



**INTEGRAL COACHING® CERTIFICATION PROGRAM**  
(MODULE 1 – FOUNDATION & APPRENTICESHIP    MODULE 2 – EMBODIMENT & CERTIFICATION)

## MODULE 1 – FOUNDATION & APPRENTICESHIP

The **FOUNDATION & APPRENTICESHIP MODULE** is a five month intensive program for people new to Integral Coaching®. It enables foundational development of Integral Coaching® skills and core competencies through study and direct application in two intensive class sessions and a formal Apprenticeship Period in-between the classes.

First Class:	5 days
Second Class:	3 days
Between Classes:	Formal Apprenticeship Period: coaching two clients in 3 – 4 month coaching programs Four one hour calls with Apprenticeship Coach Assignments and readings
Coach Training Hours:	64 hours

The formal Apprenticeship Period allows the coach to put the principles, method and theory foundational to Integral Coaching® into direct practice and receive feedback along the way. In the true sense of the word 'apprentice', each coach learns their trade while in practice with a senior 'tradesperson' standing behind them. Coaches learn about Integral approaches to human development and work with real clients with the support of a skilled, seasoned Integral Coach™. There are one-on-one phone calls throughout the five months with the Apprenticeship Coach who reviews the coach's client work at each juncture of the process providing real-time competency development.

### MODULE 1 – WHAT YOU WALK AWAY WITH...

- You leave this program as an Apprentice Integral Coach™ able to apply the Integral Coaching® method while using a 'starter set' of Integral models/lenses to understand, work with and develop your clients
- You have a foundational understanding of the Integral Coaching® profession and associated ethics
- You successfully complete the requirements to apply for Module 2 – Embodiment & Certification
- You complete the necessary coach training hours and have developed the core coaching competencies at the International Coach Federation's Associate Certified Coach level (60 training hours)

### MODULE 1 – WHAT YOU DEVELOP...

- You will develop a deeper awareness of your unique development path, receive direct coaching from your peers and your Apprentice Phone Coach while you engage in personal Integral Coach™ Practices necessary for you to embody the competencies and way of being required to be an Apprentice Integral Coach™
- Through Integral models, you will understand how your clients orient in the world such that they perceive, interpret, speak, interact, and behave the way that they do
- You will more effectively listen and speak to clients so that they feel seen, supported, challenged, and guided while enabling them to experience piercing insights into their way of being, new distinctions regarding paths forward and, as they build sustainable new competencies, deep trust in knowing that they are working with a coach who can skilfully support their development
- You will know how to apply a 'starter set' of Integral Coaching® models to make grounded client assessments and to guide clients in building the capabilities needed to fulfill the objectives that have been elusive for them up until now; their competencies will grow from 'beginner and inconsistent' to 'skilled and self-sustaining'
- You will gain an understanding of the difference between Integral Coaching® approaches and other disciplines in the field of human development while developing a deep appreciation for the challenges that accompany trying to bring about change and the role of resistance, change's constant companion

## MODULE 1 – WHO SHOULD ATTEND...

- People who want to become licensed to practice Integral Coaching®; people who are interested in seeing how Integral Theory is applied to the field of professional coaching as we explore lines of development, perspective taking, orienting across the four quadrants, and peoples' ways of making meaning in their worlds
- People in managerial & leadership positions who want to support & sustain the development of new competencies in themselves and their staff; people in organizations working as advisors, coaches, and learning specialists who support human resource development; consultants and private practitioners who want to deepen or develop their coaching skill set to more powerfully enable their clients to reach their desired goals
- People interested in learning about coaching as a discipline beyond 'tips, tools, and techniques' while also being deeply curious about their own ongoing learning, growth and development
- People who want to learn an approach to develop and sustain profound change where every facet of the training program is also designed based upon Integral Theory and whose teachers model what is being taught

## MODULE 1 – WHAT IS THE ARCHITECTURE...

### PRE-COURSE ASSIGNMENT

- Prior to the course starting, prepare one assignment for the first in-class session, enrol 2 volunteer clients and begin personal & professional preparation
- One reading assignment is also provided

### CLASSROOM SESSION 1 (5 DAYS)

- Introduction to Module 1 and participants
- Integral Coaching® Method and Outcomes
- Integral Coaching® Foundations
- Observe live demo of Integral Coaching® method in action; practice coaching with peers
- Learn how to design, present and conduct ethical Integral Coaching® programs using a detailed, fully documented map, step-by-step process and all supporting materials
- Be introduced to Integral Coaching® lenses (Lines and Quadrants) for discerning a client's current AQAL Constellation, related competencies and developmental opportunities
- Learn and develop core coaching competencies
- Be introduced to Integral Coach™ Practices

### INTEGRAL PRACTICES DURING APPRENTICESHIP

- Continue with the Integral practices learned in class throughout Apprenticeship Period noticing the impact of these practices on your work
- Read assigned books and complete written assignments as you build your reflective abilities

### FORMAL APPRENTICESHIP PERIOD

- Coach two clients in 4 month coaching programs
- At each step of the way you will send in materials to your Apprenticeship Phone Coach
- There is maximum support in using the Integral Coaching® lenses, conducting client assessments, building effective practices, sharpening ways of providing New Seeing to clients, and determining what to present to your clients
- You are 'weaned' from your Phone Coach step-by-step until you are completing your own designs by the end of the Apprenticeship term
- Includes materials being sent in and reviewed by your Apprenticeship Phone Coach, client case reviews with your peers, assessment tools to monitor progress and four one-on-one apprenticeship calls with your Coach

### CLASSROOM SESSION 2 (3 DAYS)

- Explore Integral Coaching® lenses with more depth
- Be introduced to the full AQAL Constellation (from Module 2 – Embodiment & Certification)
- More fully explore how to design practices that powerfully develop the competencies a client needs
- Practice live Integral Coaching® conversations
- Open Q & A periods with instructors
- Clarify standards and ethics of Integral Coaching®
- If all Module requirements are completed, receive your Apprentice Integral Coach™ Certificate

### TUITION

See Programs Page on web site for tuition information.

### MODULE DATES & REGISTRATION

Dates and registration forms are located on our web site. Registration forms can be faxed to our office.

### FOR FURTHER INFORMATION:

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