



FLORIDA STATE UNIVERSITY
DIVISION OF UNDERGRADUATE STUDIES

Welcome to the second annual College Life Coaching Institute at Florida State University! Our talented and dedicated College Life Coaches have designed this program to share their innovative model in an interactive environment. Our goal is to provide you with the most personal and helpful experience possible. Whether you are seeking to build a program or focusing on hands-on skills development, I am confident that you will come away with new ideas about how to foster student success on your campus.

It is exciting and fulfilling to support students through the new experience of university life. Each student brings a unique story and set of experiences and reacts to the college transition in a distinctive way. What it means to find community and flourish in an academic setting also varies from student to student and involves developing a range of new skills.

Since 2009, the Florida State University Advising First Center for College Life Coaching has worked to help students make the smoothest possible transition to the university setting, engage fully in their own personal and professional development, and overcome obstacles that may lead to dismissal or withdrawal from the university.

To accomplish this, coaches must develop the expertise to establish a connection that empowers students to take their academic lives into their own hands. The results of college life coaching here at Florida State University have been quite inspiring. For the year 2017-18, we saw an overall first-year retention rate of 93% in the populations selected to receive coaching services as well as a significant improvement in students' satisfaction with their educational experience.

We are excited to share with you what we have learned, learn from your experiences, and strategize together about how best to help students make the most of their college experience. Keeping students engaged, helping them make timely progress toward degree completion, and deepening their understanding of themselves and their world are common goals for all of us involved in higher education. I trust that your participation in the Institute will help bring you closer to achieving these goals and will enhance your commitment to this important work.

A handwritten signature in black ink that reads "Karen L. Tughli".

Dean of Undergraduate Studies
Florida State University

2019 College Life Coaching Institute

Schedule at a Glance

Garnet Track

Wednesday, June 5, 2019

7:30 am-8:30 am	Check-in & Breakfast
8:30 am-9:30 am	Welcome & Keynote Address
9:45 am-11:00 am	Session
11:15 am-12:15 pm	Session
12:15 pm-1:15 pm	Lunch
1:30 pm-2:30 pm	Session
2:45 pm-3:45 pm	Session
4:00 pm-5:00 pm	Session

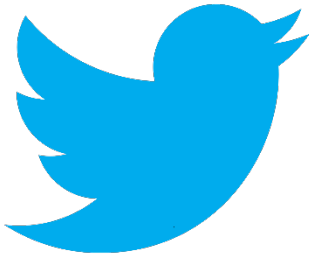
Thursday, June 6, 2019

8:30 am-9:30 am	Session
9:45 am-10:45 am	Session
11:00 am-12:00 pm	Session
12:00 pm-1:00 pm	Lunch
1:15 pm-2:15 pm	Session
2:30 pm-3:30 pm	Concurrent Workshops
3:45 pm-4:45 pm	Team Meetings

Friday, June 7, 2019

8:30 am-9:30 am	Session
9:45 am-10:45 am	Session
10:45 am-11:15 am	Closing Session
11:15 am-12:00 pm	Celebration

Social Media and WiFi Information



Follow us!

Twitter: @FSULifeCoaching
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College Life Coaching



#FSUCLCInstitute



A Decade to Celebrate

How to connect to WiFi:

1. Turn on your WiFi and select "FSUGuest."
2. Open your browser and click "Guest Registration."
3. Enter your cell phone number and carrier.
4. Click "Register."
5. Check your cell phone for a text with a username and password.
6. Enter the username and password.
7. Click "Log In."

Keynote Speaker

Lynise Harris Simpson, MS



Lynise began her career as a human resources professional in 1995 where she developed a love of helping people reach their full potential. After a rewarding U.S. Peace Corps experience in South Africa, she further developed this passion by becoming a certified executive coach, and a certified John Maxwell leadership coach. Since 2002, Lynise has supported students and professionals in reaching their goals and achieving personal and professional success.

Lynise was one of the first Program Managers from InsideTrack in 2008 who helped set up the FSU Success Coaching Program. For five years, she supported, managed and coached advisors and coaches at FSU, collaborating closely with Advising First Leaders.

After successfully transitioning her role over to the highly capable FSU team, Lynise went on to set up successful student coaching programs at colleges in Alabama, Hawaii, Indiana and Montana from 2012-2015- each demonstrating gains in college retention, student and staff satisfaction and clear growth in professional development.

For the last four years, Lynise has served as Chief Program Officer at Lighthouse Academies where she expresses her passion for coaching and education by leading the college and career advising team and by setting up the first K-16 program, which includes alumni coaching, an internship program and a scholarship program.

Lynise has a strong track record of building high performing, sustainable educational programs. Under her leadership, Lighthouse Academies reached a nine-point gain in high school graduation rates (85-94% average) and a 13 point gain in college matriculation rates (60-73%) in just a few years, and doubled the amount of college credits scholars obtained prior to high school graduation.

