



Integrated Coach Training  
FLUXIFY  
200 Lab  
Current as of January 2022



# 200 Lab Syllabus

## Course Expectations and Requirements:

This syllabus describes educational expectations for completing 200 Lab as a part of the ACC Pathway. If you have questions, please contact Amy Glazer at [aglazer@FLUXIFY.net](mailto:aglazer@FLUXIFY.net) or 330.936.3768.

## Basic Information:

- 200 Lab
- Online via the Integrated Coach Training Platform and asynchronous/on-demand learning.

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## Number of Coach Specific Training Hours:

10 hours

- One hour asynchronous/on-demand learning pre-work
- 4 x two hour live sessions (online by Zoom)
- One follow up reflection assignment, approximately one hour time commitment.
- Written feedback forms for each coaching session (submitted for review)

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

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## Instructor's Name:

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## Contacting the FLUXIFY Team:

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**[aglazer@FLUXIFY.net](mailto:aglazer@FLUXIFY.net)**  
330.936.3768

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## Website Description:

In this 4 session course, you'll work on your coaching skills under the supervision of a credentialed ICF coach. All 200 Lab Instructors are experienced practitioners in coaching. Each participant will both coach and be coached during the course of the 4 sessions.

You'll coach one of the other participants and will receive immediate feedback both your instructor and your co-participants. You'll leave this class with an action plan for developing your own coaching AND have listened to enough coaching that you'll begin to identify both strong and weak moments in your own coaching as they happen!

You'll also review one recorded coaching session as pre-work and complete a final reflection.

This course focuses on all 8 ICF Core Coaching Competencies

- *Limited to a MAXIMUM of 8 participants*
- 4 - 2 hour sessions
- Pre-work of reviewing one recorded coaching session.
- Final reflection on what you've learned.
- 10 coach-specific training hours
- Training Language: English

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## **Course Objectives:**

The objectives for this course are:

- Practice coaching in a supervised environment.
- Receive and integrate coaching feedback from instructor and peers.
- Sharpen listening and questioning skills.
- Learn to listen to coaching and identify strengths and opportunities.
- Review ICF Core Competencies and ask questions.

## **Required Student Resources:**

To successfully complete 200 Lab you will need:

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

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## Course Schedule/Outline/Calendar of Events:

200 Lab follows an online format - 4 - 120 minutes sessions. This includes 1 hour pre-work and 1 hour post lab reflection on what you have learned. 200 Lab begins online 4-5 times per year on average.

### Course Outline:

Session	Pre-Work	Class Focus	Follow Up Assignment
1	Choose coaching topic/prepare to coach. Watch pre-work video found in your online FLUXIFY account.	Competency Model for Coaching & 8 Core Competencies. 2. Embodies A Coaching Mindset. 4. Cultivates Trust and Safety	Send feedback form to coach and instructor.
2	Choose coaching topic/prepare to coach.	3. Establishes and Maintains Agreements. 6. Listens Actively	Send feedback form to coach and instructor.
3	Choose coaching topic/prepare to coach.	7. Evokes Awareness. 5. Maintains Presence	Send feedback form to coach and instructor.
4	Choose coaching topic/prepare to coach.	1. Demonstrated Ethical Practice. 8. Facilitates Client Growth	Send feedback form to coach and instructor. Complete final reflection and submit to Instructor.

All assignments must be submitted to the Instructor within 30 days of final class.

## Criteria for Grading:

200 Lab is conducted on a pass/fail basis.

You will pass 200 Lab if:

- You attend the required 75% of live course sessions and participate in class discussions

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- You listen to the recordings of missed session
  - You submit your writing assignments demonstrating comprehension and application of the material
  - Your coaching sessions are completed and you demonstrate learning and application of coaching concepts

### **Attendance Policy:**

200 Lab is a Lab Course (10 hours) in Integrated Coach Training.

The attendance policy for Lab 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 without penalty, as long as you are not scheduled to be the coach or the client during this session.
- 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 must also complete the student coaching feedback form and send it to the coach(es) from the session and your instructor.
- Failure to do this may result in your Lab being marked incomplete.

If you have questions, please contact Amy Glazer at amy@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 2014 in original format
- January 2022 in current format

**Syllabi on Learning Platform:**

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