



Nature Care College

certificate

Certificate in Transformational Coaching

Please note: Course structure is current as of 30th September 2009

What is Transformational Coaching?

Transformational Coaching is the art of facilitating personal change and transformation with a client who wishes to create a fulfilling life that embraces personal happiness, excellence, wholeness and success. Moving from struggle to flow, a person can achieve their personal life, relationship and career goals with ease. With an understanding of transpersonal psychology ('*beyond the personal*'), the transformational coach invites the client to embrace a new level of personal awareness and responsibility. Whilst this form of coaching doesn't have a specific agenda for healing, the client's journey can often result in new levels of wellness, balance and inner peace.

About the Course

The Certificate in Transformational Coaching provides outstanding holistic and vocational entry-level training for those who are considering working as professionals in the Coaching field. It is well suited to a) the practitioner who is trained in another modality and who wants to include coaching as an additional offering to his or her clients, b) the business/corporate professional currently in or aspiring to a management/leadership role, and c) a teacher, parent or anyone who has a helping role. It is also a first option for those considering the full Diploma in Transpersonal Coaching.

Please note: without some additional training and/or qualification, the skill level attained from this Certificate is not sufficient for providing coaching in an ongoing way or where there are psychological, interpersonal or situational complexities or crises involved. Students wishing to acquire this level of ability are advised to complete the Diploma of Transpersonal Coaching.

The Certificate in Transformational Coaching may be completed in two terms part-time. Students have a maximum of two years in which to complete this Certificate.

Certificate in Transformational Coaching - Course Content

▶ An Introduction to Transpersonal Psychology	- 2
▶ Core Skills for Transformation	- 24 hours
▶ Coaching Presence	- 24 hours
▶ Creating Awareness and Transformation	- 24 hours
▶ Transformational Coaching in Practice	- 24 hours
▶ Basic Marketing for Coaches	- 24 hours
▶ Personal Coaching Sessions	- 9 sessions

Additional Compulsory Course Requirements

Due to the transformational nature of this course, there is a personal coaching requirement:

Personal Coaching Sessions

A series of 9 sessions over 3 months at any time during the two terms - the cost of these sessions is NOT included in course fees

Recommended 2 Term Study Plan

	term one	term two	term three
year one	<ul style="list-style-type: none"> ▶ An Introduction to Transpersonal Psychology ▶ Core Skills for Transformation ▶ Coaching Presence 	<ul style="list-style-type: none"> ▶ Creating Awareness and Transformation ▶ Transformational Coaching in Practice ▶ Basic Marketing for Coaches 	

NB: In order to complete this Certificate over 2 terms students must follow the above study plan as the subjects are only offered in the terms shown.

It is compulsory that students considering the Certificate in Transformational Coaching make an appointment with a Course Advisor prior to enrolling.

The College reserves the right to change the course curriculum to reflect the changing needs of the profession and to retain leadership in academic standards.

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