

Coaching
Evolved

Transformational Embodiment Coach Certification

PROGRAM GUIDE



Become a Certified
**Transformational Embodiment
Coach in 6 months with the only
ICF-accredited, multi-modality
program of its kind.**

THE NEXT COHORT STARTS FROM OCTOBER 30TH 2023
DISCOVER EVERYTHING YOU NEED TO KNOW BELOW:

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OUR METHODOLOGY >

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welcome!

We are so
delighted that
you're here.

SAY BYE TO WORKING IN A WAY THAT DOESN'T LIGHT YOU UP OR CHASING OUTDATED DEFINITIONS OF 'SUCCESS' – AND HELLO TO A COACHING CAREER FILLED WITH FULFILLMENT, JOY AND PROSPERITY. THIS IS NOT ONLY POSSIBLE FOR YOU...IT'S YOUR CALLING. IT'S DESTINY.

By the end of this program, you will...

- 1. BE YOUR OWN BEST COACH:** Learning how to coach yourself with our model, frameworks, tools and practices will empower you to transform your own life & unleash your fullest potential.
- 2. CONFIDENTLY COACH OTHERS:** In this program you'll be coaching frequently, working directly with clients (many of them paid) to develop your skills in real time.
- 3. HAVE THE BUSINESS SKILLS TO THRIVE:** We'll dive deep into the business and marketing skills you need to build a successful coaching practice.
- 4. BE CERTIFIED:** You'll receive your Coaching *Evolved* Transformational Embodiment Coach Certification and your ICF Credential if you choose that option.

Create a unique coaching career path *that is right for you:*

As a graduate of the Coaching *Evolved* Transformational Embodiment Coach Certification, you'll be equipped with all the tools, techniques, practices, models, and frameworks to support clients in any area of their lives, whether you have firsthand experience of their challenges or not.

**WITH OUR TRANSFORMATIONAL EMBODIMENT COACH CERTIFICATION,
YOU CAN CHOOSE TO BE (AND CALL YOURSELF):**

AN
Embodiment
COACH

AN
Executive
COACH

A
Relationship
COACH

A
Wellness
COACH

A *Life*
COACH

A *Career*
COACH

**OR YOU CAN CHOOSE TO CALL YOURSELF ANYTHING YOU WANT
- THE POSSIBILITIES ARE LIMITLESS!**

Introducing the Evolve Path

Using our proprietary 'EVOLVE PATH™' coaching methodology you'll master a professional, proven and flexible framework to help you deeply transform your clients. Not only does it include several modalities, tools, and techniques, it also encompasses the ICF Core Competencies so you are ready to be an ICF-credentialed Professional Coach.



Most coaching programs don't venture past mental and cognitive approaches — this program goes much further, inviting profound and lasting metamorphosis for your clients. You'll utilise a cutting-edge blend of cognitive, energetic, healing, spiritual and somatic techniques to help you transform your clients in all 5 facets of their being.



MODALITIES YOU'LL LEARN IN THE PROGRAM:

TRANSFORMATIVE COGNITIVE COACHING

The latest and most innovative cognitive coaching models allow us to objectively observe our thinking, behaviors, and actions or lack thereof. Through diving into cognitive models and mindset work, we are able to access the infinite possibilities available to us and align our thoughts, behaviors and actions with our highest desires. We believe that cognitive coaching paired with powerful embodiment practices is a recipe for us --and our clients --to be in our power and create whatever future we want.

EMOTIONAL FREEDOM TECHNIQUE (EFT)

EFT, also known as tapping, is a healing modality that supports the flow of energy in the body. This is important because in our stressful world, it's easy to experience energetic blocks that can hold us back from being fully activated, alive, and unleashed. It can help process feelings, realign energy, reduce physical and emotional pain, clear the emotional charge from situations and occurrences going on in our lives, rework blocks, and more. In the program, you'll specifically be learning how to use EFT in your coaching to create more powerful results for clients.

BREATHWORK

Through bringing conscious awareness and technique to the way we breathe, we can use the breath as a healing modality. Through breathwork, we can clear stuck energy, calm the nervous system, feel and process emotions, activate and unleash more of our expression and truth, and so much more. We teach three types of breathwork in the program that you'll be able to weave into your coaching practice.

