



LSCC E24 – LSCC TRAINING PROGRAM SCHEDULE

Workshop/Dates	Reading Assignments	Process Assignments	Practical Assignments	Writing Assignments
Getting Started ONLINE/February 17, 2024 8:00 AM - 10:00 EST on Saturday 2.00:00 (s)				
Workshop 1 February 21 - March 1 <i>Why Coaching</i>	A Brief History of Coaching* (13:00) CoActive Coaching: Intro & Part 1*** (58:00) Creative is a Verb: Intro – Ch. 3* (59:00)	Watch <i>The Assumptions with Seth</i> (5:00) Watch <i>Coaching Conversations with Len</i> (9:00) Watch TED Talk by Dr. Martin Seligman (23:00) Watch PERMA Talk by Dr. Martin Seligman (25:00) Watch TED Talk by Dan Pink (18:00)	Why Coaching Lecture on 02/17/2024 at 8:00 AM EST (60:00) Conference Call on 02/24/2024 at 8:00 AM EST (60:00) Supervision #1 – Goal Setting (60:00)	Submit PERMA+ME Wheel (30:00) Submit Sample Session Review Form (30:00) Complete Supervision Reflection (15:00)

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		Listen to <i>Sample Coaching Session #1</i> (45:00)		
		Discussion Forum Participation (50:00)		
		Slack Video Reflection (10:00)		
W1 Time 9.30:00	Reading = 2 h, 10 m	Process = 3 h, 5 m	Practical = 3 h (s)	Writing = 1 h, 15 m
Neuroscience, Trauma, and Belonging Webinar ONLINE/March 9, 2024 8:00 AM-11:00 PM EST on Saturday 3.00:00 (s)				
Foundations of Coaching/March 15-17, 2024 8:00 AM – 5:00 PM EST on Friday, Saturday, and Sunday 21.00:00 (s)				
Workshop 2 March 23-April 5 <i>Alliance & Client Management</i>	CoActive Coaching: Part 2*** (142:00) Creative is a Verb: Ch. 4* (65:00) Coaching with the Brain in Mind: Ch 11 pp 323-339* (28:00) Flourishing Forward: Considerations for Trauma-Informed Coaching* (11:00)	Watch <i>Designed Alliance with Torri</i> (5:00) Watch <i>Listening with Greg</i> (7:00) Watch Cultivating Creativity Webinar – Part 1 (11:00) Watch <i>Coaching Skills Demo</i> (31:00) Listen to <i>Sample Coaching Session #2</i> (45:00) Discussion Forum Participation (50:00)	Alliance and Client Management Lecture on 03/23/2024 at 8:00 AM EST (60:00) Conference Call on 03/30/2024 at 8:00 AM EST (60:00) Supervised Triad Coaching Session #1 (90:00)	Submit Cultivating Creativity Homework – Part 1 (120:00) Submit Sample Session Review Form (30:00) Submit Supervised Triad Coaching Review Form (30:00)

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		Slack Video Reflection (10:00)		
W2 Time 13.15:00	Reading = 4 h, 6 m	Process = 2 h, 39 m	Practical = 3 h, 30 m (s)	Writing = 3 h
Workshop 3 April 6-19 <i>Discovery & Assessment</i>	CoActive Coaching: Part 3-4*** (96:00) Creative is a Verb: Ch. 5* (57:00) Personal Assessment Results (135:00) The Process of Experiential Learning: Ch. 2* (24:00)	Watch <i>Curiosity with Torri</i> (12:00) Discussion Forum Participation (50:00) Slack Video Reflection (10:00)	Discovery & Assessment Lecture on 04/06/2024 at 8:00 AM EST (60:00) Conference Call on 04/13/2024 at 8:00 AM EST (60:00) Client Coaching Sessions (360:00) Triad Coaching Session #2 (90:00) Individual Mentor Coaching #1 (60:00)	Submit Initial Coaching Roster & Client Release Forms (60:00) Submit Triad Coaching Review Form (30:00) Submit Recording and Review Form for Individual Mentor Coaching Session #1 (60:00)
W3 Time 19.24:00	Reading = 5 h, 12 m	Process = 1 h, 12 m	Practical = 4 h, 30 m (s) + 6 h (dc)	Writing = 2 h, 30 m
Experience-Assisted Coaching ONSITE/April 26-28, 2024 8:00 AM - 5:00 PM EST on Friday, Saturday, and Sunday 21.00:00 (s)				
Workshop 4 May 4-17 <i>Expression & Ethics</i>	ICF Code of Ethics* (20:00) BCC Code of Ethics* (15:00) Creative is a Verb: Ch. 6-9* (156:00) Coaching with the Brain in Mind: Ch 3 pp 94-102 (14:00)	Watch <i>Applying Concepts with Erica</i> (7:00) Watch Cultivating Creativity Webinar – Part 2 (18:00) Discussion Forum Participation (50:00) Slack Video Reflection (10:00)	Ethics Lecture on 05/04/2024 at 8:00 AM EST (60:00) Conference Call on 05/11/2024 at 8:00 AM EST (60:00) Client Coaching Sessions (360:00) Triad Coaching Session #3 (90:00)	Cultivating Creativity Homework – Part 2 (90:00) Submit Triad Coaching Review Form (30:00) Submit Recording and Review Form for Individual Mentor Coaching Session #2 (60:00)

