

# COACH FOR THRIVING CERTIFICATION PROGRAM

## REMOTE WORKSHOP OVERVIEW

- 4 hours of face-to-face, highly experiential, online sessions for 5 days.
- 1-2 hours of self-directed activities following each day's session.
- Mindfulness practices, energy boosts, and short breaks integrated into each day.
- Ensure your pre-work is completed before you arrive, and get ready to learn in a wonderful community of your peers!

## AGENDA

DAY 1   4 hours	DAY 2   4 hours	DAY 3   4 hours	DAY 4   4 hours	DAY 5   4 hours
<p>Our Focus for Today:</p> <p><b>UNDERSTAND THE IMPORTANCE OF THRIVING</b></p> <p>Thriving &amp; Leadership: Why Thriving, Why Now?</p> <p>The Physiology of Stress &amp; Its Effects on Leading</p>	<p>Our Focus for Today:</p> <p><b>LEARN THE BE WELL LEAD WELL PULSE® ASSESSMENT</b></p> <p>Science &amp; Stories: 6 Dimensions &amp; 19 Psychometrics</p> <p>The Feedback Report</p> <p>Interpretation Manual &amp; Practices to Uplevel Leader Wellbeing &amp; Development</p>	<p>Our Focus for Today:</p> <p><b>DEBRIEF THE BE WELL LEAD WELL PULSE® ASSESSMENT</b></p> <p>Interpret the Feedback Report: 3 Principles &amp; 6 Steps</p> <p>Practice #1: Perform 1:1 Debrief of Feedback</p> <p>Practice #2: Perform 1:1 Debrief of Feedback</p>	<p>Our Focus for Today:</p> <p><b>EXPLORE STORIES OF THRIVING FOR LEADER DEVELOPMENT</b></p> <p>Practice #3: Group Jam on Range of Pulse® Feedback Reports</p> <p>Practices #4-5: Thriving Stories of Past &amp; Future</p>	<p>Our Focus for Today:</p> <p><b>DEEPEN YOUR PRACTICE IN WORK AND LIFE</b></p> <p>Pulse® Practitioner Panel</p> <p>Thriving &amp; Leadership: In Your Own Words</p> <p>Beyond this Program: Support for You</p> <p>Your Journey to Thrive: Why It Matters &amp; Next Steps</p>
<p><b>SELF-DIRECTED   1 HOUR</b></p> <ul style="list-style-type: none"> <li>• <b>Watch</b> Background &amp; Development of Be Well Lead Well Pulse®, Parts 1 &amp; 2.</li> <li>• <b>Prepare</b> a story of how a Be Well Lead Well Pulse® dimension comes to life for you.</li> </ul>	<p><b>SELF-DIRECTED   1 HOUR</b></p> <ul style="list-style-type: none"> <li>• <b>Read</b> <i>A Deeper Listener?</i> and the Structured Debrief Methodology.</li> <li>• <b>Prepare</b> to practice a Debrief.</li> </ul>	<p><b>SELF-DIRECTED   1-2 HOURS</b></p> <ul style="list-style-type: none"> <li>• <b>Review</b> array of Pulse® Feedback Reports. Note what questions &amp; insights emerge for you.</li> <li>• <b>Watch</b> video on narrative &amp; note questions that arise.</li> </ul>	<p><b>SELF-DIRECTED   1 HOUR</b></p> <ul style="list-style-type: none"> <li>• <b>Journal</b> insights gained from your Be Well Lead Well Pulse® results. Identify area for elevating your wellbeing.</li> <li>• <b>Review</b> Assessment Software Videos, Privacy &amp; Brand Policies.</li> </ul>	<p><b>NEXT STEPS   HALF HOUR</b></p> <ul style="list-style-type: none"> <li>• <b>Complete</b> Program Feedback, Integrity agreement, &amp; Self-Rating in KSA's.</li> <li>• <b>Receive</b> Be Well Lead Well Pulse® Certificate &amp; Access to resources.</li> </ul>