



COACHING WITH SPIRIT: LEVEL 2

ICF-Approved for 48 CCE Credits:

32 Core Competency hours and 16 Resource Development hours

Coach Training Program Description

The course begins with a review of the CWS model and will then focus on the Parts Work, an adaptation of Internal Family Systems, a powerful, non-pathologizing healing model originated by Richard Schwartz. Coaching with Spirit Level 2 is a coach training that will transform you and your clients. This program will help you heal old wounds and awaken to your full potential as both a human and a spiritual being. And that will empower you to participate in your clients' healing and awakening.

Parts Work is simple in concept but complex in practice. The big ideas are easy to grasp, and it takes study and practice to apply those ideas effectively with clients. Nonetheless, just knowing the ideas begins to change you and how you work.

The three big ideas are:

- *Multiplicity:* We humans have many parts, or subpersonalities. This multiplicity is universal, normal, and beneficial. To transform yourself and to help others transform, you must recognize and work compassionately with those parts—like the critic, the pleaser, and the avoider—who are stuck in old survival patterns, patterns that were once adaptive but no longer work.
- *Self:* Every human has Self, an enlightened core. Called by different names, Self is recognized by every major spiritual tradition. And it is more easily accessed than people realize. By asking our parts to step back, we can access this calm, confident, and compassionate center, this source of all we yearn for.
- *Systems thinking:* The internal realm is a system, comprising Self and parts that interact in patterned ways. Parts Work recognizes, explains, and works with those internal relationships. A single change can ripple through the whole system.

Program Prerequisites

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

- Have completed 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 and Program Administrator

Barti is a graduate of TGI completing both the Coaching with Spirit Coach Training Program and the Masters Program in Consciousness Studies. She holds a Professional Coach Certification from the International Coaching 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
- Training in the following transformation coaching skills:
 - 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 48 ICF-Approved 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 Parts Work, 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 Basics introduces the three major concepts: multiplicity (parts), Self (our true nature), and system (how it all works together). This series will also ground you in the two principal methods of working with parts and Self.

Here is what you will learn:

- The four dimensions of Parts Work: a map of the human psyche, a method of working with the psyche, a transforming way of life, and a program for healing the world.
- The six assumptions: the reality of human multiplicity, the goodness of all parts, the centrality of Self, the goal of all coaching, the systemic nature of the internal realm, and the most vulnerable parts as the ones with power.
- The Parts Work process: a multistep approach that helps you manage complexity by focusing on one step at a time.
- The three messages for protectors: how to negotiate with protective parts to gain safe access to vulnerable parts who need your love and hold the keys to healing.
- The two methods of working with parts: direct access and in-sight.

Module 2

More Basics deepens your knowledge, your skill, and your confidence in taking your clients inside to work with their parts. It explores the burdens that parts take on and that govern their behavior. When the burdens are released, you and clients will gain more access to Self, the creative life force within everyone.

Here is what you will learn:

- The three-group system: how to distinguish among and work with the three kinds of parts that need healing—managers, firefighters, and exiles.
- The four functions of healthy human systems: development, balance, harmony, and Self leadership
- How to deal with polarizations, that is, with protectors who have opposite strategies for keeping us safe and, thus, create conflicts within us.

- How to address the seven most common fears of protectors.
- The two kinds of burdens: personal pain based on direct experience and inherited pain from family, ethnic group, or culture.

Module 3

The Coach focuses on parts of the coach that block access to Self, best practices, how to deal with Self-like parts, and the key difference between compassion and empathy.

Here is what you will learn:

- How to deal with parts that think they are Self: these are manager parts and are among the trickiest to work with.
- Why some unburdenings need to be repeated. (You have not failed!)
- The power of going inside, as opposed to staying on the outside and talking about parts or the situation.
- The importance of continuity from one coaching sessions to the next, that is, linking sessions to create a chain of healing.
- The crucial difference between empathy, which can be fatiguing, and compassion, which is not fulfilling.
- The parts of the coach that are most likely to block the coach's access to Self.

Module 4:

The Body emphasizes the role of the body in the coach's awareness and in the client's healing and awakening. Self needs access to the body for its fullest expression. A master coach needs to attune to their own system and attune and resonate with their client's system.

Here is what you will learn:

- The three commandants for care of your body: enough sleep, good food, and mindful movement.
- Parts Work is a body-centered approach to health, healing, and awakening.
- Embodiment is critical to presence and masterly coaching.
- Somatic awareness increases your knowledge of your client: your body is a consultant.
- Conscious breathing supports presence and connection.
- Relational resonance is the interaction between your system and your client's system. When you learn to tune into that resonance, you increase your presence and your impact exponentially.

Coach Training Hours:

The *Coaching with Spirit: Level 2* program is comprised of 48 ICF-Approved CCE hours of training: 32 hours of Core Competency training and 16 hours of Resource Development training.

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.