

COACHING WITH SPIRIT: LEVEL I

How to Co-Create Transformation

Accredited and Approved by the International Coach Federation

Program Description

The goal of *Coaching with Spirit* is to integrate the adult developmental growth theories of transformative change with a robust coaching methodology and practice. *Coaching with Spirit'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.

Website: learn.edu/coaching-with-spirit

At this time, due to the virus, the program will be held in a virtual classroom.



Program Dates:

<u>Spring 2021</u>	
Weekend	All Dates Saturday & Sunday
1	Apr 10 – 11, 2021
2	May 15 – 16, 2021
3	Jun 12 – 13, 2021
4	Jul 10 – 11, 2021
5	August 7 – 8, 2021

<u>Fall 2021</u>	
Weekend	All Dates Saturday & Sunday
1	November 20 – 21, 2021
2	December 18 – 19, 2021
3	January 15 – 16, 2022
4	February 19 – 20, 2022
5	March 19 – 20, 2022

All sessions are from 8:45am to 5:00pm.

More information about the program: <https://www.learn.edu/coaching-with-spirit>

To apply: [Click Here](#) or go to <https://www.learn.edu/how-to-apply>

Instructors

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

Guthrie created and leads Coaching With Spirit, the ICF-accredited coach-training program offered through The Graduate Institute. He also creates and leads advanced training programs for coaches and faculty at Leadership That Works, an ICF-accredited coaching school and he co-created and offered an advanced training for coaches at the True Purpose Institute, dedicated to serving change agents, messengers, and visionaries. Guthrie mentors coaches at all levels of their careers from beginners to seasoned masters. In his private practice, he works with wounded healers, helping them do for themselves what they are called to do for others. He also helps seekers come into the presence of the Divine, so that they can live their soul's purpose. His mission is to end suffering on this planet. His website is www.BridgetotheDivine.com.

Barti Bourgault, MA, PCC, CMT-P, Associate Trainer

Barti is a graduate of the Coaching with Spirit certificate program and received her Master's in Consciousness Studies from The Graduate Institute. She holds a Professional Coach Certification from the International Coach Federation (ICF) and a Professional Mindfulness Teacher Certification from the International Mindfulness Teachers Association (IMTA). She has been the Associate Trainer and Mentor Coach for the Coaching with Spirit program since 2018. As an ICF New England board member, she holds the position of Marketing VP. She is also on the Executive Council for Maine Coaches Connection. Through her practice, Beyond the Edge, she offers coaching to individuals seeking meaningful change. She brings her mindfulness training to her coaching, as well as leading mindfulness classes and workshops. Her work helps her clients heal their wounds, cultivate kindness and find greater possibility in their lives. Her mission is to raise awareness so we may live in balance with the natural world. Her website is www.movebeyondtheedge.com.

Coaching Program Objectives

The *Coaching with Spirit* 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) 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

- Those 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
- Wounded healers, that is, those who sense a vocation in helping others heal but are unable to freely offer their gifts fully

Coaching Modules

The *Coaching with Spirit* 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. The coach learns to enter a client's inner system respectfully and to cooperate with its innate wisdom and its natural ability to heal.

Module 1: Fundamentals: An Introduction to Coaching With Spirit

This course presents the ICF core competencies, the ICF code of ethics, the definition of coaching, 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: Awakening: A Pathway to Transformation

After students learn the fundamentals, the coach trainer describes the four pathways of coaching. The first pathway is that of *Awakening*. 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: Perspectives: 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 live from. 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 to design actions and set up accountability.

Module 4: Now: A Pathway to Transformation

The core question in coaching with the *Now* pathway is what is true in the present moment; how can we accept ourselves as we are right now. In *Now*, 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: 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's 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: 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 Awakening, Perspectives, Now, and Parts as it relates to coaching.

Module 7: Group and Individual Mentoring

This course convenes on four separate occasions over at time period of 4 months. The students take turns coaching in front of a small group. After the coaching, the instructor first elicits feedback from the coach and then from a designated observer. Finally, the instructor provides feedback. All present benefit from the feedback offered during this course.

Module 8: 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. Examples are:

1. Reading Books:
 - a. *Happier*, Tal Ben Shahar
 - b. *Why Did I Do That?* Dorie Cameron, and
 - c. *Introduction to the Internal Family Systems Model*, Richard C. Schwartz.
2. Listening to ICF Core Competency conference calls – links will be provided.

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 Coaching With Spirit 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 CWS coach training totals 73 hours of ICF qualifying instruction. (Note: We have added one additional day for the last weekend in addition to above.)

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 Coaching With Spirit 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

Tuition and Fees

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

TGI Tuition for the Coaching With Spirit program	\$ 2,700
Three one-on-one mentor coaching sessions	600
Application Fee	<u>60</u>
Total	\$3,360

Non-TGI Additional Costs:

ICF membership dues: **cost range depending on month of application \$81.67 - \$306.25/year**

See <https://coachfederation.org/join-icf/>

ICF exam fee, member rate \$300 See <https://coachfederation.org/icf-credential/acc-paths/>

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.