



Integrated Coach Training
FLUXIFY
100 Launch
Current as of January 2022



100 Launch Syllabus

Course Expectations and Requirements:

This syllabus describes educational expectations for completing 100 Launch as a part of Integrated Coach Training. If you have questions, please contact Amy Glazer (aglazer@FLUXIFY.net/330.936.3768).

Basic Information:

- 100 Launch
- Online via the Integrated Coach Training Platform and asynchronous/on-demand learning.

Number of Coach Specific Training Hours:

20 hours

- 6 x 120 minute class sessions (online)
- 8 hours of asynchronous/on-demand learning
- 1 x 120 minute phone-based, recorded triads (reviews by Instructor)
- 4 writing assignments (submitted for review)

FLUXIFY uses Zoom Meeting for our online training. You can access it through the Zoom Meeting app, or through your browser. Specific link for each course are sent through a calendar invite.

Instructor's Name:

Amy Glazer, PCC
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Contacting the FLUXIFY Team:

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Website Description:

100 Launch is the first required course in FLUXIFY's ACC Pathway toward an International Coaching Federation training. This course is built on the model that FLUXIFY has used since 1999 and is designed to get you started coaching with solid skills. 100 Launch introduces the fundamentals on which the entire Integrated Coach Training approach is built.

Completing 100 Launch with a credentialed FLUXIFY trainer gives you 20 hours of coach specific training. Be sure to select the cohort you want so that the training works in your schedule.

- 20 Hours, delivered fully online; 6 weeks of sessions, 2 hours in each online session and 8 hours of asynchronous/on-demand learning
- Emphasis on the basics of coaching: Listening, Powerful Questions, and Action Steps
- Receive feedback on recorded coaching conversations from experienced coaches to learn what to do (and sometimes what NOT to do)
- Practice coaching triads in live sessions 2 and 5 plus one final triad after session 6 that is recorded and reviewed by a FLUXIFY Trainer
- All eight ICF Core Coaching Competencies (2021 Competencies) are covered

Course Objectives:

The objectives for this course are:

- Understand and apply the three core skills for coaching: active listening, powerful questioning, and developing actions.
- Understand the full coach development arc.
- Equip yourself with a basic skill set for informal & formal coaching.
- Introduce the ICF Core Competencies and Code of Ethics.
- Practice (with feedback)!

Required Student Resources:

To successfully complete 100 Launch you will need:

- A reliable internet connection
- A reliable telephone
- An email address
- Word processing software to submit final assignments in Microsoft Word format

Course Schedule/Outline/Calendar of Events:

Your 100 Launch will follow the following format:

- Six live online sessions - 2 hours each.
- All 8 ICF Core Competencies are covered.
- Sessions 1, 3, 4, & 6 are live interactive learning.
- Sessions 2 & 5 are live practice triad exercises where you'll coach and be coached. You'll also receive feedback from the instructor and your peers. You **MUST ATTEND** these two sessions live.

100 Launch also includes follow up triad and writing work, which is due 30 days after the last class. 100 Launch begins online at least three times per year.

The Final Triad is recorded and evaluated by the FLUXIFY Team according to standards from the International Coaching Federation as if you were submitting it with a credential application.

Course Outline:

Session	Pre-Work	Class Focus	Follow Up Assignment
1	Write a definition of coaching.	What is Coaching? The MUST HAVE Skills	Journal assignment(15 minutes)
2	Watch videos 100-2-#1-#3.	Live Triad #1	None
3	Watch videos 100-3-#1 & #2.	Introducing the CHAIN	Journal Assignment (15-45 Minutes)
4	Watch videos 100-4-#1-#7	Introducing the ICF Core Competencies	Journal Assignment (15-45 Minutes)
5	Watch video 100-5-#1-#3.	Live Triad #2	None
6	Watch videos 100-6-#1-#6.	Coaching Demo Review	Journal Assignment (15-45 Minutes)
30 Days after Session 6		Complete Writing Assignments	Submit homework to FLUXIFY. Complete Final Triad.
30 Days after Session 6		Grace period to complete Triads ends.	

Session	Pre-Work	Class Focus	Follow Up Assignment
30-90 Days after Session 6		Triad Review	
90 Days after Session 6		Feedback & Certificate issued.	

All assignments must be submitted to the Instructor within 30 days after the last class.

Criteria for Grading:

100 Launch is conducted on a pass/fail basis.

You will pass 100 Launch if:

- You attend the required 75% of live course sessions, participate in class discussions, and complete asynchronous/on-demand learning
- Attend the live triad sessions
- You listen to the recordings of missed session
- You submit your writing assignments demonstrating comprehension and application of the material
- Your coaching triads are completed and you demonstrate learning and application of coaching concepts

Attendance Policy:

100 Launch is an Anchor Course (20 hours) in Integrated Coach Training.

The attendance policy for Anchor Courses is as follows:

- 100% attendance to all sessions and completion of all asynchronous training is the ideal.
- If life gets in the way, you may miss ONE live session, as long as that session is NOT a triad coaching exercise.

- Sessions 2 and 5 are triad exercises and must be attended. If you miss a triad experience, you will be required to drop out of the class. No tuition refund will be given.
- Sessions, 1, 3, 4, and 6 are live interactive learning. You may miss ONE of these sessions.
- If you miss a live session, you are responsible for requesting and reviewing the recording of the missed session before the next live session.
- You may have to complete an additional verification of learning if you miss a live session.

If you have questions, please contact Amy Glazer at aglazer@FLUXIFY.net.

Suggested Bibliography:

Reitz, Jonathan. Coaching Hacks. Cleveland, OH FLUXIFY Global LLC. 2017

Whitmore, John. Coaching for Performance. Hoboken, NJ Pfeiffer & Company. 1992.

Whitworth, Laura; Kimsey-House, Henry; and Sandahl, Phil. Co-Active Coaching. Boston, MA. Nicholas Brealey Publishing, 3rd Edition 2011.

First Taught:

- January 2003 in original format
- October 2021 in current format

Syllabi on Learning Platform:

- The downloadable syllabi presented online shall contain the date of last update.