



Nature Care College

The Transpersonal Coaching Relationship

DESCRIPTION

Coaching is a highly potent partnership built on mutual respect and trust, honesty and clear agreements, where the client's intentions and stated outcomes hold the central position. The stronger and more open this relationship, the more effectively the coach can support the client to raise their awareness, generate responsibility for their own process, offer insightful feedback and challenge them to be more of who they truly are. This unit continues the deep dive into the personal presence of the coach, exploring advanced skills and techniques to profoundly support a client through their transformational process.

DURATION

24 hours

LEARNING OUTCOMES

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

1. Identify and understand the dimensions of the coaching relationship and its importance in the journey of transformation.
2. Demonstrate an understanding of key relational, personal and interpersonal dynamics within the coaching relationship.
3. Identify personal and professional issues that may impact on the coaching relationship and process.
4. Demonstrate the capacity to co-create a coaching relationship in the transpersonal context.
5. Reflect their own personal, professional and coaching relationships, both those that are exceptional and life enhancing, and those that offer the greatest opportunity for growth and transformation.

KEY ICF COMPETENCIES

3. Establishing Trust and Intimacy with a Client
4. Coaching Presence
8. Creating Awareness

TEACHING METHOD

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

ASSESSMENT

- | | |
|---|-----|
| 1. Individual 10 minute presentation in class | 30% |
| 2. Written reflective assignment | 50% |
| 3. Satisfactory participation in class | 20% |

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, Transformational Coaching in Practice, Creating Awareness and Transformation, Basic Marketing for Coaches.

CO-REQUISITES Transpersonal Coaching in Practice, Advanced Coaching Skills and Tools.

MATERIALS REQUIRED Notebook, pen.

TEXTBOOKS **Required:**
Whitworth L, Klmsey-House K, Klmsey-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:
Nil.

3 DAY INTENSIVE OUTLINE

DAY 1 Course outline and overview.
The importance of the relationship in the coaching process
The essential qualities and elements of a powerful coaching relationship
The deeper context of the transpersonal coaching relationship.
The coaching frame.
The coach and the client in the coaching relationship.
Key skills for the coaching relationship.

DAY 2 Personal and interpersonal dynamics, such as boundaries, empathy, projection, transference and countertransference, and client defenses.
Key skills for the coaching relationship.

DAY 3 Individual in-class presentations.
Key skills for the coaching relationship.
Deepening layers of feedback.
Weaving the threads together.

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.

Nature Care College Pty Ltd ABN 77 105 282 264

46 Nicholson Street, St Leonards NSW 2065

Tel: +61 (0)2 8423 8333 Fax: +61 (0)2 9436 0503

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