



**Learning Outcomes: Students participating in the Life Coach program will be able to:**

1. Articulate their future goals and how they will pursue them
2. Assess their current needs while simultaneously identifying current opportunities for professional and academic growth
3. Identify at least 3 interpersonal communication skills they gained from participating in a mock interview and structured conversations with faculty and staff
  - *Learned skills could include:*
    - *Problem-Solving*
    - *Assertiveness*
    - *Decision-making*
    - *Negotiation*
    - *Reflection*

**Values:**

1. Strengthen their communication skills through coaching relationship with Life Coach
2. Post-grad plans: through intentional coach driven tasks and dynamic conversations with Life Coach – students will have a smoother transition out of their undergraduate career.

**Life Coach Expectations:**

- Meet with Coachee at least once a month
- Keep Coachee accountable
- Be committed to coaching relationship and be intentional with tasks given
- Be respectful of each other's time
- Provide your Coachee with a Mock Interview for them to participate in
- Notify your Coachee if you would be late or have to miss a scheduled meeting
- Notify someone in the First-Generation Student Success (Tigert 135) if you feel that you are not cultivating a good relationship with your Coachee

**Coachee Expectations:**

- Meet with Life Coach at least once a month
- Be accountable with tasks given from Life Coach
- Be open minded to new experiences
- Be committed to coaching relationship
- Be respectful of each other's time
- Notify someone in the First-Generation Student Success office (Tigert 135) if you feel that you are not cultivating a good relationship with your Life Coach



## Coaching Agreement

**Directions:** Please complete the following agreement with your Life Coach. Use this agreement to develop ground rules, set goals, and to discuss expectations. Coaching agreements will be revisited in the middle and end of your academic year. Updates to your agreement can be made with your Life Coach at any time.

**Ground Rules/Expectations** (such as how to communicate, where to meet, etc.):

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**Coachee Goals** (up to 4 goals) **for 2019-2020 Academic Year:**

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**Specific Responsibilities I will take on as a *Coachee*:**

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**Specific Responsibilities I will take on as a *Life Coach*:**

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**Specific steps to achieve Goal #1: Deadline \_\_\_\_\_**

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**Specific steps to achieve Goal #2: Deadline \_\_\_\_\_**

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**Specific steps to achieve Goal #3 (if needed): Deadline \_\_\_\_\_**

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**Specific steps to achieve Goal #4 (if needed): Deadline \_\_\_\_\_**

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