

## **Transformative Coach Training Series**

Each Part in this series builds on the next. Where topics are covered more than once, the student is given a deeper understanding and different perspectives. Some students may only be required to take Part 1 (30-hours) while others will be required to take Parts 1 & 2 or Parts 1,2 &3 to satisfy the educational requirements for the Board Certified Coach (BCC) through the Center for Credentialing and Education (CCE).

For those students wishing to take the entire series- Parts 1 thru 4, this additionally qualifies toward the Certified International Health Coach (CIHC) credential through the International Association for Health Coaches (IAHC).

Part 4 can be taken as a stand-alone course. Upon completion of this 80-hour course, graduates may use the designation, Intuitive Wellness Coach Practitioner (IWCP)

### **Part 1**

30 clock hours

Meets the educational requirement for the Board Certified Coach credential for Master level NCC and/or licensed mental health counselors as well as those holding a PhD/MD in social or behavioral sciences

#### **Required Books:**

- *Coaching for Transformation: Pathways to Ignite Personal & Social Change* (2nd Ed.) by Lasley, Kellogg, Michaels & Brown
- *Coaching Online: A Practical Guide* by Kate Anthony & DeeAnna Nagel

#### **Topics Covered**

1. Coaching Defined
2. Distinguishing Coaching from Counseling
3. Coaching Presence
4. Coaching Skills
5. Empowering Coach Clients
6. Exploring Needs & Values
7. Somatic Coaching/Chakra System
8. Possibility Coaching
9. Therapist as Coach- Competencies & Ethics
10. Goal Setting
11. Coaching Theories
12. Cross Cultural Coaching
13. Power, Privilege and Coaching
14. Coaching in Organizations
15. The Business of Coaching

### **Part 2**

30 clock hours

Following the completion of Part 1, Part 2 meets the educational requirement for the Board Certified Coach credential for Master's degree or higher in social or behavior sciences for a total of 60 required hours.

### Required Books:

- *Coaching for Transformation: Pathways to Ignite Personal & Social Change* (2nd Ed.) by Lasley, Kellogg, Michaels & Brown
- *Coaching Online: A Practical Guide* by Kate Anthony & DeeAnna Nagel

### Topics Covered

1. Motivating for Success
2. Listening Skills and Powerful Questions
3. Goal Setting
4. Positive Psychology
5. Transtheoretical Model (Stages of Change)
6. Cognitive Behavioral Coaching
7. Shadow Work
8. Trauma-informed Coaching
9. Recovery Coaching
10. Spiritual Coaching
11. Coaching for Social Impact
12. Online Coaching
13. Building a Coaching Business
14. Pro-bono & Sliding Scale
15. The Future of Coaching

### Part 3

60 clock hours

Following the completion of Parts 1 & 2, Part 3 meets the educational requirement for the Board Certified Coach credential for Bachelor's degree or higher in any field of study for a total of 120 required hours.

### Required Books:

- *Life Coach Handbook: All the Tools you Need to Manage a Thriving Coaching Practice* by Kevin William Grant
- *Coaching Psychology Manual*, (2nd Ed.) by Moore, Jackson & Tschannen-Moran

### Topics Covered

1. The Coaching Profession
2. Core Coaching Skills
3. Transformative Coaching
4. Focusing & Mindfulness
5. Feelings
6. Change & Transitional Coaching
7. Law of Attraction
8. Positive Psychology
9. Deep Transformational Coaching
10. Humanistic & Existential Coaching
11. Design Thinking
12. Generative Moments

13. Special Topics: Cognitive Behavioral Coaching
14. Special Topics: Stages of Change
15. When Coaching is not Appropriate
16. Coaching Business Fundamentals
17. Client Welcome Package & Coaching Agreement
18. Record-keeping, Notes & Privacy
19. Mentor Coaching
20. Case Studies

#### **Part 4**

80 clock hours

Following the completion of Parts 1, 2 & 3, Part 4 meets the educational requirement for the Certified International Health Coach credential for a total of 200 required hours.

This course may also be taken as a stand-alone. Upon completion of this 80-hour course, graduates may use the designation, Intuitive Wellness Coach Practitioner (IWCP)

#### **Required Books:**

- *Integrative Nutrition: A Whole-life Approach to Health and Happiness* by Joshua Rosenthal
- *Applications of a Psychospiritual Model in the Helping Professions: Principles of InnerView Guidance* by Cedric Speyer & John Yaphe
- *Integrative Health Coaching: A Resource Guide for Navigating Complementary and Integrative Health* by Meg Jordan
- *Essential Soul Care™ Playbook: Designing an Expansive Life* by DeeAnna Nagel & Madison Akridge

#### **Topics Covered**

1. On Being a Lightworker
2. Health & Wellness Coaching Defined
3. Chakras and Your Personal Truth
4. The Use of Intuition in Coaching
5. Psychospiritual Coach Approach
6. Mindful & Intuitive Eating
7. Integrative Nutrition
8. Food Lifestyles
9. Ethics of Health Coaching
10. Using Essential Oils & Crystals
11. Contemplative Writing & Journaling
12. Case Studies in Spiritual Coaching