

TRACK 1: COACHING ESSENTIALS NEXT STEPS

Lesson 5: Steps toward a Desired Destiny

1.	Write out	your goal	for	coaching	using th	e D.R.E.A.M.	model.
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2. Indicate that you have watched the 15-minute video on *Dreams* by Dr. Brenda Chand.

Completed:

3. Write a 1-page summary of your observations from the videos.

