



Integrated Coach Training  
FLUXIFY  
800 Habit  
Current as of January 2022



# 800 Habit Syllabus

## Course Expectations and Requirements:

This syllabus describes educational expectations for completing 800 Habit as a part of the Integrated Coach Training. If you have questions, please contact Amy Glazer ([aglazer@FLUXIFY.net](mailto:aglazer@FLUXIFY.net)/330.936.3768).

## Basic Information:

- 800 Habit
- 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:

Rebecca Dorsey, MCC  
[rdorsey@FLUXIFY.net](mailto:rdorsey@FLUXIFY.net)

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## Contacting the FLUXIFY Team:

Amy Glazer, PCC  
Director of Operations  
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330.936.3768

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## Website Description:

Coaches are fully committed to the success, growth and effectiveness of their clients. Most coach training focuses on what happens during the actual coaching conversation, but masterful coaching starts long before the conversation begins.

In this 20 hour training, you'll look at a lifestyle of coaching and develop repeatable behavior patterns that move your coaching toward mastery. How can you leverage what you do first thing in the morning to make your coaching more effective in the afternoon? That's what 800 Habit is designed to accomplish.

800 Habit also includes 3 triads for practice coaching and written feedback from your Instructor.

**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
- Training Language: English

## Course Objectives:

The objectives for this course are:

- Develop key habits to raise coaching effectiveness.
- Break the complexity of coaching into simple pieces.
- Understand and apply PCC-level skills to coaching.
- Coach at the PCC level (with feedback).
- Be assessed using the PCC Markers.
- Develop a list of 1-5 habits that will make your coaching more effective.

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## **Required Student Resources:**

To successfully complete 800 Habit 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 800 Habit 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.

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. PCC Markers are the ICF standard for this evaluation.

Course Outline:

Session	Pre-Work	Class Focus	Follow Up Assignment
1	Watch Coaching Demonstration before session #1.	Why Habits Matter	Journal Assignment (15-45 Minutes)
2	Watch videos 800-2-#1-#3	Live Triad #1	None
3	Watch videos 800-3-#1-#8	A Habit Audit and Habits BEFORE Coaching	Journal Assignment (15-45 Minutes)
4	Watch videos 800-4-#1-#4	Habits DURING Coaching	Journal Assignment (15-45 Minutes)
5	Watch videos 800-5-#1-#3	Live Triad #2	None
6	Watch videos 800-6-#1-#4	Habits AFTER Coaching	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 emailed to the Instructor within 30 days of session 6.

**Criteria for Grading:**

800 Habit is conducted on a pass/fail basis.

You will pass 800 Habit 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

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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 triads are completed and you demonstrate learning and application of coaching concepts

### **Attendance Policy:**

800 Habit 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: Simple Strategies to Make Every Conversation More Effective. Cleveland, OH CoachNet 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.