

# COACHING WITH SPIRIT 1

## How to Co-Create Transformation

### **Overview**

Coaching with Spirit 1 introduces you to coaching fundamentals as well as more advanced practices. The program fosters community so that there can be deep healing and awakening. This will support you in facilitating healing and awakening in others. You will become more self-aware, more embodied, more intuitive, and more effective in relationships in all domains. In short, you will be transformed.

### **2023 Program Dates: TBD**

This course convenes on six separate weekends over six months. At this time, due to Covid-19, the entire program will be held in a virtual classroom. To be placed on a list to be alerted when the application process begins, please [click here](#).

### **Instructors**

*Guthrie Sayen, PhD, PCC, Lead Trainer*

Guthrie created and leads Coaching with Spirit 1 & 2. He created and leads Parts Work, a yearlong training in Internal Family Systems for coaches. He co-created and co-led Coaching for Self-Leadership, which was offered through the IFS Institute and had more than one thousand participants. He has created and led trainings for other institutions, including chapters of the International Coaching Federation, the True Purpose Institute, and the ManKind Project. Guthrie mentors coaches at all levels of their careers from beginners to 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](http://www.BridgetotheDivine.com).

*Barti Bourgault, MA, PCC, CMT-P, Associate Trainer, Mentor Coach, and Program Administrator*

Barti has been supporting the Coaching with Spirit Program since 2018. In addition, she offers individual coaching, mindfulness trainings, and mentoring through her private practice. Barti was a member of the ICF New England Board of Directors from 2018-2020. She also works closely with The Engaged Mindfulness Institute providing ongoing classes in social meditation. Her work (facilitating insight, healing, and awakening) combines mindfulness practices and Parts Work, a coaching model inspired by Internal Family Systems. Her clients and students span the globe, and her intention is to play her part in shifting the consciousness of the planet. Her passion is supporting seekers in creating meaningful change in their lives—transforming from being bound by perceived limitations to fully participating in an authentic life. [www.movebeyondtheedge.com](http://www.movebeyondtheedge.com).

## **Coaching Program Objectives**

Coaching with Spirit 1 provides:

- A deep understanding of the theories and processes that lead to transformative growth.
- Excellence in the training of the:
  - International Coaching Federation (ICF) Core Competencies,
  - ICF Code of Ethics,
  - ICF Definition of Coaching,
  - Foundations of coaching,
  - Establishment of the coaching relationship,
  - Communications skills,
  - Design of effective change processes.

## **Who Should Attend**

- Those who are interested in becoming a 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.

## **Curriculum**

Coaching with Spirit 1 incorporates 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. You will learn and practice the three levels of listening and powerful questions. Lastly, you will 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: Happiness: A Pathway to Transformation***

After you learn the fundamentals, the coach trainer describes three pathways of coaching. The first pathway is that of *Happiness*. You 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 you how to connect with your 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 among others.

### ***Module 3: 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. You 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 important components of this process.

### ***Module 4: 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. You learn how to work with your clients to explore multiple perspectives. You learn definitions of perspective, how it relates to physical expression, emotion, worldview, and energy. You learn how to work with clients 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, and leading to greater awareness. You also begin to learn to design actions and set up accountability.

### ***Module 5: Final Review of the Principles and Pathways of Coaching***

This course reviews all 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 Happiness, Now, and Perspectives as it relates to coaching.

### ***Module 6: Group and Individual Mentoring***

Group mentoring takes place in class. You and your fellow students take turns coaching in front of small breakout groups. After the coaching, the mentor coach first elicits feedback from you, the coach, and then from a designated observer. Finally, the mentor coach provides feedback. All present benefit from the feedback offered during this course. Individual mentoring takes place outside of class after the final weekend. Each student receives three individual mentoring sessions with a mentor coach. The student provides a 30-minute recording of their coaching for the mentor coach to assess, then the two of you meet to review feedback.

## **Module 7: 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. Required Reading:
  - a. *Happier*, Tal Ben Shahar
  - b. *Your Body Knows the Answer*, David Rome.
2. Listening to ICF Core Competency conference calls – links will be provided.

### **Coach Training Hours:**

The Coaching with Spirit program is comprised of the following 89 training hours:

- 72 hours of live class time including at least 7 hours of group mentoring.
- 14 hours of independent study related to the ICF Core Competencies.
- 3 hours of individual mentor coaching.

### **Coaching Philosophy**

The overarching principles of the Coaching with Spirit 1 are:

- Coaches help clients uncover their wise, creative, and loving nature,
- Coaches help clients 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**

Tuition for the Coaching with Spirit 1	\$3900
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Cancellations prior to one month before the start date receive a full refund, less a \$50 cancellation fee. Cancellation on that date or after, until the start date, receive a 50% non-refundable credit, valid for 1 year. No refunds will be given after the start date.