

## ***Overview of Mobility Mentoring® & Executive Functioning Informed Coaching***

### ***Tuesday, March 14***

8:30 a.m.	<b>Registration</b>
9:00 a.m.	<b>Welcome and Introductions</b>
9:30 a.m.	<b>Background of Mobility Mentoring</b>
10:00 a.m.	<b>Understanding Executive Functioning</b> Executive Functioning Skills and Self-Assessment
11:00 a.m.	<b>Understanding the Stress Response</b>
11:30 a.m.	<b>Strategies to Support Executive Functioning</b> Activity: Different Strategies for Different EF Skills Self-Regulation Activity
12 noon	<b>Lunch</b>
1:15 p.m.	<b>The Four Key Elements of Mobility Mentoring: Coaching, Bridge to Self-Sufficiency, Goal Setting and Outcomes Measurement, and Incentives</b>
2:00 p.m.	<b>A Focus on Coaching: Values, Relationship, Attributes, and Process</b> Strengths and Affirmations Boundaries Activity
3:30 p.m. – 4:00 p.m.	<b>Debrief and Open Q&amp;A</b>

### ***Wednesday, March 15***

8:30 a.m.	<b>Registration</b>
9:00 a.m.	<b>Welcome Back</b>
9:30 a.m.	<b>Coaching in Action: Green Edge of the Wedge</b> Video
10:00 a.m.	<b>Practice Using Open-Ended Questions, Affirmations, Reflective Listening, and Summaries</b>

11:00 a.m.	<b>Coaching to Navigate Cliff Effects</b>
12 noon	<b>Lunch</b>
1:15 p.m.	<b>Debrief and Next Steps</b>
1:30 p.m. – 4:00 p.m.	<b>Action Planning for Teams</b>