

The Transformative Coach Training Program Approved by the International Coach Federation

The goal of the Transformative Coach Training Program is to integrate the adult developmental growth theories of transformative change with a robust coaching methodology and practice. The Transformative Coach Training Program's client-centered coaching facilitates the unfolding of the client's own inner strengths and potential. The development of self-awareness, embodied wisdom, intuition and manifestation are central to this training.



Dates of the Program*

Weekend	Cohort TCT 17-01	Cohort TCT 17-02
1	April 28 – 30, 2017 Friday, Saturday, Sunday	Sept 15 - 17, 2017 Friday, Saturday, Sunday
2	May 20 - 21, 2017 Saturday, Sunday	October 14-15, 2017 Saturday, Sunday
3	June 24 - 25, 2017 Saturday, Sunday	November 18 - 19, 2017 Saturday, Sunday
4	August 5 - 6, 2017 Saturday, Sunday	December 16-17, 2017 Saturday, Sunday

*All sessions are from 9:00am to 5:00pm.

Coaching Program Objectives

The Transformative Coach Training Program provides:

- a deep understanding of the theories and processes that lead to transformative growth
- excellence in the training of the
 - International Coach Federation (ICF) Coaching Core Competencies,

- ICF Code of Ethics, and
- ICF Definition of Coaching
- excellence in the training of
 - the foundations of coaching,
 - the establishment of the coaching relationship,
 - communications skills, and
 - the design of effective change processes
- the required curriculum and hours of training to qualify for ICF Coach Certification

Who Should Attend

- College graduates who are interested in becoming an ICF Certified coach. Specialties include life, career, relationship, executive and spiritual coaching
- Those who have an interest in their own inner transformation and are seeking to manifest their vision, goals and dreams
- Those who are interested in the development and evolution of human consciousness as it pertains to increasing its capacity and potential

Coaching Modules

The Transformative Coach Training coaching modules incorporate the development of the ICF Core Competencies, with special attention given to the client setting the agenda, presence-based coaching, developing trust, asking powerful questions, direct communication, and the management of progress and accountability.

Module 1: Fundamentals: An Introduction to Transformative Coaching

This course presents the ICF core competencies, the ICF code of ethics, the definition, and the four cornerstones of coaching. The four cornerstones are that people are naturally creative, all parts of a client are welcome, the client sets the agenda and coaching focuses on the client not the problem. The concept of the presenting agenda and deeper agenda are described. The students learn and practice the three levels of listening and powerful questions. Lastly, the students learn the outline of a basic coaching session, including establishing the coaching agreement, establishing trust, maintaining presence, and direct communication, followed by coaching practice in dyads.

Module 2: Fulfillment: A Pathway to Transformation

After students learn the fundamentals, the coach trainer describes the four pathways that are part of the Transformative Coach Training. The first pathway is that of fulfillment. Students learn the concept of fulfillment in life and how it relates to inner passion, vision, and overcoming

challenges and obstacles. The steps in this process are to (1) connect clients to their vision; (2) set a resonant goal that draws the client into their vision, and making those steps resonant and accountable; and (3) help the client to welcome the inner protectors who have reservations about change, uncovering what is getting in the way of manifesting the vision. This course presents a visualization exercise showing the students how to connect with their vision and passion. Included in this course are the topics of designing action, planning and goal setting, managing progress and accountability, and asking powerful questions amongst others.

Module 3: Balance: A Pathway to Transformation

The core idea of this course is that we always are in a perspective, other perspectives are available, and we are always at choice in the perspective we decide upon. In this course, students learn how to work with their clients to explore multiple perspectives. Students learn definitions of perspective, how it relates to physical expression, emotion, worldview and energy. They learn how to work with a client to find the topic, explore at least three perspectives, chose a perspective to create from utilizing powerful questions, and brainstorm possible actions with a commitment to one, with accountability specified. The instructor demonstrates the use of a three by three grid for the client to physically move to a different geographic location when exploring a different perspective, generating new perspectives, asking powerful questions, leading to greater awareness. Students also begin to learn the design of actions and goals, and accountability.

