

# HOW THE COURSE WILL BE DELIVERED: THE DRIP-FEEDING PROCESS

Before we start the course, it is important to understand the process of how the program works. This session will provide practical information on how the course is delivered, your role as a student, and how you will eventually be certified. The course is designed to be drip-fed, meaning you can only access one lesson per day. This is to prevent the course from disrupting your work progress and to ensure that learning is a systematic process.

Completing one lesson per day will take approximately 30 minutes to an hour, so the time commitment is minimal. Even if you complete a lesson early, you will not be able to access the next lesson for 24 hours. This is because the course is designed to be a progressive learning process that brings about a shift in you as an individual. The course aims to equip you as a coach and bring about deeper understanding, so the restriction to one lesson per day ensures that you have the time to apply and practice what you have learned.

After each lesson, there will be a short quiz to test your comprehension of the material. There will also be practical assignments at the end of the course, as certification is based on your capability to apply what you have learned in real-life scenarios. Knowledge is useless unless it can be applied, and the course is designed to ensure that what you learn is applied in real-life situations.

The course material consists of video lessons and PDF documents. The videos explain the material, while the PDFs provide a written reference for long-term retention. Every few lessons, there will be a quiz, which will be in a simple format known as a "monkey puzzle." You will select one of two or three potential answers, and the system will provide feedback on whether you selected the correct answer.

It is important to apply what you learn every day and practice it on your team members and the people around you. This will help you grasp not only the theory but also the applicable manner and style of coaching that the course teaches. At the end of the course, you will be required to coach real people in real-life scenarios to test your ability to apply the material.

In summary, the course is drip-fed, with one lesson per day, to ensure a systematic learning process and prevent disruption to work progress. There will be short quizzes to test your comprehension, and practical assignments to test your capability to apply the material in real-life scenarios. Apply what you learn every day and practice on your team members and people around you. The course material consists of video lessons and PDF documents, and the final certification will be based on your capability to apply what you have learned in real-life scenarios.