



Co-Active Coaching Program

CTI's Co-Active Coaching curriculum is highly rigorous and is designed to integrate Co-Active Coaching competencies deeply in your being rather than in your head, so that you can be responsive in the moment to a variety of client types and needs. The courses are in-person and involve a great deal of practicing with real people and real issues. Low student/faculty ratio leads to a great deal of personalized attention and discoveries. By the time you are finished with this curriculum you will have found your own unique style and voice as a coach and feel the deep confidence that arises from that.

CTI's coaching curriculum is made up of two basic components — the Core Curriculum and the Certification Program. In order to become a Certified Professional Co-Active Coach (CPCC), you must complete both program components. The Core Curriculum consists of five courses — *Fundamentals*, *Fulfillment*, *Balance*, *Process*, and *In The Bones*. Each one is a three-day intensive, weekend course (Friday through Sunday). The Core Curriculum is the pre-requisite for the CPCC Certification Program. The Certification Program includes hands-on coaching, intensive learning, ongoing group work, and one-on-one supervision of actual coaching sessions. The six-month program takes place via telephone. A team of CTI-trained master coaches works with you throughout the program to provide assistance and ensure your success. Upon successful completion of a written and oral exam, graduates earn the designation of Certified Professional Co-Active Coach (CPCC). The Core Curriculum and the Certification Program are accredited by the International Coach Federation (ICF) and satisfy the training requirements for ICF credentials.

Who will benefit:

- > Individuals who want to become professional coaches.
- > People wanting to acquire new communication and relationship skills in their work and personal environment — management, HR, health professionals, teachers, parents, etc.
- > Individuals in vocational transition who want a new career.
- > Coaching clients who will profit from the advancement of your skill set.

FUNDAMENTALS

This course is foundational to the Co-Active Coaching curriculum. It is also a course that stands on its own if you want to learn coaching skills, but don't necessarily want to become a professional coach. There are no prerequisites to take this course. The purpose of this course is to provide training and practical experience in the techniques and skills of the coaching profession, specifically Co-Active Coaching. This course is oriented toward participation and practical experience rather than lecture. You will have extensive opportunities to coach and to receive feedback on your coaching. As a result of taking this course, you will learn to:

- > Use the four cornerstones of Co-Active Coaching with your clients.
- > Communicate with your clients using the five contexts of Co-Active Coaching.
- > Use the Wheel of Life with clients.
- > Distinguish and use the three levels of listening.
- > Demonstrate the most often used coaching skills.

FULFILLMENT

Coaching clients in the area of Fulfillment is about having them let go of preconceived rules and limitations, and step into creating lives that are centered in what truly brings them alive. As a result of taking this course, you will:

- > Use inner journeys and imagery to help clients define a vision of the future they will create.
- > Assist clients in identifying their unique values and assessing their satisfaction with living those values.
- > Identify self-defeating influences.
- > Begin creating the relationship with a new client.
- > Conduct an initial discovery session.
- > Discover and apply the secret of your unique enrollment style.

BALANCE

We live our lives in constant motion. It's easy to forget that we have a choice in what we do. Balance coaching is about guiding your clients to make powerful life choices, and to select the experiences they want most, rather than dashing about, trying to have it all. Prerequisites for this course are Fundamentals of Co-Active Coaching and Fulfillment. As a result of taking this course, you will:

- > Have your clients look at any situation from a number of perspectives.
- > Coach clients to make choices including choosing one perspective from the ones they've explored.
- > Have clients come up with an alive plan for action that arises out of the perspective they've chosen.
- > Bring clients to the place of commitment.
- > Use structures to keep clients in action.

PROCESS

Process coaching is about being with clients wherever they are on the flowing river of their lives. Although uncomfortable, a client's mess, chaos, confusion and stuckness are part of his or her forward motion. Being with clients in both their messy and ecstatic places allows them to feel known, and in that mirror, to more fully know themselves. Prerequisites for this course are the Fundamentals of Co-Active Coaching, Fulfillment and Balance.

As a result of taking this course, you will:

- > Use "Geography" in client interactions.
- > Facilitate a Life Purpose Statement with your clients.
- > Work with emotionally charged issues with clients.
- > Use the Process coaching skills that have clients experience in the moment what is true for them rather than talk about it.

IN THE BONES

A Co-Active Coach creates in the moment, uses intuition, and dances with the client. Co-Active Coaching is not about applying techniques from some external static "rule book." In The Bones focuses on integrating what you have learned in previous courses and takes your coaching to a higher level of impact and professionalism.

Prerequisites for this course are the Fundamentals of Co-Active Coaching, Fulfillment, Balance and Process.

As a result of taking this course, you will:

- > Demonstrate the ability to coach your client choosing among the principles of Fulfillment, Balance and Process.
- > Create in the moment, rather than from any pre-conceived rules.
- > Incorporate your own creativity and ability with what you have learned in previous courses.
- > Articulate the Cornerstones, Principles, Contexts, and Skills of Co-Active Coaching.
- > Understand the concept of "calling forth" and how to include it in your coaching.

How Do I Enroll?

- > Call 1-800-691-6008 or 1-415-451-6000
- > Register online at www.thecoaches.com

"I am extremely impressed with the quality of the course and the ability of the coaches. I will be very proud to declare myself as a Co-Active Coach. I appreciate the support and the high standards. I intend to obtain my certification."

— Ginnie S.