TRANSFORMATIONAL EMBODIMENT

This modality that Natalie developed features dynamic, experiential practices designed to bring deeper awareness to our layers of being —physical, emotional, energetic, mental, and spiritual —and to include each one in the process of transforming our lives, bringing our boldest goals to life, and embodying our potential.

MEDITATION AND VISUALIZATION

Meditation, contemplation, and inquiry provides a deep grounding of all the other modalities and coaching techniques. You'll learn more about different meditation practices for you and your clients to use to further embody your deepest desires and live the life you've dreamed of.

NEUROLINGUISTIC PROGRAMMING (NLP) FOUNDATIONS

NLP is made up of a series of techniques that use specific language and thought patterns to shift our perspective around the limiting beliefs and stories we tell ourselves, create changes in behaviour and action, and align behaviour and action with desired outcomes and goals.

(NOTE: Studying each of these modalities in individual programs, plus earning a Certified Professional Coach certificate that unlocks your ICF credential, could take years and cost thousands of dollars more than your investment in the Coaching *Evolved* Transformational Embodiment Coach Certification.

Choose the certification track that suits your needs

We have TWO program certification options for you to choose from:

The Essentials Track

WHERE YOU RECEIVE ALL THE TRAINING YOU NEED TO BE A CONFIDENT AND CERTIFIED TRANSFORMATIONAL EMBODIMENT COACH.

The Principal Track

WHERE YOU RECEIVE EVERYTHING IN THE ESSENTIALS TRACK PLUS THE COACHING PRACTICE SESSIONS, MENTORSHIP, AND ADDITIONAL TRAINING REQUIRED TO RECEIVE YOUR ICF CREDENTIAL.

Here's what you'll receive in each track...

Essentials Track

WEEKLY LIVE GROUP TEACHING CALLS FOR 6 MONTHS

Every Monday, you'll attend a live* group teaching call with the entire cohort, facilitated by our program director, Lorraine or Natalie. These training calls will introduce you to the key concepts we'll be exploring that week. In the calls, you will learn all the models, frameworks, tools, practices, and modalities you'll need to support any client through any situation. *Recordings will be available for you to watch if you miss being there live.

40+ HOURS OF EXPERIENCE WORKING WITH COACHING CLIENTS

Throughout the program, you will have opportunities to be working toward the 40 hours of coaching required to graduate. In fact, students start coaching in week three! With our "Earn While You Learn" approach, we have designed business trainings to support you to get paying clients to start coaching while working through the program. And if you choose the Principal Track many of these hours will come from coaching your peers during practice sessions.

4 'BUSINESS OF COACHING' TRAININGS

You'll get access to our business training sessions that prepare you to be a wildly successful coach. Drawing from Natalie's award-winning business building strategies and mentoring, you'll get support in choosing your niche, creating your signature coaching package, building a website, choosing the best backend systems, marketing, and selling in a soul-centered way.

POST-PROGRAM BUSINESS SUPPORT TO GET CLIENTS AND GROW YOUR COACHING BUSINESS

You'll get 6 weeks of post-program calls after you complete the Coaching *Evolved* Transformational Embodiment Coach Certification curriculum to build and grow your coaching practice. On these calls, you'll get laser coaching and direct feedback on things like your offer, marketing, copy, opt-in, and more with me and our business coaches.

EXTRA SUPPORT WITH OUR FACEBOOK COMMUNITY, COACH DIRECTORY AND LIFETIME PROGRAM ACCESS

Receive membership to our Facebook community where you can connect, share, and integrate with other students in the program. You'll also be supported with membership to the Coaching *Evolved* Transformational Embodiment Coach Certification directory when you finish the program. Plus you'll have lifetime access to all the teaching calls so you can come refresh your knowledge whenever you wish.

Principal Track

(GET YOUR ICF CREDENTIAL)

IN OUR PRINCIPAL TRACK, YOU'LL RECEIVE EVERYTHING INCLUDED IN THE ESSENTIALS TRACK PLUS:

WEEKLY LIVE EMBODIMENT + GROUP PRACTICE SESSIONS FOR 6 MONTHS

Each week you'll have the opportunity to deeply feel into and embody what you've been learning through our practice sessions that include guided practices, group and partnered work to develop your coaching skills in a safe, encouraging, reflective environment.

