



FLORIDA STATE UNIVERSITY
DIVISION OF UNDERGRADUATE STUDIES
ADVISING FIRST CENTER FOR COLLEGE LIFE COACHING



2023 FSU College Life Coaching Institute Schedule Overview

WEDNESDAY, JUNE 7 th		
8:00am-9:30am	Check-in & Breakfast	
9:30am-10:00am	Welcome Address	
	Garnet Track (Advisor/Coach)	Gold Track (Administrator)
10:15am-11:45am	FSU College Life Coaching Program Overview Coaching Skills: Creating a Safe Space & Connection	Group Introductions and Theory Review
12:00pm-1:00pm	Lunch (provided)	
1:15pm-2:15pm	Coaching Skills: Active Listening & Affirming	FSU College Life Coaching Program Overview
2:30pm-3:30pm	Coaching Session Observation	
3:45pm-4:45pm	Recap and Practice	
THURSDAY, JUNE 8 th		
8:00am-8:30am	Grab and Go Breakfast	
8:30am-9:30am	Coaching Skills: Empowering Questions & Solution Focused	Developing Program Outcomes
9:45am-10:45am	Coaching Skills: Holding Student’s Agenda, Prioritize & Clarifying Direction	Program Evaluation (Data Review)
11:00am-12:00pm	Concurrent Workshops	
12:15pm-1:15pm	Lunch (provided)	
1:30pm-2:30pm	Coaching Skill: Coach Confidence & Dynamic Circular Model	Panel Discussion
2:45pm-3:45pm	Role Play	Special Topics & Program Goal Planning/ Next Steps
4:00pm-5:00pm	Student Panel (Tentative)	
5:00pm-5:15pm	Closing Session	