

## **Transformative Coach Training Series**

Each Part in this series builds on the next or may be taken as a stand-alone. 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).

### **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  
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