (1 Week)

Week 1: 10/26/2020

Optional: ZOOM Training/Practice
Get an introduction to using Zoom for Team practices, Faculty led trainings, and more. Look for sign up options.
Schedule: 10/26/2020-10/30/2020

Program Orientation
90 Minutes
Learn about the program, the learning platform, and expectations of our coaching students. Set up your profile and choose your payment plan. You will have an opportunity to do a Zoom practice with AWCIM staff. (We will post in the Water Cooler dialogue and email the class with date options).

Introduction to Integrative Health & Wellness Coaching
60 Minutes
Explore a history of health coaching, definitions of Integrative Health and Wellness Coaching, and where the field is headed. Learn what AWCIM's principles of integrative health coaching are that guide the training and ultimately the practice of our graduates. This overview of the integrative health and wellness coaching process shows how we break down coaching into four key stages, and within each stage, key phases.

Self-Care: Attitudes of Mindfulness
120 Minutes
Self-care assignment where you explore more deeply one of the 7 attitudes of mindfulness discussed in Introduction to IHW Coaching. Self-Care Report Due November 15th.

Comparing Coaching
60 Minutes
Explore differences between health consultant, educators, and coaches, as well as when it's most appropriate to "switch" roles. Learn the distinction between coaching and psychotherapy.

Coaching Relationships: Skills Overview
45 Minutes
Reviewing the variety of skills that coaches use to help people confront difficult challenges and make significant behavior change.

**OPTIONAL REVIEW: Motivational Interviewing: An Introduction**

180 Minutes

This course was a pre-requisite to join the Coaching program, but we are providing this introduction course as a resource to review and refresh your knowledge of this key coaching communication skill (this is optional).

**UNIT 1: November 2 - December 6, 2020 (5 Weeks)**

**Week 1: 11/2/2020**

**TEAM Zoom: Welcome & Overview**

**MEET ANYTIME BETWEEN October 30th – Nov 5th, 2020**

90 Minutes - Mentor-Supervisor Schedules

Meet your Mentor-Supervisor (MS) and coaching teammates. Your MS will provide an overview of team practices, ground rules, and the importance of spending time in Stage 1, exploring values, and the Vision-MAP. Get questions answered, schedules solidified, and prepped for the first Team practice session.

**Coaching: Key Theories, Concepts, and Approaches**

90 Minutes

Explore key psychological and behavioral theories, communication and educational approaches that influenced Health & Wellness Coaching.

**IHW Coaching Process: Stage 1**

60 Minutes

Dive into Stage 1 of the Coaching process – see real video demonstrations from our coaching faculty.

**Self-Care: Vision-MAP**

60 Minutes

Apply the Vision-Map from Stage 1 of the Coaching process to your own life. Complete the questions. **Self-Care Report Due November 15th.**

**Coaching Dialogue: Intro to IHW Coaching**

Post questions ahead of time for the Zoom Class

11/2/20 - 11/5/20

**ZOOM Class: Intro to IHW Coaching & Class Welcome**

Rocky Crocker; Faculty and Mentor-Supervisors Invited

Friday 11/06/2020
8:30 am – 10:30am MST
(7:30-9:30am PST/9:30-11:30am CST/10:30am-12:30pm EST; 3:30pm-5:30pm IRELAND)
120 Minutes
Director introductions, Welcome/Opening Circle: Get to know each other; Review of Coaching program expectations and Q&A around IHW Coaching.

Week 2: 11/9/2020

Reflective Listening
120 Minutes
Explore reflective listening – demonstrations and practice – to learn this important coaching communication skill.

Self-Care Report Attitudes of Mindfulness: Due November 15th

Self-Care Report Vision-MAP: Due November 15th

Team Coaching Practice 1 (instructions)
30 Minutes
Review the instructions to prepare for your upcoming Team Coaching Practice session. You must be on track with the program syllabus to participate. Participation is required.