12 WEEKS OF MENTOR COACHING FOR YOUR ICF CREDENTIAL

If you plan on pursuing your credential with the ICF, you will need to complete Mentor Coaching led by an ICF-approved mentor outside of the main curriculum, which takes place over a period of at least 3 months in a small group of 8-10 students. Mentor Coaching consists of coaching and feedback in a collaborative, appreciative and dialogued process based on an observed or recorded coaching session to increase the coach's capability in coaching, in alignment with the ICF Core Competencies.



Which track *is right for you?*

THE PRINCIPAL TRACK IS GREAT FOR YOU IF:

- You want to command a higher salary and hourly rate as an ICF credentialed coach
- You're a high achiever, ready to excel with more practice, education, and advanced techniques that reflect your commitment to quality and continuous learning
- You're eager to make coaching your full-time role and build a coaching empire that transforms lives
- You want the best of the best and to learn all of the latest transformational embodiment modalities and techniques while also achieving the gold standard ICF credential

THE ESSENTIALS TRACK IS GREAT FOR YOU IF:

- You don't need ICF credentialing to pursue your goals but want to attend an ICF-accredited program
- You want to develop your coaching skills and tools to start your own coaching business or integrate it into your existing business
- You want to do the program at your own pace with no mandatory live attendance requirements
- You are already a qualified coach but want to expand your coaching toolbox with all the best transformational embodiment modalities and techniques

The Program Breakdown

The Coaching *Evolved* **Transformational Embodiment Coach Certification** consists of three semesters. Additional stages of the program include an orientation, business support to build a thriving coaching career, and ICF mentoring for your ICF credential if you choose that option.

**SEMESTER ONE - 8 WEEKS
DISCOVER & DEEPEN**

**SEMESTER TWO - 7 WEEKS
TRANSFORM**

**SEMESTER THREE - 8 WEEKS
ENVISION & EMBODY**

PLUS

**ICF MENTORING AND SUPPORT (3 MONTHS)
BUSINESS BUILDING & MARKETING SUPPORT (4 MODULES
AND 6 ADDITIONAL POST PROGRAM SUPPORT CALLS)**

The Teaching Schedule

**THE CORE PROGRAM RUNS FROM
OCTOBER 30TH 2023 - MAY 4TH 2024**

(There are 2 breaks in the program: Christmas break from December 24th - January 7th and then another break from March 3rd -17th.)

The primary teachings of the program are delivered in live calls to assist you in truly embodying the methodology, tools and modalities. Live calls also elevate the group energy of the cohort and enable you to ask questions and get feedback in real time. All teaching calls are recorded if you can't make them live.

THE CALL TIMES FOR THE PROGRAM ARE:

WEEKLY LIVE TEACHING SESSIONS

(Essentials and Principal Tracks)

Teaching calls are every Monday (except for during breaks), alternating between 10 am and 3 pm PST each week. Live attendance at your weekly Module classes are strongly recommended, but not required. If you can't make it live to the class, we will provide a recording for you to watch at your convenience.

WEEKLY PRACTICE COACHING SESSIONS

(Principal Track Only)

Practice call sessions are offered three times each week so you can choose which one works best for your timezone. Live attendance at ONE practice session each week is a requirement for ICF accreditation. If you have to miss a practice for an emergency, you will be able to make it up.

MENTOR COACHING PODS (Principal Track Only)

Mentor Coaching Pods are small groups of no more than 10 students and will be scheduled according to the times that work best for the majority of Principal Track students. The Mentor Coaching sessions will begin at the end of the 6 month program and run for 3 months.

The Full Syllabus

Semester One - (8 weeks)

DISCOVER

During this initial stage, you'll learn how to lay the foundations for a successful Client <> Coach relationship, become more aware of yourself, and discover the multiple layers of being that you'll be working with to create lasting transformation in your own life and the lives of the clients you serve.

MODULE ONE - INTRODUCTION TO THE EVOLUTION OF COACHING AND THE EVOLVE PATH

Explore the foundations of the EVOLVE Coaching Path, what sets it apart from other approaches to coaching, and how you can use it to create lasting transformation in your life and the lives of others.

