

Session 11 Learning Plan

<i>Group Process</i>		<i>Resources</i>
1.	University of Toronto Certification	Handout
2.	Preparation for One with One Coaching – (Sign in as soon as possible)	N/A
3.	Learning Styles Review	Reference: Session 10 – Resource 4
4.	Essential Training Tools	Reference: Session 10 – Resource 5
5.	The Five Stages of the CCS Process	Reference – Power Point Session 8 – Resource 3 Handout
	Break	
6.	Marketplace Mindfulness	Handout
7.	RRR – Leadership in Action – The Four Tools	Reference – Power Point Session 9 – Resource 2 Handout
8.	The Dual Path	Textbook pages 427–428
9.	Readings and Course Summary	N/A
10.	Session Preparation and Learning Log	SurveyMonkey
11.	Conscious Care and Support Outcomes	SurveyMonkey

Session Follow-up and Preparation:

- Review all Resources
- Read CCS Text Book pages referenced above
- Mindfulness Practice – 20 minutes x 5 sessions weekly for the rest of your life