Coaching Dialogue: Influences on Coaching and the Role of the Coach
11/10/2020 - 11/12/2020 Questions for the Zoom Class

ZOOM Class: Influences on Coaching and the Role of the Coach
Meg Jordan; Karen Gregory-Mercado
Friday 11/13/2020
9am - 10:00am MST (8-9am PST/10-11 am CST/11am-12pm EST; 4pm-5pm IRELAND)
60 Minutes
Dive deeper with faculty into the course topics: Comparing Coaching, Coaching Relationship: Skills Overview, Key Theories, Concepts and Approaches. Get your questions answered. Join in on faculty-led discussions with classmates.

Week 3: 11/16/2020

Coaching Process: Stage 2
75 Minutes
Learn about and see video demonstrations of Stage 2 in IHW Coaching.

Self-Care: Core Areas of Health
60 Minutes
Apply the Vision-Map from Stage 1 of the Coaching process to your own life. Complete the questions. **Self-Care Report Due November 29th.**

**Case Study Liz: Stage 1 & 2**
75 Minutes
Watch David Rychener demonstrate with coaching partner, Liz – Stage 1 and Stage 2 in IHW Coaching.

**Case Study Susan: Stage 1 & 2**
75 Minutes
See more video demonstrations of faculty with coaching partner, Susan – Stage 1 and Stage 2 in IHW Coaching.

**Zoom Class: Record Keeping: Confidentiality, Note taking, and Note keeping**
Kathy Welshman & Paul Bokker
Friday 11/20/2020
9am - 10am MST (8-9am PST/10-11 am CST/11am-12pm EST; 4pm-5pm IRELAND)
60 Minutes
Learn about and discuss best practices for record keeping in various scenarios, including understanding around confidentiality, securing files, and keeping strong session notes in your coaching practice. Get your questions answered. Join in on faculty-led discussions with classmates.

**Week 4: 11/23/2020**

**Short week: THANKSGIVING - Thursday Nov 26th**

**Coaching Process: Stage 3**
120 Minutes
Learn about Stage 3 in IHW Coaching and watch David Rychener continue working with coaching partners, Liz and Susan to create SMART goals and action plans.

**Coaching Process: Stage 4**
135 Minutes
Learn about Stage 4 in IHW Coaching and watch David Rychener continue working with coaching partners, Liz and Susan, in a follow-up where they talk about how they did with their actions steps.

**Week 5: 11/30/2020**

**Zoom Training: Health Coach Process - Part 1**
David Rychener; Mentor-Supervisor Support
Monday 11/30/20
8:30 am – 10:30am MST
(7:30-9:30am PST/9:30-11:30am CST/10:30am-12:30pm EST; 3:30pm-5:30pm IRELAND)

120 Minutes
Review Coaching process and dive into Stage 1 and Stage 2. Watch a faculty demo and practice Stage 1 with subset of classmates and a mentor-supervisor in Breakout rooms.

TEAM PRACTICE STAGE 1: Vision-MAP
Anytime between: 11/30/2020 - 12/6/2020

180 Minutes
Mentor-Supervised Team Practice. Explore the Vision-MAP elements of Stage 1 through practice, observation, and partnering. Related online self-reflection assignment due within 24 hours post practice. Review online written feedback from Mentor-Supervisor post practice within 48-36 hours.

Team Coaching Practice 2 (instructions)
15 Minutes
Review the instructions to prepare for your upcoming Team Coaching Practice session. You must be on track with the program syllabus to participate. Participation is required.

UNIT 2: December 7 - January 17, 2021 (5 Weeks)

Week 1: 12/7/2020

MITI 1
30 Minutes
Review instructions to be prepared. Schedule during provided times. MITI 1 will be an initial measurement of your motivational interviewing proficiency level. Facilitate a conversation with a partner about a behavior change they want to make but are struggling with a bit.
Schedule: 12/10/2020 - 12/11/20

Coaching Skills: Sustain & Change Talk
240 Minutes
Learn about and practice a core element of motivational interviewing, recognizing sustain talk and moving a person towards change talk. This strategy supports behavior change planning and action.

