



COACHING WITH SPIRIT: LEVEL 2

Pending Approval for 48 CCE Credits by the International Coach Federation

Coach Training Program Description

The course begins with a review of the CWS model and will then focus on the River of Parts, an adaptation of Internal Family Systems, a powerful healing model originated by Richard Schwartz. Parts Work is a strategy for accessing and coaching from Self: our divine core, which is naturally awake, aware, whole, calm, confident, compassionate, creative, and wise. This core is accessed most easily by inviting parts of the mind, like the Critic, the Approval Seeker, and various Distractors to step back. When they do, our true nature, here called Self, begins to emerge like the sun from behind clouds. Facilitating this in clients allows them to move into a place of grounded centeredness from which they can respond creatively to their circumstances rather than react unconsciously from old habits.

Program Prerequisites

Coaching with Spirit Level 2 is for people who meet least one of the following requirements:

- Have a Letter of Completion from the CWS Level 1
- Hold a current International Coaching Federation ACC, PCC or MCC credential
- Have completed 60 hours of another ICF-approved Coach Training Program
- Is a psychotherapist, licensed counselor, or spiritual director

At this time, due to Covid-19, the entire program will be held in a virtual classroom.

Fall 2021 Program Dates

Weekend	Saturday & Sunday	All sessions are EDT
1	Aug 28 & 29, 2021	8:45am to 4:30pm
2	Oct 9 & 10, 2021	8:45am to 4:30pm
3	Nov 6 & 7, 2021	8:45am to 4:30pm
4	Dec 4 & 5, 2021	8:45am to 4:30pm

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

To apply: <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 TGI. 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. www.BridgetotheDivine.com.

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

Barti is a graduate of TGI completing both the Coaching with Spirit and an MA in Consciousness Studies. 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 CWS since 2018. 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 find greater peace, authenticity and possibility in their lives. www.movebeyondtheedge.com.

Coaching Program Objectives

The Coaching with Spirit Level 2 provides:

- A coaching model that honors and leverages the client's inner wisdom
- A collaborative, non-pathologizing method of working with clients' protective parts, like the inner critic, the achiever, the pleaser, and the distractor
- Accessing and coaching from a deep core of calm, clarity, and confidence
- Creating a safe coaching environment for doing courageous work
- Getting a contract for every coaching session
- Building an honest and trusting relationship with the client's protective parts
- Holding the client's vulnerable parts as sacred
- Helping vulnerable parts unburden painful feelings and limiting beliefs
- Helping protectors find new strategies for helping the client

- Applying systems thinking and complexity theory to the inner world
- Accessing spiritual guides and using their wisdom
- Integrating learning through deepening awareness, designing actions, and setting up accountability

Who Should Attend

- Those who have completed Coaching with Spirit Level 1 and would like to go deeper.
- Coaches, psychotherapists, licensed counselors, and spiritual directors interested in learning “Parts Work,” an adaptation of Internal Family Systems, a powerful healing model originated by Richard Schwartz
- Coaches who would like to earn CCE credits

Curriculum

The *Coaching with Spirit: Level 2* coaching curriculum incorporates the ICF Core Competencies and goes deeper than Level 1. The course begins with a review of the CWS model and will then focus on the River of Parts, a strategy for accessing and coaching from Self: our divine core, which is naturally awake, aware, whole, calm, confident, compassionate, creative, and wise. This core is accessed most easily by inviting parts of the mind, like the Critic, the Approval Seeker, and various Distractors to step back. When they do, our true nature, here called Self, begins to emerge like the sun from behind clouds. Facilitating this in clients allows them to move into a place of grounded centeredness from which they can respond creatively to their circumstances rather than react unconsciously from old habits.

Module 1

The key teachings are:

- *Agreements*: Four cornerstones for creating a safe and courageous coaching container for deep transformation.
- *Model*: The CWS map of the theory and practice; a compass for working with clients.
- *Six Tenets*: The foundational ideas on which this work rests.
- *Abbreviated Glossary*: Explanation of key terms for easier understanding of the model.
- *Parts Work Process*: A step-by-step guide for unblending, befriending, and helping parts of the psyche escape old patterns of behavior and transform.
- *Two Methods of Parts Work*: Two ways to safely enter clients’ inner realm and build compassionate relationships with parts of their psyche.
- *Parts*: A deeper examination at the innumerable subpersonalities the live inside all humans. Each has a full-range personality that longs for safety and connection.

- *Protectors*: These are the workhorses of the inner world; these are the parts that we tend to think are us; and they are the ones who usually stop change. We need to befriend them so they can begin to trust that change will serve the client.
- *Messages for Protectors*: The three key things we can say to protectors to help them relax and permit the change the client longs for.
- *First Steps*: How to unblend and befriend protectors.

Module 2

The key teachings are:

- *Exiles*: These are the young parts of ourselves that need loving attention so that protectors, who interfere with our living creative and fulfilling lives, can relax.
- *Safety*: Practices and attitudes that ensure that this process is safe and respectful, following the pace of the client's own inner system.
- *World of Parts*: An in-depth exploration of the innumerable parts that populate our inner worlds.
- *Three-Group System*: Our parts relate to each other in patterned ways. By learning how they interact, we can help them move from a stance of conflict and competition to one of harmony and collaboration.
- *Addressing Fears*: Each of us is like a parliament with two major parties, the party of growth and transformation and the party of the status quo. The transformers hire the coach and set the agenda, but those who wish to stick with the tried-and-true object. With this module we learn how to respectfully address the concerns of those who fear change and gain their permission to make change.
- *Self-Confidence Technique*: This is a simple technique to build confidence before dealing with a challenging situation. With this technique, the parts of us that are scared learn that we can actually handle things and they relax.

Module 3

The key teachings are::

- *Systems Thinking* explains the four major principles that govern all human systems, internal and external: harmony, balance, leadership, and development. The focus will be on the internal system of the individual, but there will be ripple effects into external systems, like family, community, and society.
- *Complexity Theory*: This builds on systems thinking and explains how stability, without rigidity, and fluidity, without chaos, can lead to rapid transformation in human systems.
- *Holons*: Provides a model first developed by Arthur Koestler that supports both systems thinking and complexity theory by showing how in a system everything is both a whole and

a part. A human is both whole and has parts; those parts are also whole and have parts; and we humans are parts of ever larger systems.

- *Legacy Burdens*: Explains how we inherit limiting beliefs from our ancestors and our culture and provides a technique for releasing those burdens.
- *Guides*: Depending on a client’s spiritual or religious beliefs, spiritual guides can be a tremendous resource and support for growth and transformation.
- *Past Lives*: Some clients have memories of past lives. Those past lives can participate in those clients’ growth and transformation.

Coach Training Hours:

The *Coaching with Spirit: Level 2* program is comprised of 48 hours of training. ICF-approval for CCEs pending.

Coaching Philosophy

The overarching principles of the *Coaching with Spirit: Level 2* 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

TGI Tuition for the Coaching with Spirit program	\$2300
Application Fee	\$60
Total TGI Costs	\$2360

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.