



Nature Care College

Transpersonal Coaching in Practice

DESCRIPTION

This unit of study offers the opportunity for both those who have already started working with clients professionally, and those who have yet to begin, to marry their understanding of transpersonal psychology with the power of the coaching process and relationship, while advancing and refining their skills. Students will participate in an advanced trainee coach program, coaching an external client outside of class time, with regular in-class supervision in a small group format. Trainees will be encouraged see this as either an uplevelling of their current coaching practice or as a launching pad for their coaching career.

DURATION

24 hours

LEARNING OUTCOMES

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

1. Develop confidence and professionalism through the integration of a wide range of knowledge, skills, tools and techniques through the deepening process of an ongoing coaching relationship with an external client.
2. Begin to apply the key principles and practices of transpersonal coaching appropriately to the coaching role, process and relationship.
3. Identify the presence, role(s) and dance of the Self in the coaching process and partnership with the client.
4. Demonstrate a practical and deepening understanding of the relationship of each core coaching competency to the transpersonal coaching USO-TranspersonalCoachingInPractice-V2role, process and relationship.
5. Demonstrate the willingness and ability to actively make appropriate use of supervision with regard to the coaching role, relationship and process.
6. Demonstrate an understanding of reflective practice, and a deepening ability to self-reflect upon and discuss their experience of their coaching role, process and relationship prior to, during and following supervision.
7. Demonstrate the willingness and ability to identify, explore and appropriately address any issues that may arise prior to, during or as a result of the transpersonal coaching program through the supervision provided by the lecturer.

KEY ICF COMPETENCIES

1. Meeting Ethical Guidelines and Professional Standards
2. Establishing the Coaching Agreement
3. Establishing Trust and Intimacy with the Client
4. Coaching Presence
5. Active Listening
6. Powerful Questioning
7. Direct Communication
8. Creating Awareness
9. Designing Actions
10. Planning and Goal Setting
11. Managing Progress and Accountability

TEACHING METHOD	Written course material, class discussions, experiential learning, feedback and evaluation of trainee process in relation to core competencies, professional supervision. The weekly classes will provide information, guidance and supervision in the effective, ethical and professional application of transpersonal coaching.
ASSESSMENT	<ol style="list-style-type: none"> 1. Participation in coaching an external client (either paying or volunteer) between classes, and ongoing personal reflection after each coaching session, plus ... ongoing self-assessment of skills with feedback from volunteer client. 2. In-class presentation of a 10 minute (maximum) segment of a recorded session. 3. Submission of 2 x recorded coaching session segments (a maximum of 30 minutes each) for review and assessment by supervising trainer. <u>The 1st recording is due no later than 1 week after the 3rd class, and the 2nd recording is due no later than 1 week after the final class.</u> 4. Written assignment – a reflection of personal (and professional) experience, learning and growth through the regular coaching of an external client, combining the essence of ongoing reflective practice and the application of the 11 core competencies and their relevant performance criteria. Length: maximum 1,500 words. Due <u>1 week</u> after final class. <p>Results: Competent / Not Yet Competent This is in accordance with competency based guidelines.</p> <p>Each assessable component must achieve an assessment of ‘competent’ in order to gain an overall result of ‘Competent’. No grades available.</p> <p>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.</p>
ATTENDANCE	80% minimum.
PRE-REQUISITES	Introduction to Transpersonal Psychology, Core Skills for Transformation, Coaching Presence, Creating Awareness and Transformation, Transformational Coaching in Practice, Basic Marketing for Coaches.
CO-REQUISITES	Advanced Coaching Skills and Tools, The Transpersonal Coaching Relationship.
MATERIALS REQUIRED	Notebook, pen.
TEXTBOOKS	<p>Required: Whitworth L, Klmsey-House K, Klmsey-House H, Sandahl P, <i>Co-Active Coaching: New Skills for Coaching People Towards Success in Work and Life</i>. Davies-Black, California (latest edition).</p> <p>Recommended Reading / References: Nil.</p>

WEEK-BY-WEEK OUTLINE

WEEK 1 Introduction to the competencies, qualities and core skills connected to Transpersonal Coaching in Practice.
Review of the ICF Code of Ethics and the phases of the transpersonal coaching process.
The role of the Self in the coaching process.
Reflective practice.

WEEK 2 Transpersonal coaching supervision, feedback and training.
Exploring relevant coaching skills, tools and competencies.
In-class presentations – 10 minute (maximum) segment of a recorded coaching session.

WEEK 3 Transpersonal coaching supervision, feedback and training.
Exploring relevant coaching skills, tools and competencies.
In-class presentations – 10 minute (maximum) segment of a recorded coaching session.

1st Recording Due - 1 week after this 3rd class

WEEK 4 Transpersonal coaching supervision, feedback and training.
Exploring relevant coaching skills, tools and competencies.
In-class presentations – 10 minute (maximum) segment of a recorded coaching session.

WEEK 5 Transpersonal coaching supervision, feedback and training.
Exploring relevant coaching skills, tools and competencies.
In-class presentations – 10 minute (maximum) segment of a recorded coaching session.

WEEK 6 Transpersonal coaching supervision, feedback and training.
In-class presentations – 10 minute (maximum) segment of a recorded coaching session.
Review of the transpersonal coaching journey and closure.

2nd Recording and Assignment Due - 1 week after this final class

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.
