



Grip-Birkman

Coaches Training 3 Day Suggested Workshop Schedule

DAY ONE

- 8:30 - 9:00 Welcome, Introductions
- 9:00 - 10:00 Get a Grip #1: The Big Picture
- 10:00-10:30 BREAK
- 10:30-12:00 Get a Grip #2: Natural "I": Birkman Map (Team Map Floor Exercise)
- 12:00-12:15 Model Coaching #1: Birkman Map
- 12:15-1:30 LUNCH**
- 1:30 - 2:10 Get a Grip #3: Natural "I": Birkman Areas of Interest (Team Interests Chart)
- 2:10 - 2:30 Coaching Conversation #1 (Areas of Interest)
- 2:30 - 3:30 Get a Grip #4: Birkman Insights and Career Exploration: Using Your Strengths to Build Unity in the Body
- 3:30 - 4:00 BREAK (Create your Birkman Basics Poster)
- 4:00 - 4:15 Model Coaching#2 (Birkman Basics)
- 4:15 - 4:45 Coaching Conversation #2 (Birkman Basics, Final Activity from Get a Grip #4)
- 4:45 - 5:30 Wrap-Up, Prayer, Affirmation

DAY TWO

- 8:30 - 9:00 Prayer, Review of DAY ONE
- 9:00 -10:15 Get a Grip #5: Supernatural "I": Your Spiritual Gifts
(Coaching Conversation #3)
- 10:15-10:45 BREAK
- 10:45-11:45 Get a Grip #6: Supernatural "We": Your Spiritual Gifts in a Team Setting
- 11:45-12:00 Model Coaching #3: Your Spiritual Gifts Triangle
- 12:00 - 1:00 LUNCH**
- 1:00 - 2:00 Get a Grip #7: Supernatural "We": Your Spiritual Gifts in Body-Building Language
(Team Floor Exercise, Where are we powerful as a team?)
- 2:00 - 3:30 Get a Grip #8: Integration: Confirming the Integrity of the Corners
(Coaching Conversation #4)
- 3:30 - 4:00 BREAK (Add your Spiritual Gifts Triangle to your Poster)
- 4:00 - 4:45 Poster Exercise (Coach in Groups of 2 or 3 from your Grip-Birkman Poster)
- 4:45 - 5:30 Wrap-Up, Homework for Coaching One-to-One, Prayer, Affirmation

DAY THREE

- 8:30 - 9:15 Prayer, Review, Sharing from "My Grip Reflection Journal"

9:15 - 10:00 Get a Grip #9: Discovering Your Dotted Diamond: Integrating the Natural and Supernatural "I"

(Coaching Conversation #5 – Coaching the Dotted Diamond)

10:00 - 10:30 BREAK

10:30 - 12:00 Get a Grip #10: Tips for Effective Grip-Birkman Coaching

12:00 - 1:00 LUNCH

1:00 - 1:30 Model Coaching #4 (Optional abbreviated demo of full GB Conversation)

1:00 - 2:30 One-to-One GB Coaching Conversation (45 minutes for each person)

2:30 - 3:00 Group Debrief: How did we do?

3:00 - 3:15 BREAK

3:15 - 4:00 Get a Grip #11: From "I" to "We": Grip Birkman Team Building
(Team Exercise: Looking at team profiles as a group)

4:00 - 5:00 Affirmations (groups of 4 to 10)

5:00 - 5:30 Get a Grip #12: Where Do We Go From Here?

Wrap-Up, Final Prayer

** If you are able to extend your training to 3 ½ or 4 days you could add further training on good coaching techniques and/or spend more time on optional team activities.