Coaching Skills: Affirmations
105 Minutes
Learn about and practice the strategy of affirmations as a tool to push for change talk, reinforce or call attention to a person's strengths.
TEAM PRACTICE STAGE 2: Core Areas of Health & Wellbeing  
Anytime between: **12/7/2020 - 12/22/2020** (not in conflict with MI Zoom Training)  
**180 Minutes**  
Mentor-Supervised Team Practice. Explore Stage 2 – Core Areas of Health through practice, observation, and partnering. Related self-reflection assignment and Written Feedback from Mentor-Supervisor  

**Coaching Dialogue:** Motivational Interviewing Techniques  
12/7/2020 - 12/11/2020 Questions for the Zoom Training  

**Week 2: 12/14/2020**  

**Zoom Training: MI Strategies -advanced practice PART 1**  
Robert Rhode  
Monday 12/14/2020  
8:30am – 10:30am MST  
(7:30-9:30am PST/9:30-11:30am CST/10:30am-12:30pm EST; 3:30pm-5:30pm IRELAND)  
**120 Minutes**  
30 Minutes Lecture Review: MI in Coaching; Simple Reflections; 20 Minutes DEMO: Sustain & Change Talk; 50 minutes, round robin breakout practice groups - faculty feedback, 20 Minutes Discussion and Q&A;  

**Zoom Training: MI Strategies - advanced practice PART 2**  
Robert Rhode  
Tuesday 12/15/2020  
8:30am – 10:30am MST  
(7:30-9:30am PST/9:30-11:30am CST/10:30am-12:30pm EST; 3:30pm-5:30pm IRELAND)  
**120 Minutes**  
30 Minutes: Lecture Intro Complex Reflections, 15 Minute Demo, 45 Minute Student Practice (faculty observed); 30 Minute Discussion and Q&A  

**Week 3: 12/21/2020**  

**Zoom Class: SMART Goals vs Action Steps**  
Priscilla Abercrombie & Betsy Harrison  
Monday 12/21/2020  
10am – 11am MST  
(9-10am PST/11am – 12pm CST/12-1pm EST; 5-6pm IRELAND)  
**60 Minutes**  
Deep dive in differentiating goals from action steps, SMART process, and Behavior Change vs Outcome goals. Discussion and Q&A.  

**Coaching Strategies: Complex Reflections**  
150 Minutes
Simple reflections might include paraphrasing what the client has said or guessing how the client might answer a closed question. Complex reflections go beyond what the client has said. Review examples, practice with various cases, and get faculty input on applying Complex Reflections within your coaching sessions.

**Winter BREAK Dec 24 - Jan 3 – Happy New Year!**

**Week 4: 1/4/2021**

**TEAM PRACTICE STAGE 3: SMART Goal & Action Steps**
Anytime between: 1/4/2021 – 1/10/2021 *(not in conflict with Rychener’s Zoom Trainings PT 1)*
180 Minutes
Mentor-Supervised Team Practice. Explore Stage 3 – SMART Goals & Action Steps through practice, observation, and partnering. Related self-reflection assignment and Written Feedback from Mentor-Supervisor

**Zoom Training: Health Coach Process - Putting it all together (Stage 1, 2, and 3)**
David Rychener, Mentor-Supervisor Support
Friday 1/8/21
9:30am -12:30pm MST
(8:30-11:30am PST/10:30am-1:30pm CST/11:30am-2:30pm EST; 4:30pm-7:30pm IRELAND)
180 Minutes
Practice Stages 1, 2, 3 - Breakout Groups – Student A and B practice.

