



Integrated Coach Training

FLUXIFY

500 Arc

Current as of January 2022



# 500 Arc Syllabus

## Course Expectations and Requirements:

This syllabus describes educational expectations for completing 500 Arc as a part of Integrated Coach Training. If you have questions, please contact Amy Glazer ([aglazer@FLUXIFY.net](mailto:aglazer@FLUXIFY.net) /330.936.3768).

## Basic Information:

- 500 Arc
- Online via the Integrated Coach Training Platform and asynchronous/on-demand learning.

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## 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.

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## Instructor's Name:

Dave Brunelle, PCC  
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216.224.7625

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## Contacting the FLUXIFY Team:

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## Website Description:

Most coach training focuses on the skills a coach needs to deliver a single, high-quality coaching conversation. You set the coaching agreement, explore the key issues, listen for a breakthrough, and design specific actions for follow up.

Every one of those terms means something different when you look at them in the context of an entire coaching relationship. And that's where 500 Arc comes in.

In this 20-hour training opportunity, you will explore the four sub-cores of an effective coaching relationship. You'll understand how the coach's inner monologue changes through the various phases of the coaching relationship as the client builds clarity and moves toward their goals.

500 Arc also includes two live triads for practice coaching and written feedback from your instructor. You will complete 500 Arc with some short writing assignments and a final recorded triad that is scored against the PCC Markers used in the International Coach Federation credentialing process.

**Prerequisites:** To take course at the 500 level or above, you should meet the following pre-requisites:

- Complete 60 or more hours of coach training
- This course is designed for the credentialed coach
- Have 60 or more hours of coaching experience

## Course Objectives:

The objectives for this course are:

- Understand a coaching engagement as a story/narrative.
- Apply a narrative structure to an effective coaching engagement.
- Learn to use accountability tools to stay on track.
- Design and use narrative corrective tools to get back on track.
- Practice coaching with feedback against the PCC Markers.

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## **Required Student Resources:**

To successfully complete 500 Arc 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 500 Arc 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.

500 Arc also includes follow up triad and writing work, which is due 30 days after the last class. 500 Arc 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. The PCC Markers are the ICF standard for this evaluation.

## 500 Arc Course Outline:

Session	Pre-Work	Class Focus	Follow Up Assignment
1	Pre-work Coaching Demonstration to be completed.	Intro to Coaching Arcs	Journal Assignment (15-45 Minutes)
2	On Demand Video	Live Triad #1	None
3	On Demand Video	The Hero's Journey & Narrative Coaching	Journal Assignment (15-45 Minutes)
4	On Demand Video	Beginning, Middle and End of the Arc	Journal Assignment (15-45 Minutes)
5	On Demand Video	Live Triad #2	None
6	On Demand Video	Putting it all together for the entire engagement	Journal Assignment (15-45 Minutes)
30 Days after Session 6		Complete Writing Assignments	Email to your instructor when you're done.
30 Days after Session 6		Grace period to complete Triads ends.	
30-60 Days after Session 6		Portfolio & Triad Review	
A maximum of 60 Days after Session 6		Feedback & Certificate issued.	

All assignments must be submitted to the Instructor within 30 days of session 6.

## Criteria for Grading:

500 Arc is conducted on a pass/fail basis.

You will pass 500 Arc 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

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- 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:**

500 Arc 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](mailto: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 2015 in original format
- January 2022 in current format

## **Syllabi on Learning Platform:**

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