TEACHING CALL	PRACTICE SESSION OPTION 1
30th October, 2023 10am PST	1st November, 2023 8am PST
PRACTICE SESSION OPTION 2	PRACTICE SESSION OPTION 3
2nd November, 2023 4pm PST	4th November, 2023 8am PST

MODULE TWO - FACETS OF BEING AND WORKING WITH ENERGY AS A COACH

Explore the five facets of being and discover how you can help your clients create rapid forward momentum towards their desired results and support them in achieving their goals by developing alignment at each layer. Discover practical ways of integrating energy work into your coaching, including guided energy and breathwork practice and stream of consciousness writing.

TEACHING CALL	PRACTICE SESSION OPTION 1
6th November, 2023, 3pm PST	8th November, 2023 8am PST
PRACTICE SESSION OPTION 2	PRACTICE SESSION OPTION 3
9th November, 2023 4pm PST	11th November, 2023 8am PST

MODULE THREE - CREATING A POWERFUL COACHING CONTAINER

Discover the components of successful Coach-Client relationships, including the importance of building rapport, the role culture plays in coaching, and practice techniques for cultivating a 'safe space.'

TEACHING CALL	PRACTICE SESSION OPTION 1
13th November, 2023, 10am PST	15th November, 2023 8am PST
PRACTICE SESSION OPTION 2	PRACTICE SESSION OPTION 3
16th November, 2023 4pm PST	18th November, 2023 8am PST

DEEPEN

Throughout this stage, you'll become an exceptional communicator, and learn and practice the core skills required to become a powerful facilitator of change. You'll be more aware than ever before of your thoughts, behaviors, actions, values, patterns, and limiting beliefs, and you'll see clearly why you do the things that you do. With this expanded awareness in your own life, you'll be ready to expand the awareness of the people you coach.

MODULE FOUR - COACHING COMMUNICATION ESSENTIALS

Explore the power of active listening, practice 'mining for gold,' and discover the vital role that acknowledgment plays in cultivating effective, high-trust coaching relationships.

TEACHING CALL	PRACTICE SESSION OPTION 1
20th November, 2023 3pm PST	22nd November, 2023 8am PST
PRACTICE SESSION OPTION 2	PRACTICE SESSION OPTION 3
23rd November, 2023 4pm PST	25th November, 2023 8am PST

MODULE FIVE - MASTER THE ART OF POWERFUL QUESTIONS

Learn how to form questions that can transform people's lives, practice awareness-building questions, practice asking powerful questions, and begin building your personal question bank.

TEACHING CALL	PRACTICE SESSION OPTION 1
27th November, 2023 10am PST	29th November, 2023 8am PST
PRACTICE SESSION OPTION 2	PRACTICE SESSION OPTION 3
30th November, 2023 4pm PST	2nd December, 2023 8am PST

MODULE SIX - PRIMING TRANSFORMATIONAL OUTCOMES

Discover the most common problem that will send coaching sessions into a spiral, and learn how to avoid that from the start. You will practice how to get to the heart of the client's issue clearly and concisely.

TEACHING CALL	PRACTICE SESSION OPTION 1
4th December, 2023 3pm PST	6th December, 2023 8am PST
PRACTICE SESSION OPTION 2	PRACTICE SESSION OPTION 3
7th December, 2023 4pm PST	9th December, 2023 8am PST

MODULE SEVEN - COACHING TO SHIFT PERSPECTIVES

Discover how to move your client between the layers of their being and open them up to new ways of envisioning their challenges and opportunities.

TEACHING CALL	PRACTICE SESSION OPTION 1
11th December, 2023 10am PST	13th December, 2023 8am PST
PRACTICE SESSION OPTION 2	PRACTICE SESSION OPTION 3
14th December, 2023 4pm PST	16th December, 2023 8am PST

MODULE EIGHT - ROOT YOUR COACHING IN VALUES AND ESSENCES

Discover the crucial importance that values and essences play in coaching, exercises to use when clients can't connect with or articulate their values and practice resolving conflict arising from a values-based perspective.

