

Coaching
Evolved

Transformational Embodiment Coach Certification

PROGRAM GUIDE



Become a Certified
**Transformational Embodiment
Coach in 4 months with the
only ICF-accredited program of
its kind.**

THE NEXT COHORT STARTS FROM JANUARY 27TH 2025
DISCOVER EVERYTHING YOU NEED TO KNOW BELOW:

WELCOME >

OUR METHODOLOGY >

CERTIFICATION TRACK OPTIONS >

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TEACHING AND CALL SCHEDULE >

FULL SYLLABUS >

GRADUATION REQUIREMENTS >



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SAY BYE TO WORKING IN A WAY THAT DOESN'T LIGHT YOU UP OR CHASING OUTDATED DEFINITIONS OF 'SUCCESS' AND HELLO TO A COACHING CAREER FILLED WITH FULFILLMENT, JOY AND PROSPERITY.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. BE CERTIFIED:** You'll receive your Coaching Evolved Transformational Embodiment Coach Certification and everything you need for 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

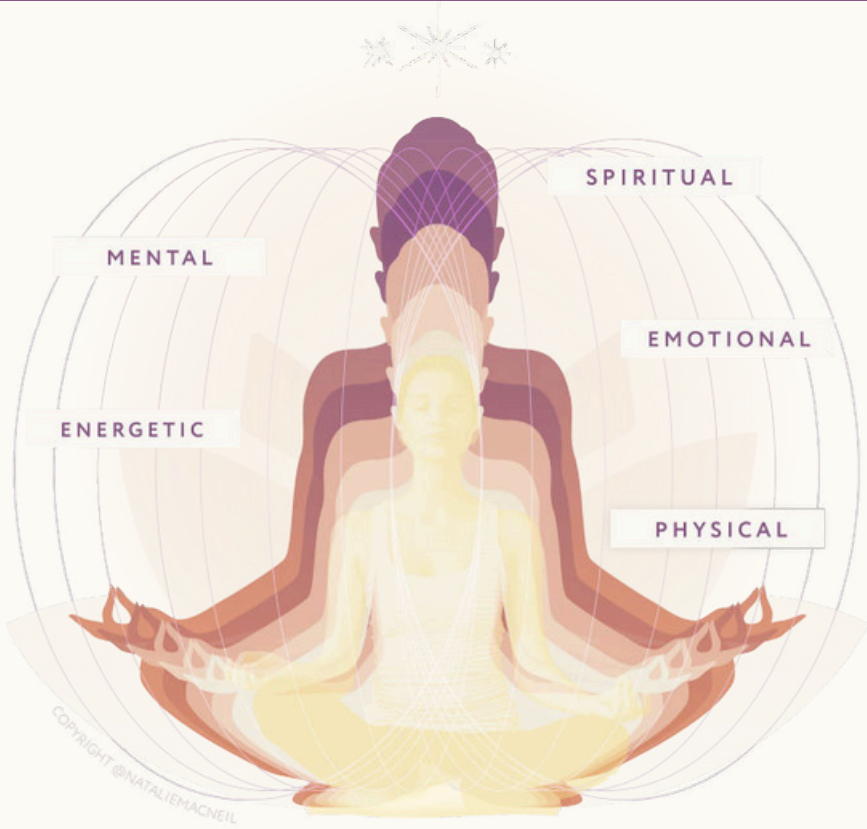
**OR YOU CAN CHOOSE TO CALL YOURSELF ANYTHING YOU WANT –
THE POSSIBILITIES ARE LIMITLESS!**

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 transformational 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.



Choose the certification
track that suits your needs

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

The Certification Track

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

The ICF Track

WHERE YOU RECEIVE EVERYTHING IN THE
CERTIFICATION TRACK PLUS THE COACHING
MENTORSHIP AND ADDITIONAL TRAINING
REQUIRED TO RECEIVE YOUR ICF
CREDENTIAL .

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

Certification Track

WEEKLY LIVE GROUP COMBINED TEACHING & PRACTICE CALLS FOR 4 MONTHS

Every Monday, you'll attend a live group teaching and practice 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, and practices you'll need to support any client through any situation. Recordings will be available for you to watch if you miss being there live.

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.

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. Many of these hours will come from coaching your peers during practice sessions.

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.

ICF Track

(GET YOUR ICF CREDENTIAL)

IN OUR ICF TRACK, YOU'LL RECEIVE EVERYTHING INCLUDED IN THE CERTIFICATION TRACK PLUS:

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. This mentorship also prepares you to take the ICF Credentialing Exam.