**Week 5: 1/11/2021**

**Self-Care: SMART Goal and Action Steps**
60 Minutes
Apply the Vision-Map from Stage 1 of the Coaching process to your own life. Complete the questions. **Self-Care Report Due January 17th.**

**Zoom Training: Health Coach Process - Part 2 (putting it all together) Con’t**
David Rychener, Mentor-Supervisor Support
Monday 1/11/21
9:30am -12:30pm MST
(8:30-11:30am PST/10:30am-1:30pm CST/11:30am-2:30pm EST; 4:30pm-7:30pm IRELAND)
180 Minutes
Practice Stages 1, 2, 3 - Breakout Groups – Student C and D practice.

**Zoom Class: Stage 4 - Lessons Learned**
David Rychener & Paul Bokker
Thursday 1/15/21
9am - 10am MST (8-9am PST/10 – 11am CST/11am-12pm EST; 4-5pm IRELAND)
60 Minutes
Working through the slow progress, missed action steps, and recurring barriers with partners. Return and Revisit Stage 1 - Revisit the SMART Goal. Dig Into Lessons Learned.

1:1 Coaching Practice Instructions- supervised and documented hours
15 Minutes
Get detailed instructions on how mentor-supervised 1:1 sessions will be run, expectations for students to get volunteer practice partners, waiver forms, and rules around submitting coaching practice hours for AWCIM and related to NBHWC requirements. Students are to recruit coaching partners and have them complete waiver paperwork, and establish them in the client submission section online BEFORE January 25, 2021.

UNIT 3: January 18 – March 28, 2021 (10 Weeks)

Week 1: 1/18/2021

Zoom Training: Advanced Mind-Body Tools for Coaching
Meg Jordan
Monday 1/18/2021
9:00am – 11:00am MST (8-10am PST/10am – 12pm CST/11am-1pm EST; 4-6pm IRELAND)
120 Minutes
Lecture, Demo, Practice, Q&A: How to use tools like guided imagery, breathwork, and meditation within a Coaching session.

Case Study: Follow-ups
120 Minutes
Revisit Liz and Susan Jane, as David Rychener continues the coaching sessions. See what the third session with each of these coaching partners reveals about coaching follow-ups.

Team Practice Stage 4 - Prep (instructions only)
15 Minutes
Review instructions in preparation for Coaching Team practice for stage 4 – follow-up. Discuss action step progress, lessons learned, explore if Goal is still important and work on revised or new action steps to take.

Faculty Training: Closing a Coaching Relationship
Kathy Welshman & Paul Bokker
Friday 1/22/2021
9am - 10am MST (8-9am PST/10 – 11am CST/11am-12pm EST; 4-5pm IRELAND)
60 Minutes
Lecture, Demo, Practice, Q&A: When should a coaching relationship close? How can you set expectations from the start? Questions to ask (celebrations, what will success look like)? Maintenance plan and relapse prevention.

**Week 2: 1/25/2021**

**Peer Practice Prep (instructions)**

15 Minutes
Review the instructions for required non-supervised, peer coaching practice in groups of 3 or 4. Any students may practice together from the class. There is a related written assignment.

**PRACTICAL SKILLS ASSESSMENT**

*Mentor-Supervised 1:1 – Initial Session 1 – Client 1*
Anytime between: 1/25/2021 - 2/01/2021

90 Minutes
Each student will complete an initial 60-75 minute coaching session with their volunteer. Mentor-supervisor will observe and afterwards provide the student with 15-30 minutes mentor feedback. Student is expected to work through Stage 1, 2, and 3 during this session. First time session with this volunteer. Related self-reflection assignment and Written Feedback from Mentor-Supervisor.

**TEAM PRACTICE STAGE 4: Follow-Up 1**
Anytime between: 1/25/2021 - 2/01/2021

180 Minutes
Mentor-Supervised Team Practice. Explore Stage 4 – Follow-up through practice, observation, and partnering. Related self-reflection assignment and Written Feedback from Mentor-Supervisor.