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			Individual Mentor Coaching #2 (60:00)	
W4 Time 18.00:00	Reading = 3 h, 25 m	Process = 1 h, 25 m	Practical = 4 h, 30 m (s), 6 h (dc)	Writing = 3 h
Workshop 5 May 18-31 <i>Intro to Relational Systems</i>	Selections from Seven Principles for Making Marriage Work: Ch 1, 2, 3, and 9*** (167:00) Appreciative Inquiry*** (101:00)	Watch <i>Gottman's Relationship Science with Len</i> (14:00) Cultivating Creativity Webinar – Part 3 (28:00) Discussion Forum Participation (50:00) Slack Video Reflection (10:00)	Relational Systems Lecture on 05/18/2024 at 8:00 AM EST (60:00) Conference Call on 05/25/2024 at 8:00 AM EST (60:00) Client Coaching Sessions (360:00) Triad Coaching Session #4 (90:00) Individual Mentor Coaching #3 (60:00) Supervision #2 – Mid-Program Review (60:00)	Submit Cultivating Creativity Homework – Part 3 (120:00) Submit Triad Coaching Review Form (30:00) Submit Recording and Review Form for Individual Mentor Coaching Session #3 (60:00) Updated Coaching Roster & Client Release Forms (60:00)
W5 Time 21.40:00	Reading = 4 h, 28 m	Process = 1 h, 42 m	Practical = 5 h, 30 min (s) + 6 h (dc)	Writing = 4 h, 30 m
Intersectionality Workshop ONLINE/May 18, 2024 9:00-11:00 AM EST on Saturday 2.00:00 (s)				
Workshop 6 June 1-14 <i>Groups & Teams</i>	From One to Many: Ch. 1-4* (134:00) Coaching with the Brain in Mind: Ch 11-12 pp 340-370* (51:00)	Watch <i>Emotional Intelligence with Megan</i> (14:00) Discussion Forum Participation (50:00) Slack Video Reflection (10:00)	Groups & Teams Lecture on 06/01/2024 at 8:00 AM EST (60:00) Conference Call on 06/08/2024 at 8:00 AM EST (60:00)	Submit Triad Coaching Review Form (30:00) Submit Recording and Review Form for Individual Mentor Coaching Session #4 (60:00)

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	ICF Team Coaching Competencies* (34:00)		Client Coaching Sessions (360:00) Triad Coaching Session #5 (90:00) Individual Mentor Coaching #4 (60:00)	
W6 Time 16.43:00	Reading = 3 h, 39 m	Process = 1 h, 14 m	Practical = 4 h, 30 m (s) + 6 h (dc)	Writing = 1 h, 30 m
Coaching and Systems ONSITE/June 14-16, 2024 8:00 AM - 5:00 PM EST on Friday, Saturday, and Sunday 21:00:00 (s)				
Workshop 7 June 22 – July 5 <i>Conflict & Change in Human Systems</i>	From One to Many: Ch. 5-9* (173:00)	Discussion Forum Participation (50:00) Slack Video Reflection (10:00)	Conflict & Change Lecture on 06/22/2024 at 8:00 AM EST (60:00) Conference Call on 06/29/2024 at 8:00 AM EST (60:00) Client Coaching Sessions (360:00) Triad Coaching Session #6 (90:00) Individual Mentor Coaching #5 (60:00)	Submit Triad Coaching Review Form (30:00) Submit Recording and Review Form for Individual Mentor Coaching Session #5 (60:00)
W7 Time 15.53:00	Reading = 2 h, 53 m	Process = 1 h	Practical = 4 h, 30 m (s) + 6 h (dc)	Writing = 1 h, 30m
Workshop 8 July 6 - 19 <i>Integration & Completion</i>	Creative is a Verb: Ch. 10* (6:00)	Discussion Forum Participation (50:00) Slack Video Completion (10:00)	Completion Lecture on 06/06/2024 at 8:00 AM EST (60:00) Conference Call on 06/13/2024 at 8:00 AM EST (60:00)	Submit Recording and Review Form for Individual Mentor Coaching Session #6 (30:00) Final Coaching Roster & Client Release Forms (120:00)

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			Individual Mentor Coaching #6 (60:00)	Personal Coaching Toolkit (360:00)
			Supervision #3 – Integration Project Proposal, Completion & Next Steps (60:00)	Integration of Self and Coaching Practice Project (360:00)
W8 Time 19.36:00	Reading = 6 m	Process = 1 h	Practical = 4 h (s)	Writing = 14 h, 30 m
Integration of Self and Coaching Practice Presentations for Feed Forward/July 27, 2024 8:00 AM-1:00 PM EST on Saturday 4.00:00 (s)				
SCHEDULE FINAL EXAM by August 17, 2024 1.30:00 (s)				
LSCC Training Time 180 Hours	Workshop Reading = 25.47	Workshop Process = 13.28	Workshop Practical = 34 (s) {+ 30 (dc) Hrs}	Workshop Writing = 31.75
	Onsite Learning + Integration Presentations = 63.0		LIVE Online Workshops, Webinars & Learning = 12.5	

Synchronous Hours = 108 (including 11.5 Individual Mentor Coaching & Supervision Hours)

Asynchronous Hours = 72

ICF Core Competences = 160.5 Hours

ICF Resource Development = 19.5 Hours

LARK'S SONG CERTIFIED COACH (LSCC) TOTAL TRAINING HOURS = 180 Hours

And 30 Direct Client Coaching Hours

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