

Module #12/Week #23/Pod Call #12:

Evoking Transformation: You the Professional Co-Active® Coach

Upon completion of this Module, participants will be able to:

- Complete this chapter of their own story — of their journey in the Certification Program.
- Describe their vision of themselves 5-7 years from now in relation to the Co-Active® Way.
- Describe from their own experience, the value and the power of setting clear intention and dreaming into it.
- Tie their learning and development to their work as Co-Active® Coaches.
- Revisit and assess their Life Purpose and intentions set at the beginning of this Program.
- Embrace their professionalism as Co-Active® Coaches.

Time	Activity	Notes
0:00-0:10 10 min.	Welcome <ul style="list-style-type: none"> • We are nearing the end of Certification. Think back to the day you walked into the Fundamentals course and where you are now. • What is a metaphor for your growth/experience as a Co-Active® Coach so far? • What are you learning about evoking transformation from your own experience? 	
0:10-0:15 5 min.	Introduction to Evoking Transformation Context for the call: <ul style="list-style-type: none"> • Today's call is about celebrating your journey so far, and visioning your future as a Co-Active® Coach. There's no coaching or skill practice today. This call is about evoking transformation in you! • Evoking Transformation is about calling forth the greatest possibility for the client...about taking a stand for the client's most powerful self. Transformation happens from the inside out, and impacts the being and doing (co & active) parts of self. It is the client declaring "I am this" rather than "I want to" or "I do this". 	

Time	Activity	Notes
0:15-0:25 10 min.	Discussion <ul style="list-style-type: none"> When the Program began, you each set an intention for yourself in the Program. Maybe you revisited it at mid-program. Take a moment to consider... How are you living into your intention now? Give them a moment to reflect, then hear from a few people. What are you learning about the power of intention? How is this useful for you personally, and for your clients? 	<ul style="list-style-type: none"> If they say they are not living into it, ask what intention they will set from here, or another cool question.
0:30-0:45 15 min.	Visualization: Future of YOU as Coach Set Up: We've revisited the intentions you set six months ago, and now we are going to create a vision for your future as a Co-Active® Coach – set new intentions. Take a deep breath and let your energy settle a little bit. Let your eyes drift closed and put your attention on your breath as it enters and leaves your body. Good. Notice if you are holding tension anywhere... perhaps in your shoulders or jaw or hands. Just let that tension melt away and let your body relax, sink just a little deeper into the chair or floor. Call into your minds eye your life purpose... it can be the words of it if that works for you or just the feeling of it. Let your purpose fill every part of your body. Let yourself be really filled and shining with your purpose... whatever that means for you. We're going to take a little trip into the future... It's five years in the future and you are just waking up in the morning... Imagine yourself waking up, five years from now, refreshed from a long night's sleep and eager for your day.	

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	<p>As your eyes drift open, you remember your life purpose and you smile as it fills your body.</p> <p>It's a workday and you are preparing to spend the day doing work that you love. You get out of bed and go to your closet, selecting clothing that you love... that feels just right. Take a few moments to get dressed and prepared for your day.</p> <p>Pause. Good.</p> <p>Now it's time to go to your place of work and step into a fresh, new day. How do you go to your place of work? Do you walk over to your home office? Drive? Walk? Ride your bicycle? Something else? However it feels right to you, make your way to the place you will be working on this beautiful day.</p> <p>What environment are you in? What do you see as you move? What surrounds you? Are there people? A hustle and bustle or are you alone in peace and quiet?</p> <p>Pause.</p> <p>You're entering your workplace now. You are eager and deeply connected to purpose... you can't wait to begin your day!</p> <p>What does your work place look like? What are the sights, sounds, and smells that greet you? Are there textures? Colors? Furniture?</p> <p>Take a moment and in your minds eye, create this environment just as you want it... just as it would be most pleasing to you.</p> <p>Good.</p> <p>You move towards your desk or your special place and your schedule for the day is open and waiting for you. What's in the schedule? How are you spending this day?</p> <p>Let yourself imagine a little the activities that fill this day...the things that you most want to be doing.</p> <p>Pause</p> <p>A little off to one side, you notice a stack of thank you's from people you have impacted. They have written to let you know that you changed their</p>	

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	<p>life. What are they thanking you for? How are they acknowledging and appreciating you?</p> <p>Pause.</p> <p>The phone rings... it is someone you consider a very important person, calling to thank you for a recent job well done. Who is calling and what do they say to you?</p> <p>You lean back in your chair and take a full, deep breath... you are filled full, fulfilled and joyful to be well used in the world. You activate your appreciator and are filled with gratitude for the work that you do and the gift of knowing that you are making a real contribution to the world.</p> <p>Bring your attention back to this group, in this day and time. <i>Just touching in here, not a long debrief</i></p> <p>Light Debrief: hear from a few people, not everyone</p> <ul style="list-style-type: none"> • What was your experience like? • Name some of the emotions that are here for you now. • How does your experience connect to your life purpose? <p>This is a brief transition into the next activity.</p>	

Time	Activity	Notes
0:45-1:15 30 min.	Storytelling the Vision <ul style="list-style-type: none"> You are transitioning into the next chapter of your personal story as a coach. Each person will take up to two minutes to tell the story of who they are becoming as a coach...the “Co” and the “Active”. This is the story as told from your truest self that holds a vision for you as a professional coach. You are telling the story from the future and from Metaview. Start your story with “I see for myself...” Have one student speak after each person tells their story: <ol style="list-style-type: none"> What is the vision you have for them? What are you longing for, for this person? 	<ul style="list-style-type: none"> Keep this alive and moving, and do allow time for students speak the vision and longing after each person tells their story. Find a respectful way to let them know their time is up.
1:15-1:20 5 min.	Debrief <p>What was it like to tell your vision story and to hear each other’s?</p> <ul style="list-style-type: none"> They are evolving their sense for who they are as a coach; their unique brand...both the “Co” and “Active”. Embracing the profession, representing it with pride/honor. <p>What do you know now about evoking transformation?</p> <p>How do you/could you use this with your clients?</p>	Key Learning Points: <ul style="list-style-type: none"> To create a new story after rooting out limiting beliefs. To create a vision for the future. To create completion. To honor, celebrate, and witness the client’s triumphant spirit in their own hero’s journey.

Time	Activity	Notes
1:20-1:25 5 min.	Exam Information <ul style="list-style-type: none"> • Tap into the part of you that is excited and confident about completing this part of your story...might be your Captain or some other member of your crew. That part of you will want to listen to the information coming now about the written exam! • Let them know you will be sending them the Written Exam after this call — and it is due back to you prior to the final call in two weeks. You will grade and send to CTI, who will email them the results within 30 days from the completion call. • Answer any questions about the Written Exam. If they have questions about the Oral Exam, refer them to the Exam Prep calls. AND remind them that they will do best job if they are connected to and hearing the client — not worrying about what they are saying. 	
1:25-1:30 5 min.	Closing <ul style="list-style-type: none"> • What will you take from today's experience to support you while writing your exam? • Hear from everyone. • Champion them and let them go. 	
	After the Call <ul style="list-style-type: none"> • Send them the Written Exam. 	