**Week 3: 2/1/2021**

**Zoom Training: Navigating Emotional Waters**
Meg Jordan
Monday 2/1/2021
9:00am – 11:00am MST (8-10am PST/10am – 12pm CST/11am-1pm EST; 4-6pm IRELAND)

120 Minutes
Lecture, Demo, Practice, Q&A: Emotions are everywhere. How do they support us, how do they impact others. What are the various approaches to coaching partners displaying a variety of emotions and at varied levels. Learn about setting boundaries and also to become comfortable in the discomfort of emotion.

**Self-Care Report: Action Steps Progress: Due Feb 7**
Based on your last Team Practice report on your action step plan and progress.
Peer Practice 1
Anytime Between 2/1/2021 - 2/7/2021
120 Minutes
Students establish a 2-hour practice session in groups of 3 or 4. Related online written assignment. Triads or Pairs- practice 2 hours - stage 4 - progress towards SMART goal, reassess and adapt plan as needed.

Coaching Practices: Professional Standards, Ethics, & Scope of Practice
30 Minutes
Explore the current state of the development of professional standards and discuss a reasonable starting place as you move forward in becoming an integrative health or wellness coach.

Coaching Dialogue: Professional Standards, Ethics, & Scope of Practice
12/14/2020 - 12/21/2020 Questions for the Zoom Class

Week 4: 2/8/2021

PRACTICAL SKILLS ASSESSMENT
Mentor-Supervised 1:1 – Initial Session 2, Client 2
Anytime between: 2/8/2021 - 2/14/2021
(90 Minutes)
Each student will complete an initial 60-75 minute coaching session with their volunteer. Mentor-supervisor will observe and afterwards provide the student with 15-30 minutes mentor feedback. Student is expected to work through Stage 1, 2, and 3 during this session. First time session with this volunteer. Related self-reflection assignment and Written Feedback from Mentor-Supervisor.

TEAM PRACTICE STAGE 4: Follow-Up 2
Anytime between: 2/8/2021 - 2/14/2021
180 Minutes
Mentor-Supervised Team Practice. Second follow-up through practice, observation, and partnering. Check in on action steps/progress on SMART Goal. Lessons Learned, Celebrations, Next Steps. Related self-reflection assignment and Written Feedback from Mentor-Supervisor

Week 5: 2/15/2021

Peer Practice 2
Anytime Between 2/15/2021 - 2/21/2021
120 Minutes
Students establish a 2-hour practice session in groups of 3 or 4. Related online written assignment. Triads or Pairs- practice 2 hours - stage 4 - progress towards SMART goal, reassess and adapt plan as needed.

**Self-Care Report: Action Steps Progress: Due Feb 21**
Based on your last Team Practice report on your action step plan and progress.

**PRACTICAL SKILLS ASSESSMENT**
**Mentor-Supervised 1:1 – Follow-up Session 1, Client 1**
Anytime between: 2/15/2021 - 2/21/2021
60 Minutes
Each student will facilitate a 45-minute coaching session with their volunteer Client 1. Mentor-supervisor will observe and afterwards provide the student with 15 minutes mentor feedback. Student is expected to engage in Stage 4 during this session, as their initial session worked through the first three stages. Related self-reflection assignment and Written Feedback from Mentor-Supervisor

**Zoom Class: Ethics, Professional Standards & Scope of Practice discussion**
Rocky Crocker
Friday 2/19/2021
8:30am – 9:30am MST (7:30-8:30am PST/9:30– 10:30am CST/10:30-11:30am EST; 3:30-4:30pm IRELAND)
60 Minutes
Dive into questions around licensure, scope of practice, NBHWC certification, insurance/liability, etc. Based on completion of the online course.

**Non-supervised 1:1 Coaching Client Hours**
MAX 5 Documented Hours Submitted
Student hours may not be submitted towards AWCIM certification unless passing score received for first two PRACTICAL SKILLS ASSESSMENTS.

