

Meet Your Coach & Clifton Strengths

Coaching Guide

Session Date: Wednesday June 2, 2022

Morning Program Coaches - 9:45am-12:00pm

- *Arrive between 9:30-9:45am*

Lunch 12-1pm

Afternoon Program Coaches - 2:45pm-5:00pm

- *Arrive between 2:30-2:45pm*

Goals/Objectives

- UpTurns and coaches have one on one time to meet and get to know each other
- UpTurns learn about themselves using CliftonStrengths
- UpTurns practice using their strengths in talking about themselves & in a work setting

Training Topics Prior to Coaches:

- CliftonStrengths Top 5

Advice from coaches starts at 9:45am (morning group)/2:45pm (afternoon group).

Please ensure a couple of minutes to connect to the Zoom meeting so that we can let all coaches in from the waiting room at 9:45am/2:45pm.

Meet the Coaches (15 minutes)

To start, all coaches will introduce themselves and share a brief insight for the UpTurns. Using a PowerPoint, we will have the general bio of each coach with a picture to provide a general overview of each volunteer. Each coach will then answer one of two questions in 4 minutes or less:

- What has been the most rewarding work experience?
- What do you feel has helped you in your career?

Bio Background on Powerpoint:

- Name, Title, Employer & Brief Current Job Description
- Education & Degrees Earned

One on One Coach & UpTurn (25 minutes for each/ 2 hours total)

Each coach will have 1:1 time with their UpTurn to start getting to know each other. These will happen in 25 minute segments and rotate to get time with each of their UpTurns following the schedule below.

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- 25 min Program Coach & UpTurn #1
- 5 min Transition
- 25 min Program Coach & UpTurn #2
- 5 min Transition
- 25 min Program Coach & UpTurn #3
- 5 min Transition
- 25 min Program Coach & UpTurn #4

During the one-on-one time here are some recommended talking points and questions to go through. However, the UpTurn's specific needs should be prioritized during this time.

- Have the UpTurn introduce themselves including their intended career path, current major/minor, year in school, and reason why they have chosen to do a project in their current field.
- Coach and UpTurn discuss the coaches career path and UpTurn discusses their ideal career path.
- UpTurn can practice explaining their Strengths Finder to their coach. UpTurn can practice as if in an interview or explain how they see their strengths in their current education or work setting.
- Discuss with the UpTurns what they want to get out of this summer, what are they most excited about and nervous about for their internship/project?