



INTEGRAL COACHING® FUNDAMENTALS

INTEGRAL COACHING® FUNDAMENTALS is a three day course for people who are interested in learning the FUNDAMENTALS of Integral Coaching® and how the discipline of coaching is a powerful modality for change. The intention of this course is for participants to have a rich learning experience that leaves them able to directly apply the FUNDAMENTALS of Integral Coaching® in day to day conversations as well as in their own development as human beings seeking to better understand human development.

Class: 3 days
Coach Training Hours: 21 hours

Over the course of these three days, participants learn the basic “why’s”, “when’s” and “how to’s” of Integral Coaching®. Participants are introduced to Integral Theory and human development theories that are the bedrock of our Integral Coaching® approach so that they have a wider context for the practical application of what they learn in class. This learning is put directly into real time practice on real time topics during the three days. For it is through the “doing” along with skillful feedback and reflection that participants truly learn what it means to coach.

The core method of Integral Coaching® is scalable and can be applied to a wide range of coaching topics, both in terms of depth and breadth, in short interactions or long-term work. In this course participants learn the core method at a basic scale that can readily be applied immediately in work and personal conversations upon completion. This course also advances the participants understanding of coaching as a discipline distinct from mentoring, managing, counselling, and other roles associated with human performance and development. In essence, this course provides participants with a solid foundation upon which to know the situations that are appropriate for coaching, the core competencies required in coaching, the method for conducting an Integral Coaching® conversation, and their current skill levels as an Integral Coach™.

This course is appropriate for all ranges of experience from people who have never coached before (and will only be using the coaching method in more informal settings) to those who are already certified professional coaches (Integral or other approaches) who want to deepen their skill in conducting coaching conversations.

WHAT YOU WALK AWAY WITH...

- You have an understanding of the FUNDAMENTALS of Integral Coaching® and how to apply them in day to day coaching conversations
- You have learned and practiced coaching conversations at a scale that you can readily apply in your personal and professional worlds
- You have been introduced to the core competencies of Integral Coaching®, engaged in exercises that develop these competencies and gained an appreciation for your current competency levels as a coach
- You have a better understanding of when coaching is the appropriate discipline (versus other modalities) for a given situation and what mutual understanding is needed for others to be open to coaching conversations
- You have reference material to draw upon that can support you continuing to develop your Integral Coaching™ skills beyond this course



WHAT YOU DEVELOP...

- You will develop a deeper understanding of what human development and change entails and the role that Integral Coaching® can have in bringing about change
- You will learn the Integral Coaching® method through direct experience coaching others and receiving coaching
- You will learn when and how to enrol someone in a coaching conversation appropriately, effectively and with integrity and trust
- You will develop your conversational skills such that you listen more deeply, speak in ways that can better enable others (clients, staff, colleagues) to gain valuable insights and be more present to whatever arises in the coaching conversations
- Through the use of Integral models, you will learn how to stand in the shoes of your client and see their challenging coaching topic from their unique perspective
- You will learn the FUNDAMENTALS about the role of exercises and practices in a client's process of change and development towards achieving new results
- You will gain fresh insights into your 'way of being' as a coach, what this 'way of being' tends to enable as well as limit and where you need to further develop as a coach going forward
- You will have a much clearer understanding of coaching as a discipline and how to distinguish this discipline from others such as mentoring, teaching, managing, or counseling so that you know which discipline to best apply to a given situation

WHO SHOULD ATTEND...

- People who want to know more about the FUNDAMENTALS of Integral Coaching®
- Anyone who is interested in learning how to conduct coaching conversations in their day to day work
- Managers and supervisors interested in developing their abilities to coach members of their teams
- Coaches who have learned another coaching method and are interested in gaining a practical understanding of Integral Coaching®
- Coaches who are certified through our school who want to sharpen their conversational coaching abilities and refresh their connection to Integral Theory
- People who want to have an initial experience of Integral Coaching® to determine if they wish to pursue more in-depth training as professionals

TUITION \$1,100.00 plus 5% GST
(Includes binders and materials)

MODULE DATES & REGISTRATION

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

FOR FURTHER INFORMATION:

Email: info@integralcoachingcanada.com
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