TEACHING CALL	PRACTICE SESSION OPTION 1
18th December 2023, 3pm PST	20th December, 2023 8am PST
PRACTICE SESSION OPTION 2	PRACTICE SESSION OPTION 3
21st December, 2023 4pm PST	23rd December, 2023 8am PST

Semester Two - (7 weeks)

TRANSFORM

During this stage, you'll learn, practice and master multiple modalities and approaches that you can use to help your clients overcome any challenge to achieve their dreams. Your own life, relationships, and work will transform in this stage of the program, and at the end of these seven weeks you will be in awe of the person you are becoming and what you are creating in your life.

It may not feel like it yet, but you are now ready to begin coaching clients too (and getting paid). That's right, after all the work we've been doing and practice sessions you've been getting feedback on, you have the foundation to be able to work with people. You're not yet the masterful coach you will become, but you can't become that masterful coach without actually coaching.

MODULE NINE - ELICIT VALUES AND ESSENCES

Introduction to our unique Values Elicitation Process and Essences of Embodiment Blueprint. Discover how to use the frameworks to embody your fullest potential right here and now, and support your clients in doing the same.

TEACHING CALL	PRACTICE SESSION OPTION 1
8th January 2024, 10am PST	10th January 2024, 8am PST
PRACTICE SESSION OPTION 2	PRACTICE SESSION OPTION 3
11th January 2024, 4pm PST	13th January 2024, 8am PST

MODULE TEN - VISUALIZE THE FUTURE AND CO-CREATE ALIGNED GOALS WITH YOUR CLIENT

Practice facilitating powerful meditation, visualization, and embodiment techniques to support your clients in connecting to their desired futures and gaining clarity on their most aligned paths forward. Recognize the importance of holding your client's vision clearly, acknowledge the pitfalls in traditional goal-setting methodologies, and discover how to facilitate robust values-aligned, goal-setting sessions that appeal to both the conscious and unconscious minds.

TEACHING CALL	PRACTICE SESSION OPTION 1
15th January 2024, 3pm PST	17th January 2024, 8am PST
PRACTICE SESSION OPTION 2	PRACTICE SESSION OPTION 3
18th January 2024, 4pm PST	20th January 2024, 8am PST

MODULE ELEVEN - COGNITIVE COACHING TECHNIQUES AND WORKING IN THE MENTAL FACET

Learn what cognitive focused coaching is, how it integrates with embodiment, and how to use it to develop a limitless mindset and direct thoughts and behaviors toward goals and desires.

TEACHING CALL	PRACTICE SESSION OPTION 1
22nd January 2024, 10am PST	24th January 2024, 8am PST
PRACTICE SESSION OPTION 2	PRACTICE SESSION OPTION 3
25th January 2024, 4pm PST	27th January 2024, 8am PST

MODULE TWELVE - SOLUTIONS FOCUSED COACHING AND "THE MIRACLE QUESTION"

Learn the assumptions and principles of Solutions Focused Coaching, the difference between positive reinforcement and positive engagement, discover 'The Miracle Question', and practice utilizing, experiencing, and observing solutions-focused coaching sessions.

TEACHING CALL	PRACTICE SESSION OPTION 1
29th January 2024, 3pm PST	31st January 2024, 8am PST
PRACTICE SESSION OPTION 2	PRACTICE SESSION OPTION 3
1st February, 2024 4pm PST	3rd February, 2024 8am PST

MODULE THIRTEEN - INTRODUCTION TO NEUROLINGUISTIC PROGRAMMING (NLP)

Discover the four pillars of NLP, NLP presuppositions, the Success Link NLP Communication Model, and the seven NLP reframes for facilitating lasting change. Practice utilizing, experiencing, and observing anchoring, dissociation, and reframing for yourself and with others.

TEACHING CALL	PRACTICE SESSION OPTION 1
5th February, 2024, 10am PST	7th February, 2024 8am PST
PRACTICE SESSION OPTION 2	PRACTICE SESSION OPTION 3
8th February, 2024 4pm PST	10th February, 2024 8am PST

MODULE FOURTEEN - BREATHWORK FOR COACHING PART 1

Learn more about the anatomy of our breath, the parasympathetic and sympathetic nervous systems, and contraindications of breathwork. Experience this tool for yourself in our practice session to see how it can support the coaching process.