Module 4: Process: A Pathway to Transformation

The core question in coaching with the process pathway is what is true in the present moment; how can we accept ourselves as we are right now. In process, the focus is on the client's internal experience in the present moment. Students learn to create awareness by noticing and naming something in the client's experience. With the client's permission, the coach asks powerful questions to allow the client to fully experience what is arising in the moment. In this process, when the client fully accepts and experiences what is arising, and can accept that just as it is, a shift in energy and consciousness may occur. With this shift, the coach integrates this new experience with insight. Holding silence, awareness of the wisdom of the body, and connecting to source are a important components of this process.

Module 5: Parts Work: A Pathway to Transformation

The essential idea in parts work is that there are subpersonalities in the human psyche, called "parts," that clients identify with, when in fact, the client can get in touch with the client's own "Self," which is bigger than any one part. This pathway is based on Richard Schwartz' Internal Family Systems. The idea is that all parts of the psyche have a noble purpose or good intention and are welcome. These parts comprise an internal family system, and the natural leader of this system is the Self. Students learn to lead clients to awareness of a part with which they are currently identifying, and to see the good intention of that part, and to separate that part from the

Self, creating awareness. In this course, students learn how to work directly with the client's parts, and practice this process with triad work.

Module 6: Somatic Wisdom: Focusing for Deep Listening

Students learn the process of "Focusing" as described by Eugene Gendlin. This is a specific process in which a person explores his or her body's inner feelings to find a felt-sense that is preventing the person from feeling fine. This is not a conceptual exercise, one doesn't go into the problem. Instead, one finds a word or phrase that can express that felt-sense. One goes back and forth between the felt-sense and the word or phrase as the issue slowly comes into focus. In dyad practice sessions, students learn to deeply listen using their own felt-sense, and through this method, establishing coaching presence and accessing intuition.

Module 7: Final Review of the Principles and Pathways of Coaching

This course reviews all of the principles, competencies and pathways of coaching. Included is the decision point as to which path to take, and, by dancing in the moment, how to transition to a different pathway as the session evolves. The students review fulfillment, balance, process, parts work and somatic wisdom/focusing as it relates to coaching.

Module 8: Group and Individual Mentoring

This course convenes on four separate occasions over a time period of 4 to 5 months. The students form triads of coach-client-observer, one triad at a time. The instructor first elicits feedback from the coach, then the observer. Finally, the instructor provides feedback. All present benefit from the feedback offered during this course.

Module 9: Independent Study – Mastering the Core Competencies

Students are required to engage in 14 hours of independent self-study. To fulfill this requirement, students are to read and study documents on core competencies, read the text *Co-Active Coaching* by Kimsey-House, et. al., and listen to ICF Core Competency conference calls. Students are also required to develop their own guidelines for a coaching session that includes the core competencies, and self-analyze a coaching session utilizing the self-created guidelines.

Coach Training Hours:

The Transformative Coach Training program is comprised of the following training hours:

1. 56 hours faculty/participant/observation/mentoring interactions – on-site
2. 14 hours of homework / independent study related to the ICF Core Competencies
3. 3 hours of Individual Mentor Coaching

The TCT coach training totals 73 hours of ICF qualifying instruction.

In addition to the coach training, students are responsible for completing the ACC ACSTH path for ICF certification:

- 100 hours of client-coaching
- A membership application for the International Coach Federation (ICF)
- The Associate Certified Coach (ACC) examination for certification provided by the ICF

Coaching Philosophy

The overarching principles of the Transformative Coach Training Program are:

- Coaches help clients uncover their wise, creative and loving nature
- Coaches help clients learn how to move beyond the obstacles to their developmental growth,
- Coaching focuses on the client and not the circumstance, and
- Presence, awareness, intention and manifestation are fundamental to growth and fulfillment in all phases of life from relationships to career

Instructor

Guthrie Sayen, Ph.D., PCC, Lead Instructor

Tuition and Fees

Costs associated with the acquisition of the ICF ACC coaching credential are:

TGI Tuition for the Transformative Coaching program	\$ 2,568
Three one-on-one mentor coaching session	600
Total Cost	\$3,168

Additional Costs:

ICF membership dues	245
ICF exam fee, member rate	300

Cancellation and Withdrawal

Cancellation prior to the start of the program results in a forfeiture of the application fee. In the event of withdrawal from the program, the student is responsible for payment of all sessions held to and including the date of withdrawal.