



The Institute for
Integrative Intelligence®

Coaching Foundations Syllabus

Elevating Human Potential Through the
Art and Science of Masterful Coaching



www.IntegrativeIntelligence.Global

Program Syllabus: Level One Training

The Coaching Fundamentals Level One training is designed for HR professionals, coaches, executives, managers and professionals who are adding coaching skills to an existing career path. This 65-hour program includes two phases of learning to facilitate concept integration and preparation for future coaching studies.

COACHING FOUNDATIONS - Part I: Modules 1-3

42 hours

- Coaching Fundamentals I-III
- Integrating Human Intelligences (3-Day Intensive)
- Adopting the Six Points of Empowerment/Practicum
- Inviting Highest Self/Practicum
- Managing Time Through Core Values/Practicum
- Discovering the Anatomy of Peace 1-2
- Mastering Your Mindset/Practicum
- Phase Two - Coaching Competency

MENTORING & CREDENTIALING PREP - Part II:

Mentoring and credentialing prep is a 23-hour self-paced process that is designed to elevate coaching competency to the ACC Level One of the ICF coaching standards.

The required completion timeframe is 3 months.

PART I

Coaching Foundations

MODULE 1 - Coaching Fundamentals

Class Titles:

- Coaching Distinctions & Industry Standards
- Understanding the Anatomy of Impact/Coaching Demo
- Partnering for Possibility/Coaching Demo

Format: Webinar

Instructors: Laurel Elders, MCC, CEC/Kristen Truman-Allen, PhD, PCC

Activities: Practice Anatomy of a Session & Session Opening/Closing

Class Objectives - In the Coaching Fundamentals module, each student will:

- Learn the key distinctions between the three primary disciplines: coaching, counseling, and consulting. Explore the similarities and major differences.
- Learn to identify the three milestones of client progression in their own mastery.
- Gain a framework for structuring an effective coaching session.
- Understand the anatomy of a coaching session and the power of timing.
- Understand “hijacking” in coaching; implications and impact.
- Learn the reasons why hijacking occurs and how to steer clear.
- See coaching in action through live demonstration.
- Learn the science of impact and how to effectively open and close a session.

Core Competencies:

- A1 - Demonstrates Ethical Practice (A1.2, A1.5, A1.7)
- A1 - ICF Code of Ethics (A4), Maintaining Distinctions (A6)
- B3 - Establishes & Maintains Agreements (B3.1, B3.2, B3.3, B3.6)
- B5 - Maintains Presence (B5.1, B5.2, B5.3, B5.6)
- D8 - Facilitates Client Growth (D8.2, D8.3, D8.5, D8.8)

MODULE 2 – Integrating Human Intelligences

3-Day Intensive

Class Titles:

- The Neurobiology of Emotional Intelligence & Somatic - Part One
- The Levels of Integration/Human Potential
- Compassionate Communication
- The Map to Mastery – One & Two
- Coaching Practicums – Phase One

Format: 3-Day Learning Intensive (Virtual)

Lead Instructors:

- Carrie Doubts, PCC/Howie Adams, NCC, PCC/Laurel Elders, MCC, CEC
- Lauren Stidham, CPIC, PCC/Michael Tucker, MA, PCC/Tabitha Danloe, CPIC, PCC

Class Objectives - In the first Coaching Intensive, each student will:

- Receive an introduction to integration theory and Integrative Intelligence®.
- Learn the Map to Mastery framework to identify what level a breakdown is occurring at to know which coaching tool to employ at the appropriate time.
- Gain a framework for structuring an effective coaching program that includes contracting, policies, and assessments.
- Understand the role that the Neurobiology of Emotional Intelligence and Somatic play in coaching.
- Learn how the Enneagram, an integratively informed personality assessment, facilitates self-understanding and provides a clear path for personal, professional, and/or spiritual evolution in coaching.
- Learn how to track ROI and map client development which resulted from the coaching.

Core Competencies:

- A1.7 - Referring Out
- A1.5 - Maintaining Confidentiality
- A2.3 - Ongoing Reflective Practice
- B - Co-Creating the Relationship (B3, B4, B5)
- C6 - Communicating Effectively (C6.2, C6.3, C6.4, C6.5)
- C7 - Evokes Awareness (C7.3, C7.4, C7.5, C7.7, C7.9, C7.11)
- D8 - Facilitates Client Growth (D8.2, D8.3, D8.5, D8.7, D8.8)

MODULE 3 – Coaching to Self-Mastery

Class Titles:

- Adopting the Six Points of Empowerment/Coaching Practicum
- Inviting the Highest Self/Coaching Practicum
- Managing Time Through Core Values/Coaching Practicum
- Discovering the Anatomy of Peace 1-2
- Mastering Your Mindset/Coaching Practicum
- Phase Two – Coaching Competencies