TEACHING CALL	PRACTICE SESSION OPTION 1
12th February, 2024, 3pm PST	14th February, 2024 8am PST
PRACTICE SESSION OPTION 2	PRACTICE SESSION OPTION 3
15th February, 2024 4pm PST	17th February, 2024 8am PST

MODULE FIFTEEN - BREATHWORK FOR COACHING PART 2

Learn three different breathwork techniques that can integrate into your coaching process, and when to use them in coaching sessions. Practice facilitating breathwork in an experiential group.

TEACHING CALL	PRACTICE SESSION OPTION 1
19th February, 2024, 10am PST	21st February, 2024 8am PST
PRACTICE SESSION OPTION 2	PRACTICE SESSION OPTION 3
22nd February, 2024 4pm PST	24th February, 2024 8am PST

TWO WEEK INTEGRATION BREAK



Semester Three - (8 weeks)

ENVISION

Lasting transformation requires vivid vision, something you'll need to be able to guide your clients toward. We challenge traditional goal-setting advice in this learning stage since many people seek coaching after feeling the traditional way of achieving a goal isn't working for them and we present a more aligned and more embodied alternative. By the end of this stage, you'll be able to confidently co-create new realities in your own life and in the lives of your clients.

MODULE SIXTEEN - EMOTIONAL FREEDOM TECHNIQUE FOR COACHING PART 1

Learn how to plan and use EFT-guided practices to support your clients in reducing stress, gaining clarity, clearing limiting beliefs, activating feelings of power and confidence, and more.

TEACHING CALL	PRACTICE SESSION OPTION 1
11th March 2024, 3pm PST	13th March 2024, 8am PST
PRACTICE SESSION OPTION 2	PRACTICE SESSION OPTION 3
14th March 2024, 4pm PST	16th March 2024, 8am PST

MODULE SEVENTEEN - EMOTIONAL FREEDOM TECHNIQUE FOR COACHING PART 2

Discover how to incorporate EFT into coaching sessions, learn to create EFT 'recipes', and practice using new techniques in pairs and small groups.

TEACHING CALL	PRACTICE SESSION OPTION 1
18th March 2024, 10am PST	20th March 2024, 8am PST
PRACTICE SESSION OPTION 2	PRACTICE SESSION OPTION 3
21st March 2024, 4pm PST	23rd March 2024, 8am PST

MODULE EIGHTEEN - ADVANCED SOMATIC NLP TECHNIQUES FOR COACHING

Learn and implement tools such as reparenting, perceptual positioning, the Theater of Self-Discovery and more in this advanced module.

TEACHING CALL	PRACTICE SESSION OPTION 1
25th March 2024, 3pm PST	27th March 2024, 8am PST
PRACTICE SESSION OPTION 2	PRACTICE SESSION OPTION 3
28th March 2024, 4pm PST	30th March 2024, 8am PST

MODULE NINETEEN - ADVANCED EMBODIMENT PRACTICES AND COACHING TECHNIQUES

Visualization has been scientifically proven to support us in reaching our goals and dreams. You'll learn the specific visualization and meditation process to use in coaching that improves the likelihood of your clients getting the results they want and bringing their boldest dreams to life.

TEACHING CALL	PRACTICE SESSION OPTION 1
1st April 2024, 10am PST	3rd April 2024, 8am PST
PRACTICE SESSION OPTION 2	PRACTICE SESSION OPTION 3
4th April 2024, 4pm PST	6th April 2024, 8am PST



EMBODY

The fifth stage of the journey is integrating your clients' awareness and change into their own embodiment practices. During this stage, you'll learn how to facilitate that as well as building your own confidence and mastery in all that you have learned from your own embodiment experience. You'll walk away with all the skills, tools, and confidence you need to transform your own life and the lives of others.

The remainder of this semester is slightly different. Each week there will be a LIVE coaching demo call where you will witness the tools and modalities being woven together into a powerful coaching experience.

MODULE TWENTY - THE NEXT STEPS IN YOUR EVOLUTION AS A COACH

Integration is essential to embodiment. For our clients to embody the learnings, awarenesses, and insights from the coaching process, they will need to integrate them into their day to day lives. This is where, as coaches, we get to support transformation in rooting down so deeply that it opens new ways of being and possibilities that last long after our coaching package with a client is complete.