Detailed Schedule

WEDNESDAY, JUNE 5, 2019

7:30 am-8:30 am	Check-in & Breakfast	<i>Turnbull Conference Center 103</i>
8:30 am-9:30 am	Welcome & Keynote Address	Shae Roberts, Program Manager Lynise Harris Simpson, Keynote <i>Room 103</i>
9:45 am-11:00 am	Coaching Program Overview & Coaching Skill: Creating a Safe Space	Hannah Byrd, CARE Senior Coach Catherine Harris, FTIC Coach <i>Room 103</i>
11:15 am-12:15 pm	Coaching Skill: Connection	Alexis Taylor, FTIC Coach Hannah Byrd, CARE Senior Coach <i>Room 103</i>
12:15 pm-1:15 pm	Lunch	<i>Room 103</i>
1:30 pm-2:30 pm	Coaching Skill: Active Listening	Anthony Garrett, FTIC Coach Rachel McPherson, FTIC Senior Coach <i>Room 103</i>
2:45 pm-3:45 pm	Coaching Skill: Empowering Questions	Flannery Wickham, FTIC Coach Rolando Torres, FTIC Senior Coach <i>Room 103</i>
4:00 pm-5:00 pm	Coaching Skill: Solution Focused	Corbin Nall, FTIC Coach Rolando Torres, FTIC Senior Coach <i>Room 103</i>

THURSDAY, JUNE 6, 2019

8:30 am-9:30 am	Coaching Skill: Holding Student's Agenda	Ryan Lemery, FTIC Coach Rolando Torres, FTIC Senior Coach <i>Room 103</i>
9:45 am-10:45 am	Coaching Skills: Prioritize & Clarifying Direction	Justin Hall, FTIC Coach Rachel McPherson, FTIC Senior Coach <i>Room 103</i>
11:00 am-12:00 pm	Coaching Skill: Affirming	Brandy Batiste, FTIC Coach Hannah Byrd, CARE Senior Coach <i>Room 103</i>
12:00 pm-1:00 pm	Lunch	<i>Room 103</i>
1:15 pm-2:15 pm	Coaching Skill: Coach Confidence	Jabari Grayson, CARE Coach Rolando Torres, FTIC Senior Coach <i>Room 103</i>
2:30 pm-3:30 pm	Concurrent Workshops: <i>"Trauma-Informed Coaching"</i> -OR- <i>"Shock and Awe: Mentoring Transfer Students Through the First Year"</i>	Trauma-Informed Coaching Erica Martinez College Beyond <i>Room 103</i> Shock and Awe Dr. Kimberly Burgess Dawn Adolfsen,

		Florida State University Room 114
3:45 pm-4:45 pm	<p>Team Meetings: <i>Attendees who traveled in a group</i> <i>Teams will come together and engage in a team builder, then spend time discussing how to create open environments in team meetings.</i></p> <p>-OR- <i>Individual Attendees</i> <i>Individual attendees will engage in a discussion about hot topics in higher education.</i></p>	<p>Group Attendees Jacourie Clark, CARE Coach Shae Roberts, Program Manager Room 103</p> <p>Individual Attendees Rolando Torres, FTIC Senior Coach Room 114</p>

FRIDAY, JUNE 7, 2019

8:30 am-9:30 am	Dynamic Circular Model	Jacqueline Hare, CARE Coach Rachel McPherson, FTIC Senior Coach Room 103
9:45 am-10:45 am	Role Play & Roundtable	Hannah Byrd, CARE Senior Coach Rachel McPherson, FTIC Senior Coach Rolando Torres, FTIC Senior Coach Room 103
10:45 am-11:15 am	Closing Session	Shae Roberts, Program Manager Room 103
11:15 am-12:00 pm	Celebration w/ cupcakes	Room 103

Workshop Abstracts

Thursday, June 6, 2019 2:30 pm-3:30 pm

Trauma-Informed Coaching – Room 103

Erica Martinez, College Beyond

The Trauma-Informed Coaching presentation walks participants through brain development and how trauma presents and affects functioning in academic settings. Based on evidence-based approaches, participants will learn coaching strategies to incorporate in meetings to support students who may have experienced trauma. These coaching strategies also have practical applications that will benefit all students. The session will end with reviewing compassion fatigue and the risk-factors that professionals in helping fields face when caring for people with difficult stories.

Shock and Awe: Mentoring Transfer Students Through the First Year – Room 114

Dr. Kimberly Burgess and Dawn Adolfson, Florida State University

As the profile of the modern college student continues to evolve and more emphasis is placed at two-year institutions on the transfer mission, the transfer student at four-year institutions has begun to earn greater attention as a population in need of specific and targeted services. Traditional assumptions of transfer students view them as veterans of the college process who have few immediate needs, are resistant to intrusive efforts, and who have little interest in daily college life. This session will allow participants to engage in active discussions of the realities of being a transfer student and how these realities affect academic and social integration on college campus. Through case scenario and role-play, specific strategies to reach and build relationships with this population will be explored.