Which track *is right for you?*

THE ICF 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 coaching techniques while also achieving the gold standard ICF credential

THE CERTIFICATION 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're already a qualified coach but want to expand your coaching toolbox and recognise the benefit of staying abreast of the best techniques

The Program Breakdown

The Coaching *Evolved* **Transformational Embodiment Coach Certification** consists of four semesters. Additional stages of the program include ICF mentoring for your ICF credential if you choose that option.

SEMESTER ONE - 4 WEEKS
DISCOVER

SEMESTER TWO - 5 WEEKS
DEEPEN

SEMESTER THREE - 4 WEEKS
TRANSFORM

SEMESTER FOUR - 3 WEEKS
ENVISION & EMBODY

PLUS

ICF MENTORING AND SUPPORT (3 MONTHS) BUSINESS
BUILDING & MARKETING SUPPORT (4 MODULES)

The Teaching *Schedule*

**THE CORE PROGRAM RUNS FROM
JANUARY 27TH 2025 - JUNE 2ND 2025**

**(There are 3 integration breaks in the program during the weeks of 25th February,
7th April and 12th May.)**

The primary teachings of the program are delivered in live calls to assist you in truly embodying the methodology, skills, tools and practice. 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.**

WEEKLY LIVE TEACHING SESSIONS (Both Tracks)

Teaching calls are every Monday (except for during breaks), alternating between two times of day for convenience. 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.

MENTOR COACHING PODS (ICF 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 ICF Track students. The Mentor Coaching sessions will begin towards the end of the 4 month program and run for 3 months.

The Fall Syllabus

Semester One - (4 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 EVOLVED COACHING

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

27th January 2025, 3pm - 5.30pm 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.

TEACHING CALL

3rd February 2025, 11am - 1.30pm 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

10th February 2025, 3pm - 5.30pm PST

MODULE FOUR - COACHING COMMUNICATION ESSENTIALS

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

TEACHING CALL

17th February 2025, 11am - 1.30pm PST

Semester Two - (5 weeks)

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 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

3rd March 2025, 3pm - 5.30pm 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

10th March 2025, 12pm - 2.30pm PDT

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

17th March 2025, 4pm - 6.30pm PDT

MODULE EIGHT - ROOT YOUR COACHING IN VALUES & 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

25th March 2025, 12pm - 2.30pm PDT

MODULE NINE- ELICITING VALUES & 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

31st March 2025, 4pm - 6.30pm PDT

Semester Three - (4 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 TEN - CO-CREATE ALIGNED GOALS WITH YOUR CLIENT

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

14th April 2025, 1pm - 3.30pm PDT

MODULE ELEVEN - NLP FOR COACHING

Discover the NLP Communication Model, Submodalities and powerful reframes that are commonly used in the coaching process as well as powerful tools that can be used to dissolve the inner critic and anchor resourceful states in yourself and your coaching clients.

TEACHING CALL

21st April 2025, 5pm - 7.30pm PDT

MODULE TWELVE - WORKING WITH PARTS

Parts work is some of the most powerful and satisfying work that you will do with your clients. In this module you will learn how to elicit and integrate parts in multiple ways.

TEACHING CALL

28th April 2025, 1pm - 3.30pm PDT

MODULE THIRTEEN - EMBODYING CHANGE & CLOSING POWERFULLY

Our final teaching module introduces ways to ensure that the work that you do in your coaching sessions is integrated and embodied by your clients. By this stage in your coaching, you will be conducting end-to-end EVOLVE Path Coaching Sessions.

TEACHING CALL

5th May 2025, 5pm - 7.30pm PDT

Semester Four - (3 weeks)

ENVISION & EMBODY

During this stage you will step into your identity as a Professional Coach and witness the skills, tools and methodologies that you have been learning in action through powerful Coaching Demos. This is your chance to experience **Evolved Coaching** from your teachers and graduates of the program.

