



16 WEEK SEMESTER TRAINING PROGRAM

Week 1 INTRODUCTION

- Discuss Challenges to Cultural Relocation & Implications of Failure [64%]
- History of Go Culture: Watch Promo Video
- Take Assessment (15 Minutes, Use Laptop or Mobile Device)
- Introspective Individual Reflection (Recognize and Highlight High and Low Scores)
 - (Encourage Participants to Focus Valuable Time on Lowest Scores/Growth Areas)
- Break into Groups of 4 or 6 (even numbered)
 - Meet Group Members and Share Results. Discuss Initial Reactions to Results

SECTION 1: EXTERNAL SUPPORTS

Week 2 FAMILY SUPPORT

- Briefly Discuss Family Support Factor (Define and Explain)
- Ask Groups to Talk about Potential Reasons for Relatively Lower Scores Here
- Make a White-Board List from Each Group's List of Reasons
- Ask Groups to Brainstorm Potential Coaching Methods
 - Ask, "If you were coaching someone struggling in the ways listed on the white-board, what would you suggest to help?"
- Compile Corresponding White-Board List to Counteract List of Potential Issues
 - This Method has Proven to Deeply Engage Participants in the Learning Process
 - A Form of Self-Coaching
- Watch & Discuss Short Coaching Video on Family Support
- Journal Based on Week's Discussions
 - Area of Potential Growth
 - Plan of Action Toward Improvement
 - First Tangible Step

Week 3 SPIRITUAL SUPPORT

- Briefly Discuss Spiritual Support Factor (Define and Explain)
- Ask Groups to Talk about Potential Reasons for Relatively Lower Scores Here
- Make a White-Board List from Each Group's List of Reasons
- Ask Groups to Brainstorm Potential Coaching Methods
 - Ask, "If you were coaching someone struggling in the ways listed on the white-board, what would you suggest to help?"
- Compile Corresponding White-Board List to Counteract List of Potential Issues
 - This Method has Proven to Deeply Engage Participants in the Learning Process
 - A Form of Self-Coaching
- Watch & Discuss Short Coaching Video on Spiritual Support
- Journal Based on Week's Discussions
 - Area of Potential Growth
 - Plan of Action Toward Improvement
 - First Tangible Step



Week 4 ORGANIZATIONAL SUPPORT

- Briefly Discuss Organizational Support Factor (Define and Explain)
- Ask Groups to Talk about Potential Reasons for Relatively Lower Scores Here
- Make a White-Board List from Each Group's List of Reasons
- Ask Groups to Brainstorm Potential Coaching Methods
 - Ask, "If you were coaching someone struggling in the ways listed on the white-board, what would you suggest to help?"
- Compile Corresponding White-Board List to Counteract List of Potential Issues
 - This Method has Proven to Deeply Engage Participants in the Learning Process
 - A Form of Self-Coaching
- Watch & Discuss Short Coaching Video on Organizational Support
- Journal Based on Week's Discussions
 - Area of Potential Growth
 - Plan of Action Toward Improvement
 - First Tangible Step

SECTION 2: INTERCULTURAL COMPETENCIES

Week 5 RESILIENCE

- Briefly Discuss Resilience Factor (Define and Explain)
- Ask Groups to Talk about Potential Reasons for Relatively Lower Scores Here
- Make a White-Board List from Each Group's List of Reasons
- Ask Groups to Brainstorm Potential Coaching Methods
 - Ask, "If you were coaching someone struggling in the ways listed on the white-board, what would you suggest to help?"
- Compile Corresponding White-Board List to Counteract List of Potential Issues
 - This Method has Proven to Deeply Engage Participants in the Learning Process
 - A Form of Self-Coaching
- Watch & Discuss Short Coaching Video on Resilience
- Journal Based on Week's Discussions
 - Area of Potential Growth
 - Plan of Action Toward Improvement
 - First Tangible Step

Week 6 COMMUNICATION INITIATION & SOCIAL INCLUSION

- Briefly Discuss Communication Initiation & Social Inclusion Factors (Define and Explain)
- Ask Groups to Talk about Potential Reasons for Relatively Lower Scores Here
- Make a White-Board List from Each Group's List of Reasons
- Ask Groups to Brainstorm Potential Coaching Methods
 - Ask, "If you were coaching someone struggling in the ways listed on the white-board, what would you suggest to help?"
- Compile Corresponding White-Board List to Counteract List of Potential Issues
 - This Method has Proven to Deeply Engage Participants in the Learning Process
 - A Form of Self-Coaching
- Watch & Discuss Short Coaching Videos on Communication Initiation & Social Inclusion
- Journal Based on Week's Discussions
 - Area of Potential Growth
 - Plan of Action Toward Improvement
 - First Tangible Step

Week 7 RELATING

- Briefly Discuss Relating Factor (Define and Explain)
- Ask Groups to Talk about Potential Reasons for Relatively Lower Scores Here
- Make a White-Board List from Each Group's List of Reasons
- Ask Groups to Brainstorm Potential Coaching Methods
 - Ask, "If you were coaching someone struggling in the ways listed on the white-board, what would you suggest to help?"
- Compile Corresponding White-Board List to Counteract List of Potential Issues
 - This Method has Proven to Deeply Engage Participants in the Learning Process
 - A Form of Self-Coaching
- Watch & Discuss Short Coaching Video on Relating
- Journal Based on Week's Discussions
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Week 8 FLEXIBILITY & MANAGING CHANGE

