

REACH HIGHER **COACH CONNECT**



OKLAHOMA STATE REGENTS
FOR HIGHER EDUCATION

Improving our future by degrees



The
UNIVERSITY
of
OKLAHOMA

Academic Life Coaching

2-PART INTRODUCTORY COACH CONNECT WORKSHOP

Oct. 1: Part I Webinar and Oct. 13: Part II Interactive Workshop

- 1) Webinar 1.0, Oct. 1, 11:30 a.m.-1:30 p.m.
- 2) Workshop 1.0, Oct. 13, 10 a.m.-noon

PART I SUMMARY

In recent years, the focus on increasing enrollments at higher education institutions has expanded into a dual commitment to degree completion. In an ongoing effort to provide exceptional student support, the Oklahoma State Regents for Higher Education has endorsed Academic Life Coaching as a mentoring model that helps students overcome barriers to college completion. This two-hour webinar will introduce the Coaching to Complete approach by 1) presenting the research on student persistence, 2) introducing the academic life coaching approach and mindset, 3) instructing participants on the practical phases of a coaching model and the essential skills needed to be effective, and 4) demonstrating how these skills can empower students to thrive, persist and complete their degrees. If you're excited about acquiring new student support strategies, please join us for this upcoming webinar!

PART II SUMMARY

Part II of the Introduction to Coaching Virtual Training Series offers an interactive session where participants will be given the opportunity to dive deeper into the four phases of the Academic Life Coaching model: Connection, Intention, Reflection and Action. Each phase will be revisited followed by opportunities to apply the concepts, practice the corresponding skills and share perceptions of the coaching experience. Participants will leave this workshop prepared to integrate these four phases into authentic student interactions that activate motivation, encourage engagement and deepen self-awareness.

2.0 TWO-PART ADVANCED WORKSHOP

This workshop is for those who attended the Introductory Coaching and would like to learn additional skills beyond what was covered previously.

More information and registration coming soon.

- 3) Webinar 2.0, Oct. 23, 11:30 a.m.-1:30 p.m.
- 4) Workshop 2.0, Oct. 30, 10 a.m.-noon

Registration for Introductory Coach Connect Workshop: <https://www.surveymonkey.com/r/IntroCCWkshopFall2020>