



**OCEAN  
DISCOVERY  
INSTITUTE**  
*young lives transformed through science*

# **OL COACHING & OL COMMUNITY BUILDING**

June 2021

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# GOAL

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OL Coaching & OL Community Building are targeted for 9<sup>th</sup>, 10<sup>th</sup> and 11<sup>th</sup> grade students in our Ocean Leaders program.

The goal of **OL Community Building** is to reinforce the culture, community, and traditions of Ocean Discovery Institute. We do this through:

- Food & Conversation: To build community amongst students, all Ocean Discovery staff, and Mentors through a shared experience of food and conversation
- Community Building Activity: To build students' belief that they are a unique individual and a member of the Ocean Discovery family.
- Announcements: To share the daily schedule and introduce anyone visiting or participating in the program.

The goal of **OL Coaching** is to build a practice where coaches ask questions that enable students to identify their:

- barriers and the
- tools to overcome the challenges to believe, achieve and lead.

# SCHEDULE: OL COMMUNITY BUILDING

OL Community Building occurs weekly. These are 30 minute session for small groups of students (12-13 students/group).

	Monday		Tuesday		Wednesday	Thursday	Friday
	Stacy	Isabel	Stacy	Isabel			
3:50 to 4:20	Group 1	Group 2	Group 4	Group 5			
4:30 to 5:00	Group 3						
5:10 to 5:40pm							

# SCHEDULE: OL COACHING

OL Coaching takes place every other week, and is 1x1 coaching for ~15-20 minutes.

	Monday		Tuesday		Wednesday		Thursday		Friday	
	Stacy	Isabel	Stacy	Isabel	Stacy	Isabel	Stacy	Isabel	Stacy	Isabel
8:30 to 8:50					OLC 15	OLC 16				
8:50 to 9:10					OLC 17	OLC 18				
9:10 to 9:30am					OLC 19	OLC 20				
9:30 to 9:50am					OLC 21	OLC 22				
3:50 to 4:10					OLC 23	OLC 24	OLC 35	OLC 41	OLC 47	OL 10
4:10 to 4:30					OLC 25	OLC 26	OLC 36	OLC 42	OLC 48	OLC 12
4:30 to 4:50					OLC 27	OLC 28	OLC 37	OLC 43	OLC 49	OLC 14
4:50 to 5:10					OLC 29	OLC 30	OLC 38	OLC 44	OLC 50	OLC 9
5:10 to 5:30					OLC 31	OLC 32	OLC 39	OLC 45	OLC 4	OLC 11
5:30 to 5:50					OLC 33	OLC 34	OLC 40	OLC 46	OLC 5	OLC 13
5:50 to 6:10					OLC 1	OLC 3	OLC 7	OLC 8	OLC 2	OLC 6

# ROLES

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## Coach

- create a trusting relationship
- create community
- listen and reflect salient points
- ask questions
- provide resources
- reinforce boundaries

## Student

- get practice in identifying their barriers, and what actions and thoughts will enable them to overcome them.
- understand their resources. Students ask for help from teachers, go to office hours etc.
- excited to figure out their possibility (just like everyone else!)
- feel like they have a support system/ team.
- come to us when they are stuck, and celebrate with us.

# TEAM

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Team:

- Melissa will develop
- Jo will execute
- Stacy and Isabel implement and provide feedback

# PILOT PHASE & WHAT DO WE WANT TO ANSWER

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Pilot phase will:

- Focus on tools from John Burdett.
- Create regular meetings with students.
- Create tools for coaches to implement program.

Questions to answer during this phase:

- What schedules makes sense for students?
- Will students attend both the OL Community Building and the OL Coaching? Is there enough of an incentive for them?
- Will coaches feel prepared in their training? In their weekly tools? Is the communication with coaches and with LIM clear?
- Is this as efficient a process as possible?



# TRAINING

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Return to the portal to access training and tools for OL Coaching and OL Community Building.

<https://oceandiscoveryinstitute.org/ol-coaching-and-...uilding-training/>



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**THANK YOU.**

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