

Week	Dates	Sesn	Hrs	Tuesday	Sesn	Hrs	Wednesday	Sesn	Hrs	Thursday
1	Tuesday, November 30, 2021	1	1	Program Orientation	2	2	Learning to Coach: <i>Our Experiential Learning Model</i>	3	1	Methodology: <i>Topic, Tool, & Case Study</i>
2	Tuesday, December 7, 2021	4	2	The Coaching Agreement / Ethics / Core Values	5	1	Coaching with Courage	6	2	Group Mentor Coaching (Imposter Syndrome)
3	Tuesday, December 14, 2021	7	2	Powerful Questioning 1	8	1	Coaching with Principles	9	2	Powerful Questioning 2
4	Tuesday, December 21, 2021									
5	Tuesday, December 28, 2021									
6	Tuesday, January 4, 2022	10	2	CCFC Specific Training (TBD)	11	1	Coaching with TCE Alignment	12	2	CCFC Specific Training (TBD)
7	Tuesday, January 11, 2022	13	2	Changing Behaviors	14	1	Coaching with WFS Balance	15	2	Changing Perceptions
8	Tuesday, January 18, 2022	16	2	Customize Your Coaching Methods	17	1	Coaching with Vision	18	2	Time Management Coaching
9	Tuesday, January 25, 2022	19	2	Accountability Partner	20	1	Coaching with Humility	21	2	The Value of Psychometric Tools
10	Tuesday, February 1, 2022	22	2	Voluntold Coaching	23	1	Coaching with Power	24	2	Listening for Whispers & Shouts
11	Tuesday, February 8, 2022	25	2	Drive to Specificity	26	1	Coaching with Boldness	27	2	Unconscious Bias Coaching
12	Tuesday, February 15, 2022	28	2	What is the Real Challenge Here?	29	1	Coaching with Drive	30	2	Root Cause Analysis
13	Tuesday, February 22, 2022	31	2	Coaching for Self-Reinvention	32	1	Coaching with Charisma	33	2	Deep Dive Coaching
14	Tuesday, March 1, 2022	34	2	Self-Leadership Coaching	35	1	Coaching while Unreasonable	36	2	New Leader Coaching
15	Tuesday, March 8, 2022	37	2	Leader of Leaders Coaching	38	1	Coaching for Lifelong Learning	39	2	Executive Leader Coaching
16	Tuesday, March 15, 2022	40	2	Coaching to Avoid Procrastination	41	1	Group Mentor Coaching (I think I want to be a Coach)	42	2	Coaching for Delegation
17	Tuesday, March 22, 2022	43	2	Competing Priorities Coaching	44	1	Group Mentor Coaching (EQ is BS)	45	1	Group Mentor Coaching (I'm Always Angry)
18	Tuesday, March 29, 2022	46	1	Group Mentor Coaching (Respecting Willingness & Ability)	47	1	Group Mentor Coaching (My Son needs 5 Merit Badges)	48	2	CCFC Specific Training & Graduation(TBD)
19	Independently Scheduled	49	1	1-1 MC (Practice Final with Invited Leader)	50	1	1-1 MC (Practice Final with Invited Leader)	51	1	1-1 MC (Practice Final with Invited Leader)

Fundamental Coach Training Core 30 Hours
Supplemental 40 Hours of Coach Training
Mentor Coaching Hours; 7 in Group; 3 in 1-1; Groups of 10 or less; Taught by ICF-PCC Mentors

30	Core 30
10	Mentor Coaching
40	Supplemental 40
80	Total CCFC Course Hours

CCFC Specific Training
Session 5 starts the required 12-week Mentor Coaching Clock
Practice-Coaching Triads will be Short-Term & Long-Term

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- **Training Pilot Cohort will include Officer, Enlisted, and Civilian members of the Army, Air Force, and Navy**
- **Classes will be conducted virtually starting at 1000 (EST) for one, or two-hour training blocks on Tuesday, Wednesday, and Thursday each week from 30 NOV 21 through graduation in APR 22**