TEACHING CALL	PRACTICE SESSION OPTION 1
8th April 2024, 3pm PST	10th April 2024, 8am PST
PRACTICE SESSION OPTION 2	PRACTICE SESSION OPTION 3
11th April 2024, 4pm PST	13th April 2024, 8am PST

MODULE TWENTY-ONE - COACHING DEMO 1

DEMO CALL	PRACTICE SESSION OPTION 1
15th April 2024, 10am PST	17th April 2024, 8am PST
PRACTICE SESSION OPTION 2	PRACTICE SESSION OPTION 3
18th April 2024, 4pm PST	20th April 2024, 8am PST

MODULE TWENTY-TWO - COACHING DEMO 2

DEMO CALL	PRACTICE SESSION OPTION 1
22nd April 2024, 3pm PST	24th Month, 2023 8am PST
PRACTICE SESSION OPTION 2	PRACTICE SESSION OPTION 3
25th Month, 2023 4pm PST	27th Month, 2023 8am PST

MODULE TWENTY-THREE - COACHING DEMO 3

DEMO CALL	PRACTICE SESSION OPTION 1
29th April 2024, 10am PST	1st May 2024, 8am PST
PRACTICE SESSION OPTION 2	PRACTICE SESSION OPTION 3
2nd May 2024, 4pm PST	4th May 2024, 8am PST

ICF Accreditation Mentorship And Support - (3 Months) *Principal Track Only*

Beyond gaining your Transformational Embodiment Coach Diploma, as a Professional Coach you have the option to gain your ICF credential. To do this, you must be mentored by a master coach which is an included part of this certification program if you purchase the Principal Track.

Mentoring provides professional assistance in achieving and demonstrating the levels of coaching competency and capability required for the ICF credential, and takes place over an extended time (three-month minimum) in a cycle that allows for listening and feedback from the Mentor Coach while also allowing reflection and practice on the part of the individual being mentored.

For those who select this option, Mentoring Coaching Programs will start after the 6 month certification finishes and run in small groups of no more than 10 students.

Each week every member of the group will listen to a student's coaching session in advance of the call and reflect on it. Your ICF Mentor Coach will facilitate a productive and encouraging discussion to enhance the coach's abilities. There is no assessment or 'right or wrong' here, it is an opportunity to greatly enhance your skills as a coach.

As part of mentor coaching, you'll be required to submit two 30-minute recorded coaching sessions which will be shared with your small group.

To apply for your ICF credential you must complete a minimum of 100 hours (70 paid) of coaching experience with at least eight clients following the start of your coach-specific training.

You will be matched with a mentoring pod that is convenient for your timezone.

Graduation Requirements

ESSENTIALS TRACK GRADUATION REQUIREMENTS

Upon successful completion of the following, you will be awarded your *Coaching Evolved* Transformational Embodiment Coach Diploma.

- Attendance to all teaching sessions OR Submission of a one-page summary of sessions where the recording is viewed in lieu of attending live
- Completion of at least 40 hours of Coaching Practice
- Submission of one Case Study and Coaching Log
- Completion of any payment plan