- Briefly Discuss Flexibility & Managing Change Factors (Define and Explain)
- Ask Groups to Talk about Potential Reasons for Relatively Lower Scores Here
- Make a White-Board List from Each Group's List of Reasons
- Ask Groups to Brainstorm Potential Coaching Methods
 - Ask, "If you were coaching someone struggling in the ways listed on the white-board, what would you suggest to help?"
- Compile Corresponding White-Board List to Counteract List of Potential Issues
 - This Method has Proven to Deeply Engage Participants in the Learning Process
 - A Form of Self-Coaching
- Watch & Discuss Short Coaching Videos on Flexibility & Managing Change
- Journal Based on Week's Discussions
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Week 9 SEMESTER BREAK

Week 10 OPENNESS

- Briefly Discuss Openness Factor (Define and Explain)
- Ask Groups to Talk about Potential Reasons for Relatively Lower Scores Here
- Make a White-Board List from Each Group's List of Reasons
- Ask Groups to Brainstorm Potential Coaching Methods
 - Ask, "If you were coaching someone struggling in the ways listed on the white-board, what would you suggest to help?"
- Compile Corresponding White-Board List to Counteract List of Potential Issues
 - This Method has Proven to Deeply Engage Participants in the Learning Process
 - A Form of Self-Coaching
- Watch & Discuss Short Coaching Video on Openness
- Journal Based on Week's Discussions
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Week 11 EMPOWERMENT

- Briefly Discuss Empowerment Factor (Define and Explain)
- Ask Groups to Talk about Potential Reasons for Relatively Lower Scores Here
- Make a White-Board List from Each Group's List of Reasons
- Ask Groups to Brainstorm Potential Coaching Methods
 - Ask, "If you were coaching someone struggling in the ways listed on the white-board, what would you suggest to help?"
- Compile Corresponding White-Board List to Counteract List of Potential Issues
 - This Method has Proven to Deeply Engage Participants in the Learning Process
 - A Form of Self-Coaching
- Watch & Discuss Short Coaching Video on Empowerment
- Journal Based on Week's Discussions
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Week 12 TASK CONFIDENCE

- Briefly Discuss Task Confidence Factor (Define and Explain)
- Ask Groups to Talk about Potential Reasons for Relatively Lower Scores Here
- Make a White-Board List from Each Group's List of Reasons
- Ask Groups to Brainstorm Potential Coaching Methods
 - Ask, "If you were coaching someone struggling in the ways listed on the white-board, what would you suggest to help?"
- Compile Corresponding White-Board List to Counteract List of Potential Issues
 - This Method has Proven to Deeply Engage Participants in the Learning Process
 - A Form of Self-Coaching
- Watch & Discuss Short Coaching Video on Task Confidence
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SECTION 3: GROUP LEADERSHIP STRENGTHS

Week 13 RELATING

- Briefly Discuss Relating Factor (Define and Explain)
- Ask Groups to Talk about Potential Reasons for Relatively Lower Scores Here
- Make a White-Board List from Each Group's List of Reasons
- Ask Groups to Brainstorm Potential Coaching Methods
 - Ask, "If you were coaching someone struggling in the ways listed on the white-board, what would you suggest to help?"
- Compile Corresponding White-Board List to Counteract List of Potential Issues
 - This Method has Proven to Deeply Engage Participants in the Learning Process
 - A Form of Self-Coaching
- Watch & Discuss Short Coaching Video on Relating
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Week 14 ADAPTING

- Briefly Discuss Adapting Factor (Define and Explain)
- Ask Groups to Talk about Potential Reasons for Relatively Lower Scores Here
- Make a White-Board List from Each Group's List of Reasons
- Ask Groups to Brainstorm Potential Coaching Methods
 - Ask, "If you were coaching someone struggling in the ways listed on the white-board, what would you suggest to help?"
- Compile Corresponding White-Board List to Counteract List of Potential Issues
 - This Method has Proven to Deeply Engage Participants in the Learning Process
 - A Form of Self-Coaching
- Watch & Discuss Short Coaching Video on Adapting
- Journal Based on Week's Discussions
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Week 15 LEADING

- Briefly Discuss Leading Factor (Define and Explain)
- Ask Groups to Talk about Potential Reasons for Relatively Lower Scores Here
- Make a White-Board List from Each Group's List of Reasons
- Ask Groups to Brainstorm Potential Coaching Methods
 - Ask, "If you were coaching someone struggling in the ways listed on the white-board, what would you suggest to help?"
- Compile Corresponding White-Board List to Counteract List of Potential Issues
 - This Method has Proven to Deeply Engage Participants in the Learning Process
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Week 16 FINALS WEEK

- Final Paper on Global Citizenry via Intercultural Competencies
- Collect Journal Entries
 - Required Additional Component: Paper Documenting Actions Based on Plans of Action
- Encourage Participants to Seek Professional Counseling as Needed