



Nature Care College

Transpersonal Coaching Integration

DESCRIPTION

This final unit of study has two primary intentions for completing the journey of becoming a Transpersonal Coach. Through the weekly coaching of another external client outside class time, together with in-class supervision, it offers a final opportunity for review and integration of the course learning. It also provides students with a personal and collective rite of passage to empower their graduation into the world of professional coaching, and to celebrate the completion of this stage of their personal transformational journey.

DURATION

24 hours

LEARNING OUTCOMES

By the conclusion of the unit of study, 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. Integrate a deep awareness of Soul in their personal presence, in the relationship with the client, and in the coaching process.
4. Present a 10 minute segment of a recorded coaching session to the class for group exploration, in order to develop understanding of the role of relationship dynamics, self-awareness and consciousness in the coaching process.
5. Demonstrate the willingness and ability to actively make appropriate use of supervision with regard to the coaching role, relationship and process.
6. Demonstrate a beginning of reflective practice integration, 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 a wider understanding of the relationship of each core coaching competency to the transpersonal coaching role, process and relationship.
8. 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 trainer.

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	Professional supervision, class discussions, experiential learning, exploration of recorded coaching sessions, feedback and evaluation of trainee process in relation to core competencies. The fortnightly classes will further develop awareness and provide deeper guidance and supervision in the effective, ethical and professional application of transpersonal coaching.
ASSESSMENT	<ol style="list-style-type: none"> 1. Participation in the weekly coaching of an external client (either paying or volunteer) between classes, recording each session (either audio or video) followed by review of each recorded session through the dual lenses of ongoing reflective practice and the 11 core competencies of the ICF. 2. Individual in-class presentation of a 10-minute (maximum) segment of a recorded coaching session for peer discussion and learning. 3. Submission of 2 x recorded coaching sessions (a maximum of 60 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. Assignment – a written reflection of personal (and professional) experience, learning and growth through the coaching of an external client, combining the essence of ongoing reflective practice and the application of the core competencies and their relevant performance criteria. Length: maximum 1,500 words. Due <u>1 week</u> after final class. 5. A formal exam, complying with ICF requirements, and consisting of 2 components: <u>Component 1</u> – An open-book written exam (true/false questions, multiple choice questions, short answer questions and case studies) <u>Component 2</u> – A ‘live’ 30 minute coaching session with a client, either in person or on the phone, in the presence of a supervising trainer/assessor. The times for both components of the formal exam to be arranged directly with the supervising trainer/assessor on completion of the unit of study. <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, Transformational Coaching in Practice, Creating Awareness and Transformation, Basic Marketing for Coaches, Transpersonal Coaching in Practice, Advanced Coaching Skills and Tools, The Transpersonal Coaching Relationship.
CO-REQUISITES	Transformation in the Workplace, Building Your Coaching Speciality.
MATERIALS REQUIRED	Notebook, pen.
TEXTBOOKS	Required: Whitworth L, Klmsey-House K, Klmsey-House H, Sandahl P, <i>Co-Active Coaching: New</i>

Recommended Reading / References:

Nil.

WEEK-BY-WEEK OUTLINE

WEEK 1 Review: the role of the Soul in the coaching process and the transpersonal coaching relationship.
Reflective practice for in-depth professional learning, growth and development.
Transpersonal coaching supervision, feedback and training.

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

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

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

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

WEEK 6 Transpersonal coaching supervision, feedback and training.
Individual in-class presentations of a 10 minute (maximum) segment of a recorded coaching session – peer and trainer review.
Review of the transpersonal coach training journey and completion.

Assignment Due 1 week after this 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.