COACHING DEMO
SESSION ONE

19th May 2025, 1pm - 3.30pm PDT

COACHING DEMO
SESSION TWO

26th May 2025, 5pm - 7.30pm PDT

COACHING DEMO
SESSION THREE

2nd June 2025, 1pm - 3.30pm PDT



ICF Accreditation Mentorship And Support - (3 Months)

ICF 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 ICF 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 towards the end of the 4 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

CERTIFICATION 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

ICF TRACK GRADUATION REQUIREMENTS

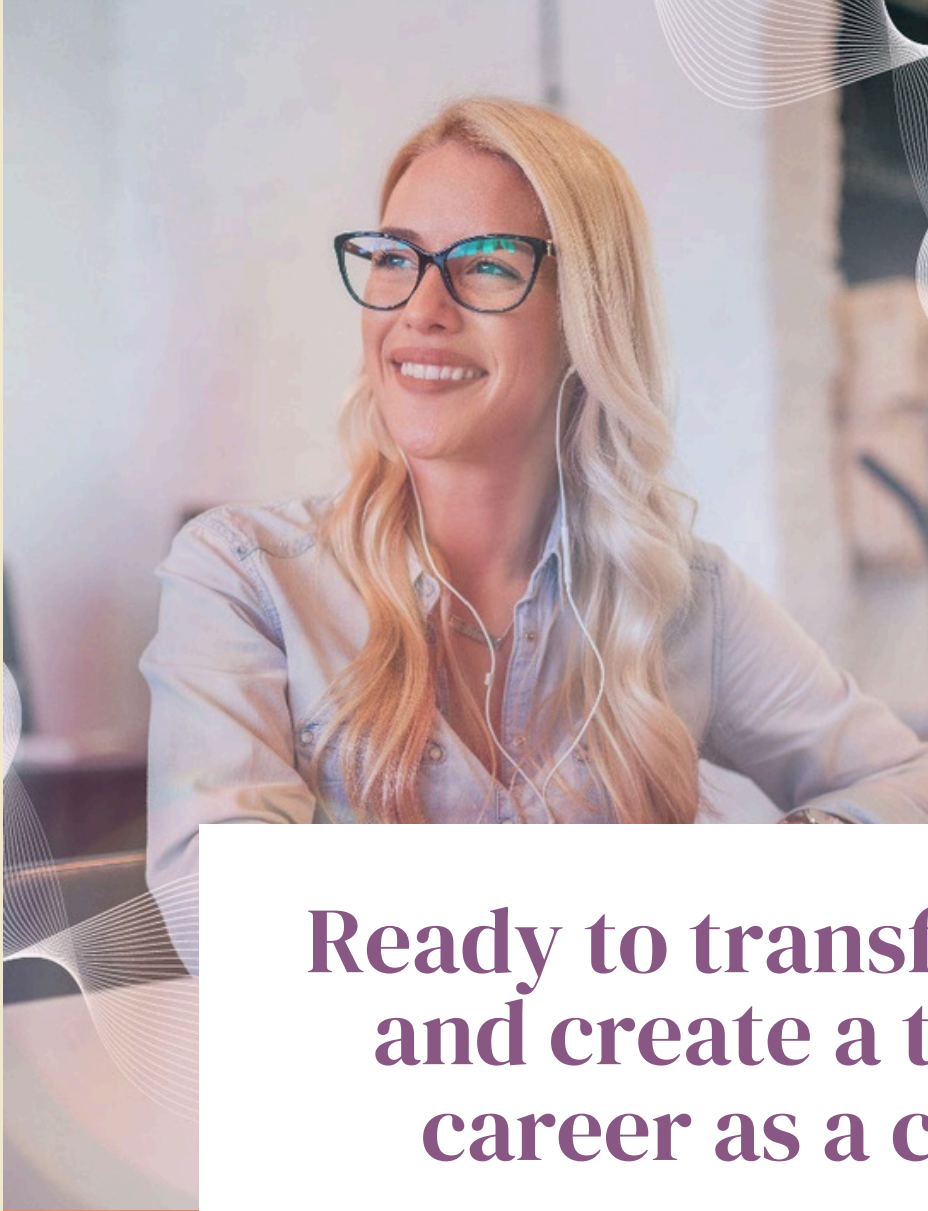
Upon successful completion of the following, you will be awarded your Coaching Evolved Transformational Embodiment Coach Diploma, and you will be able to apply for your ICF Credential.

- Live attendance rate of 70% or more of all Teaching Sessions. Summaries of learning and evidence of practice is required for missed sessions
- 3 months of Mentorship with a Master Coach, which also requires you to submit two 30-minute recorded coaching sessions and Observation Summaries for peer sessions
- 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 82 Level 1 Approved Specific Coach 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 82 Approved Coach Specific Training Hours.



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

THE NEXT COHORT RUNS FROM JANUARY
27TH - JUNE 2ND 2025

ENROLLMENT OPENS OCTOBER 1ST, 2025

THERE ARE 3 INTEGRATION BREAKS IN THE PROGRAM DURING
THE WEEKS OF 25TH FEBRUARY, 7TH APRIL AND 12TH MAY.