

MSU's Coaching Foundations Course	
Sections/Modules	Estimated Time to Complete
Introduction/Course Overview	5 minutes
Module 1: The Mediation Coach	1 hour 40 minutes
- The Mediation Coach Overview - MSU's Framework for Educational Coaching - Mediation Coaching Mindset - Mediation Coaching Skills - Quiz	10 minutes 30 minutes 30 minutes 25 minutes 5 minutes
Module 2: Active Listening	1 hour 50 minutes
- Active Listening Overview - What is Active Listening? - Internal Skills of Active Listening - External Skills of Active Listening - Relational Trust and Rapport - Quiz	10 minutes 20 minutes 25 minutes 25 minutes 20 minutes 5 minutes
Module 3: Effective Questioning	1 hour 40 minutes
- Effective Questioning Overview - Effective Questioning - How to Challenge Assessments - Types and Characteristics of Effective Questions - Questioning Practice - Quiz	10 minutes 20 minutes 20 minutes 30 minutes 10 minutes 5 minutes
Module 4: The SBI(I) Feedback Model	1 hour 25 minutes
- The SBI(I) Feedback Model Overview - SBI(I) Feedback Model - Using the SBI(I) Feedback Model - Entering the Coaching Conversation - Quiz	15 minutes 15 minutes 30 minutes 15 minutes 5 minutes
Final Assessment	40 minutes
Course Evaluation	5 minutes
Total time to complete:	7 hours 30 mins