PRINCIPAL TRACK GRADUATION REQUIREMENTS

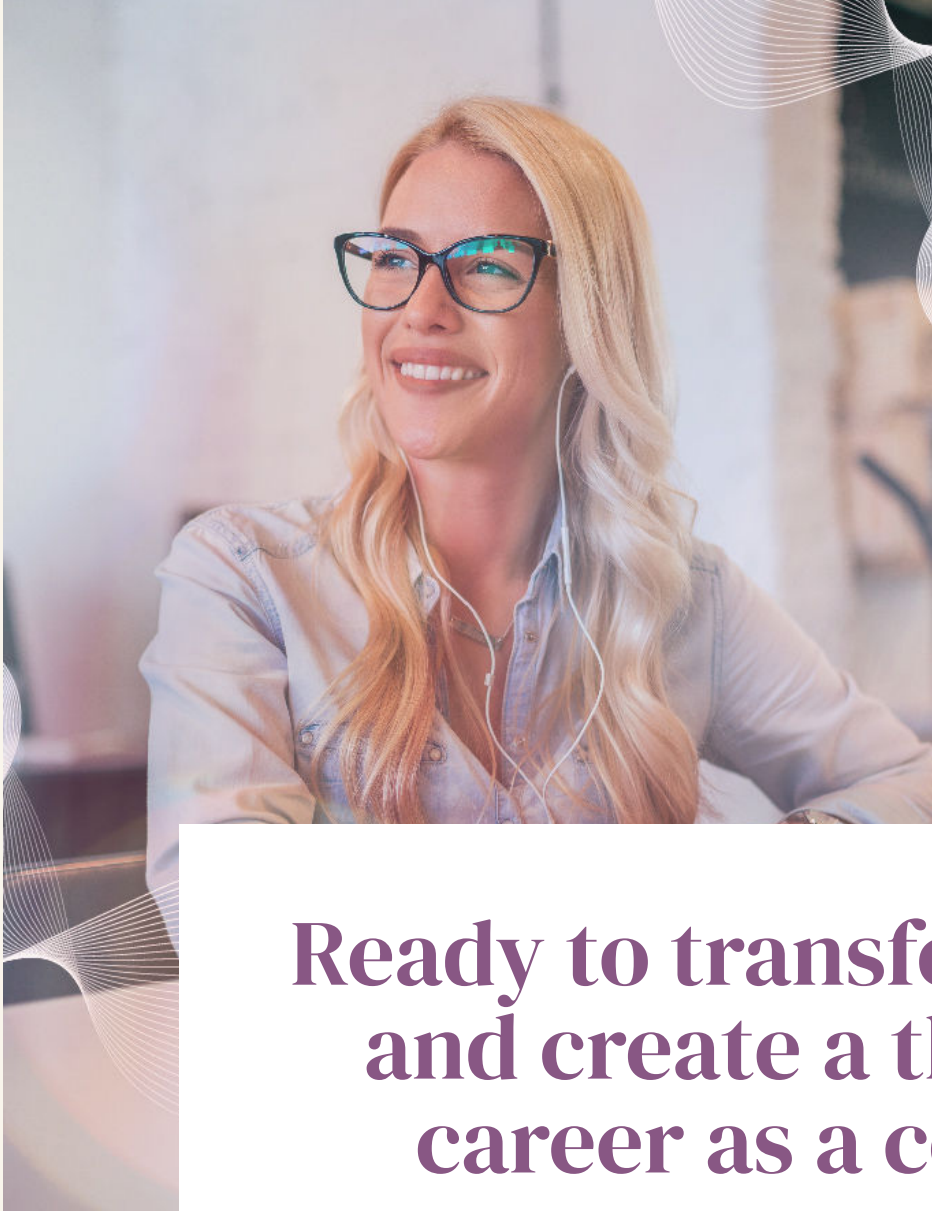
Upon successful completion of the following, you will be awarded your *Coaching Evolved* Transformational Embodiment Coach Diploma and you will be eligible to get your ICF credential.

- Attendance to all teaching sessions OR Submission of a one-page summary of sessions where the recording is viewed in lieu of attending live
- Attendance rate of 90% or more of all Practice Sessions. (If you miss a practice session you'll be able to do a makeup session)
- 3 months of Mentorship with a Master Coach, which also requires you to submit two 30-minute recorded coaching sessions
- Completion of all Self and Peer-Assessment Coursework
- Completion of at least 40 hours of Coaching Practice
- Submission of one Case Study and Coaching Log
- Completion of any payment plan

To apply for your ICF credential you must complete a minimum of 100 hours (70 paid) of coaching experience with at least eight clients following the start of your coach-specific training. This program is accredited for 126 Approved Coach Specific Training Hours.

RENEW YOUR ICF CREDENTIAL

If you already hold a credential (ACC or PCC) from the International Coaching Federation, you may complete this program in full or in part to accrue the required CCE (Continuing Coach Education) or ACSTH (Approved Coach Specific Training Hours) to renew your existing credential or apply for the next tier of credentialing. This program is accredited for 126 Approved Coach Specific Training Hours.



Ready to transform lives and create a thriving career as a coach?

THE NEXT COHORT RUNS FROM
OCTOBER 30TH 2023 - MAY 4TH 2024

[LEARN MORE AND APPLY HERE](#)

THERE ARE 2 BREAKS IN THE PROGRAM: CHRISTMAS BREAK FROM DECEMBER 24TH-JANUARY 7TH AND THEN ANOTHER BREAK FROM MARCH 3RD-17TH.