Format: Webinar

Lead Instructors:

- Carrie Doubts, PCC/Howie Adams, NCC, PCC/Laurel Elders, MCC, CEC
- Lauren Stidham, CPIC, PCC/Michael Tucker, MA, PCC/Tabitha Danloe, CPIC, PCC

Class Objectives - In the Coaching to Self-Mastery module, each student will:

- Understand process to self-identify the inner-critic & invite a shift into Higher-Self.
- Gain an understanding of the relationship between time and how it is managed by different personality types. Understand how to help a client budget time in a sustainable way. Help clients develop their own unique success formulas in life and/or work habits.
- Understand the role core values play in personal fulfillment, actions, behaviors, and choices. Learn how to use the Values Inventory assessment. Help clients identify and live through their core values to establish greater confidence and self-worth.
- Gain a framework for locating unconscious limiting beliefs that impact client outcomes and behaviors.
- Understand the key distinctions between a declaration and an affirmation. Understand how to effectively empower forward movement using both approaches.
- Learn how to masterfully unhook unconscious emotional patterns and self-fulfilling prophecies.
- Learn the Phase Two coaching competencies.

Core Competencies:

- A1 – Demonstrates Ethical Practice (A1.1, A1.2, A1.3)
- A2 – Embodies a Coaching Mindset (A2.4, A2.5, A2.6, A2.7, A2.8)
- B4 – Cultivates Trust & Safety (B4.2, B4.3, B4.5, B4.6)
- B5 – Maintains Presence (B5.1-B5.6)

PART II

Mentoring & Credential Preparation

In the Mentoring and Credentialing phase, the student is guided by the Dean of Students to complete their credentialing requirements within a 3-month timeframe.

Activities:

- Complete two (2) Coaching Sessions with an ICF Credentialed Coach
- Attend three (3) additional Coaching Practicums
- Finish logging 15 hours of practice coaching
- Complete three (3) Session Self-Assessments
- Complete three (3) Mentor Coaching Sessions
- Pass the ACC Performance Evaluation

Format: Online (email, Zoom, phone)

Mentor Coaches / Performance Evaluators:

- Laurel Elders, MCC, CEC
- Carrie Doubts, PCC

Core Competencies:

- A – Foundation
- B – Co-Creating the Relationship
- C – Communicating Effectively
- D – Cultivating Learning & Growth

CREDENTIAL OPTION:

Upon completion of all program requirements the graduate is qualified to sit for their ACC credential with the ICF after completion of their coaching session requirements.

What makes this program valuable?

Our unique methodologies, practical applications, and variety of coaching tools make our professional certification incredibly valuable.

We offer the **only** coach training on harnessing the power of Integrative Intelligence[®]. Our integrative process takes your coaching into great depths.

Our program is both personally and professionally leveraging. Our faculty are all highly successful coaches here to see you succeed and show you a clear path to follow as you formulate your own success.

We offer intimate class sizes made up of successful professionals who learn together and are invested in leading from their calling.

MISSION:

We are here to elevate human potential. We, the Institute for Integrative Intelligence team, feel called to be a part of a much bigger movement towards integrative thinking and sustainability that is heart-centered, inspiring, and empowering, so that freedom, health, and joy may be shared for generations to come.

We are here to serve people who also feel the call to support a shift towards sustainable, collaborative practices in business, management, leadership, and personal evolution. We are here to provide the framework for global and economic empowerment and to inspire groups into ethical and viable professional practices.

We are here to help those on a mission to leave a positive legacy with their life's footprint and to reach farther to create a much larger positive impact on people's lives, both locally and globally.

We are here to see you graduate from our training with a solid foundation to successfully lead from your calling.

Your Success Team



Nancy Smyth, CPCC, MCC



Tamica Sears, MA, CPIC, PCC



Suzanne McFarlin, PCC, BCC



Dr. Kristen Truman-Allen, PCC



Howie Adams, NCC, PCC



Michael Tucker, MA, PCC,
CSM, CSPO



Rebecca Smith, MA, PCC



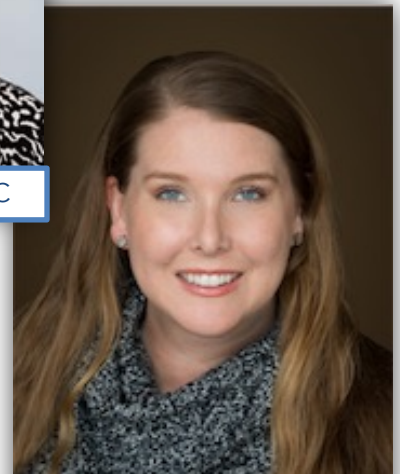
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