**Week 6: 2/22/2021**

**Zoom Training: Professional Panel and Business Discussion**
Rocky Crocker; Priscilla Abercrombie; Paul Bokker; Kathy Welshman; Betsy Harrison; Candace Gregory
Monday 2/22/2021
9:00am – 11:30am MST
(8:00-10:30am PST/10:00am-12:30pm CST/11:00am-1:30pm EST; 4:00pm-6:30pm IRELAND)
150 Minutes
Get an overview of the field of HW Coaching and issues around scope of practice, hear from a variety of business models for coaching, the challenges and rewards, and panel Q&A.
**PRACTICAL SKILLS ASSESSMENT**

**Mentor-Supervised 1:1 – Follow-up Session 1, Client 2**

Anytime between: 2/22/2021 - 2/28/2021

**60 Minutes**

Each student will facilitate a 45-minute coaching session with their volunteer Client 2. Mentor-supervisor will observe and afterwards provide the student with 15 minutes mentor feedback. Student is expected to engage in Stage 4 during this session, as their initial session worked through the first three stages. Related self-reflection assignment and Written Feedback from Mentor-Supervisor.

**Non-supervised 1:1 Coaching Client Hours**

MAX 5 Documented Hours Submitted

Student hours may not be submitted towards AWCIM certification unless passing score received for first two **PRACTICAL SKILLS ASSESSMENTS.**

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**Week 7: 3/1/2021**

**Zoom Training: Group Coaching – An Introduction**

David Rychener; Support TBD

Monday 3/1/2021

8:30am – 10:00am MST (7:30-9:00am PST/9:30am-11:00am CST/10:30-12:00pm EST; 3:30pm-5:00pm IRELAND)

**90 Minutes**

What is Group Coaching? What are the pros/cons of this delivery method? What are the unique skills and techniques to implement in Group Coaching? Get an introduction to Group Coaching from David Rychener.

**Peer Practice 3**

Anytime Between 3/1/2021 - 3/7/2021

**120 Minutes**

Students establish a 2-hour practice session in groups of 3 or 4. Related online written assignment. Triads or Pairs- practice 2 hours - stage 4 - progress towards SMART goal, reassess and adapt plan as needed.

**Non-supervised 1:1 Coaching Client Hours**

MAX 5 Documented Hours Submitted

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**Week 8: 3/8/2021**

**Zoom Training: Group Coaching Facilitation**

Priscilla Abercrombie & Kathy Welshman

Monday 3/8/21

10am – 11:30am MST (9:00-10:30am PST/11:00am-12:30pm CST/12-1:30pm EST; 5:00pm-6:30pm IRELAND)
90 Minutes
Facilitation skills and practice opportunities

**Zoom Training: Group Coaching Practice**
**David Rychener; Support TBD**
Friday 3/12/2021
8:30am – 10:30am MST
(7:30-9:30am PST/9:30-11:30am CST/10:30am-12:30pm EST; 3:30pm-5:30pm IRELAND)

**120 Minutes**
Coaching a Group Break Out Practice

**Self-Care Report: Action Steps Progress: Due Mar 14**
Based on your Peer Practices, revisit your SMART goal, and report on your action step plan and progress.

**Grad Project Prep (instructions)**
**15 Minutes**
Review the instructions for required graduation project. Documented coaching sessions with one client over time.

**Non-supervised 1:1 Coaching Client Hours**
MAX 5 Documented Hours Submitted

**Week 9: 3/15/2021**

**Zoom Training: Group Coaching Practice 2**
**David Rychener; Support TBD**
Monday 3/15/2021
9:30am – 11:30am MST/PDT* (Daylight Savings accounted for)
(9:30-11:30am PDT/10:30am-12:30pm MDT/11:30am-1:30pm CDT/12:30-2:30pm EST; 4:30pm-6:30pm IRELAND)

**120 Minutes**
Coaching a Group Break Out Practice

**Zoom Training: Group Coaching – Wrap-up, Q&A**
**David Rychener; Support TBD**
Friday 3/22/2021
9:00am – 10:00am MST/PDT* (Daylight Savings accounted for)
(9-10am PDT/10-11am MDT/11am-12pm CDT/12-1pm EST; 4pm-5pm IRELAND)

