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Nature Care College

Creating Awareness & Transformation

DESCRIPTION

The journey of true personal and spiritual growth in the transpersonal context expands one's awareness and understanding, and this unit dives deeply into the ways in which the skilful coach, fully authentic and present, can create awareness with the client, thus empowering them to access and integrate their own wisdom and insight for lasting transformation.

DURATION

24 hours

LEARNING OUTCOMES

By the conclusion of the unit, students should be able to:

1. Identify the importance of awareness in transformational coaching.
2. Demonstrate the ability to raise awareness with a client in a coaching conversation.
3. Demonstrate an understanding of the need for an internal focus of control.
4. Demonstrate an ability to honour the heroic client.
5. Demonstrate a growing ease with engaging a client's emotions.
6. Identify and apply the key steps of the focusing technique with a client.

KEY ICF COMPETENCY

8. Creating Awareness

TEACHING METHOD

Modified lecture presentations and coaching demonstrations.
Experiential learning activities and coaching practice.
Whole class and small group discussion, and self-reflection.

ASSESSMENT

1. Ongoing skills assessment by lecturer, self and peers.
2. Satisfactory participation in class.

Results: Competent / Not Yet Competent

This is in accordance with competency based guidelines.

Each assessable component must achieve an assessment of 'competent' in order to gain an overall result of 'Competent'. No grades available.

Note: To facilitate the return of your assignment you will need to provide a stamped addressed envelope. If no envelope is provided, assignments will be destroyed after results are recorded. Please also ensure you have a copy of your assignment before submission for your own records.

ATTENDANCE

80% minimum.

PRE-REQUISITES

Introduction to Transpersonal Psychology, Core Skills for Transformation, Coaching Presence.

Nature Care College Pty Ltd ABN 77 105 282 264

46 Nicholson Street, St Leonards NSW 2065

Tel: +61 (0)2 9438 3333 Fax: +61 (0)2 9436 0503

email: info@naturecare.com.au website: www.naturecare.com.au

CO-REQUISITES Nil.

**MATERIALS
REQUIRED** Notebook, pen.

TEXTBOOKS **Required:**
Whitworth L, Kimsey-House K, Kimsey-House H, Sandahl P (latest edition) *Co-Active Coaching: New Skills for Coaching People Towards Success in Work and Life*. Davies-Black, Mountain View, CA.

Recommended Reading / References:
Cornell AW 1996 *The Power of Focusing*, New Harbinger Publications, Oakland, CA.

3 DAY INTENSIVE OUTLINE

DAY 1 Course outline and overview.
Awareness in coaching, and some key coaching skills for creating awareness.
Dancing with the transformational coaching process.
Developing an internal focus for change.
Engaging the heroic client.
The transformational power of our language choices.
Coaching practice.

DAY 2 The role of emotions in the transformational journey.
Coaching practice and assessment.
Introducing the Focusing technique.
Working with the 'felt sense'.

DAY 3 Deepening understanding of and working with the key steps of Focusing.
Focusing skills practice and assessment.

Please be respectful of your fellow students and arrive on time for classes. Please ensure all mobile phones are turned off prior to the commencement of class.

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