**60 Minutes**
Wrap up discussion on Group Coaching, Practice experience, Q&A, and Design your own Group Coaching practice activity.
**Non-supervised 1:1 Coaching Client Hours**
MAX 5 Documented Hours Submitted

**Week 10: 3/22/2021**

**Self-Care Wrap-up**
60 Minutes
Take a look back at your experience making healthy behavior change towards meeting your SMART goal during the last part of this program. Reflect, evaluate, and then share a report.

**Self-Care Report Due April 4th, 2021.**

**PRACTICAL SKILLS ASSESSMENT**
**Mentor-Supervised 1:1 – FINAL Follow-up Session, Client 1 OR 2**
Anytime between: 3/15/2021 - 3/28/2021
60 Minutes
Each student will facilitate a 45-minute coaching session with their volunteer Client 1 or 2. Mentor-supervisor will observe and afterwards provide the student with 15 minutes mentor feedback. Student is expected to engage in Stage 4 during this session, as their initial session worked through the first three stages. Related self-reflection assignment and Written Feedback from Mentor-Supervisor. **Final PASSING Score Required for Graduation.**

**Non-supervised 1:1 Coaching Client Hours**
MAX 5 Documented Hours Submitted

**UNIT 4: March 29 - April 26, 2020 (4 Weeks)**

**Week 1: 3/29/2021**

**PRACTICAL SKILLS ASSESSMENT**
**MITI 2**
30 Minutes
Review instructions to be prepared. Schedule during provided times. MITI 12 will measure your motivational interviewing proficiency level. Facilitate a conversation with a partner about a behavior change they want to make but are struggling with a bit. **Passing Score of 74% Required to Graduate.**

**Schedule:** 3/29/2021 - 4/12/2021

**Self-Care Report: Wrap-up Reflections Due April 4th, 2021.**

**PRACTICAL SKILLS ASSESSMENT**
**LIVE EVAL: NEW SUPERVISOR - Initial Session, AWCIM Client Volunteer provided**
Anytime between: 3/29/2021 - 4/12/2021
75 Minutes
Each student will facilitate a 60-75-minute coaching session with their volunteer. A non-Team Mentor-supervisor will observe and afterwards score the student’s competency. Written Feedback from Mentor-Supervisor. **Final PASSING Score Required for Graduation.**

**Non-supervised 1:1 Coaching Client Hours**
MAX 5 Documented Hours Submitted

**Week 2: 4/5/2021**

**Graduation Project Due April 11, 2021**
Final PASSING Score Required for Graduation.

**Non-supervised 1:1 Coaching Client Hours**
MAX 5 Documented Hours Submitted

**Week 3: 4/12/2021**

**Online Program Evaluation Due April 18, 2021**

**Final Exam Study Guide Released**

**Non-supervised 1:1 Coaching Client Hours**
MAX 5 Documented Hours Submitted

**Week 4: 4/19/2021**

**Final Exam – Complete in one sitting by 4/25/2021**
Final Score of 70% or better Required for Graduation.

**Non-supervised 1:1 Coaching Client Hours**
MAX 5 Documented Hours Submitted

**Program Wrap-up: 4/26/2021**

**Zoom Class: Program Wrap-up and Closing Ceremony**
Rocky Crocker; Open to Mentor-Supervisors and Faculty
Friday 4/30/2021
9:00am – 11:00am MST/PDT* (Daylight Savings accounted for)
(9-11am PDT/10am-12pm MDT/11am-1pm CDT/12-2pm EST; 5pm-7pm IRELAND)
120 Minutes
Join us to celebrate your accomplishments, talk about becoming coaching alumni, certification, and participate in a closing ceremony.
Non-supervised 1:1 Coaching Client Hours
MAX 5 Documented Hours Submitted