

Coaching Evolved *Curriculum*

ICF-ACCREDITED PROFESSIONAL LIFE COACH CERTIFICATION





welcome!

**We are so
delighted that
you're here.**

The EVOLVE Coaching Path is a multi-modality and holistic coaching methodology that will give you all the tools, frameworks and skills you need to be a wildly successful, impactful, deeply fulfilled coach.

We know that when you embody the teachings of this program, not only will you have multiple modalities to draw on in your work with clients, you will be embodying the fullness of who you are, making you entirely unique and irresistible to those you will serve.

It will not surprise you to learn that this is an experiential program, with a focus on practice and mastery. We believe that knowledge is not enough, and that change only occurs when that knowledge is fully embodied in all five facets of our being – physical, energetic, emotional, mental, and spiritual. At every stage of your learning in this Certification there will be space to

deeply feel into and embody the teachings.

You can also trust in the knowledge the program is walking you through every ICF Core Competency that is required for your internationally recognised status as a Certified Professional Coach.

There are 5 Key Learning Stages we will move through on this journey together across 3 Semesters. In this Curriculum Guide, we'll take you through the stages, semesters, schedule, and more so you know what's coming and can track your progress through the program.

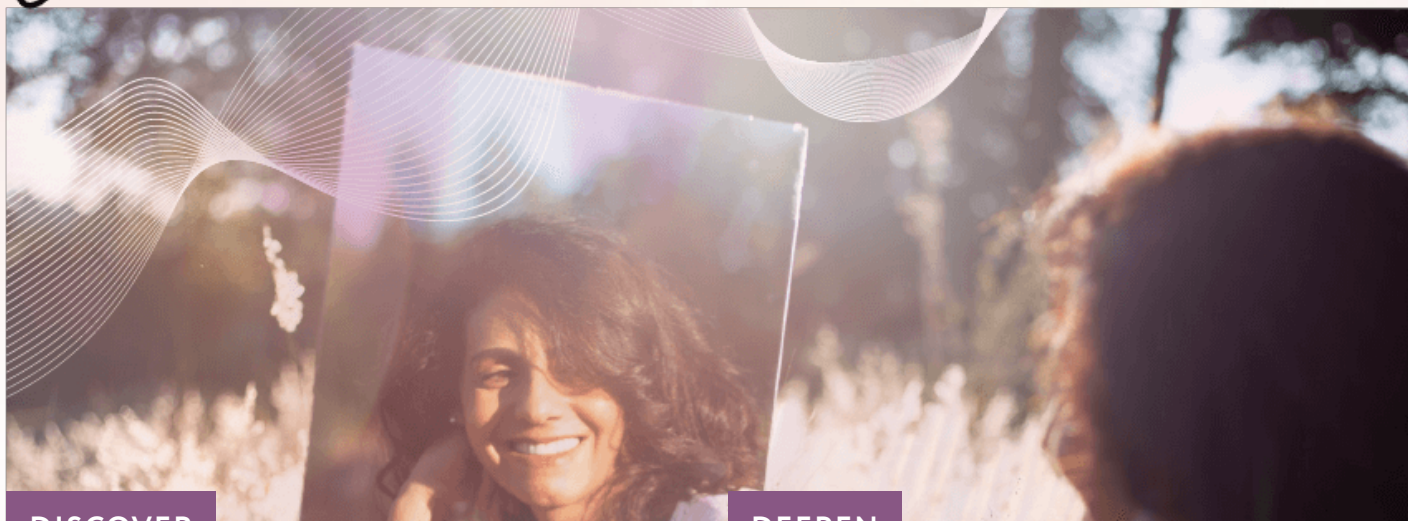
We are so honored to be your guides on this journey. We can't wait to witness your personal evolution as you move through this program, and we look forward to seeing how you share this body of work in the world in your own unique way.

Natalie MacNeil + Lorraine Hamilton

Overview

SEMESTER ONE - DISCOVER & DEEPEN

One



DISCOVER

Laying the foundations for a successful Client <> Coach relationship and an introduction to the multiple layers of being that you will be working with and experiencing.

ICF Core Competency Group(s):
A: Setting The Foundation
B: Co-Creating The Relationship

DEEPEN

Through this stage you will learn and practice the core skills required to become a powerful facilitator of change. At the end of this stage you will be an excellent communicator and be working with values and beliefs to raise awareness in your client so that they can move on to the next stage.

ICF Core Competency Group(s):
C: Communicating Effectively
D: Facilitating Learning and Results

SEMESTER TWO - TRANSFORM

TRANSFORM

Two

Learn, practice and master multiple modalities and approaches to your clients' challenges and goals. At the end of this stage you will be confident that you will have an approach that will assist any client.

ICF Core Competency Group(s):
C: Communicating Effectively D: Facilitating Learning and Results

SEMESTER THREE - ENVISION & EMBODY

Three



ENVISION

Lasting transformation requires vision, something to guide your clients towards. At the end of this stage you will be able to create a pathway to a new reality for your clients that they are excited about and that serve as an ongoing support in their Transformational Embodiment journey.

ICF Core Competency Group(s):

C: Communicating Effectively

D: Facilitating Learning and Results

EMBODY

The fifth stage of the journey is to integrate your clients' awareness and change into their own embodiment practice. Here you will facilitate that as well as building your own confidence and mastery in all that you have learned in your own learning and embodiment experience. The result of this is that not only will you have the skills and tools that you need, you will also have the confidence to transform your own life and the lives of others.

ICF Core Competency Group(s):

D: Facilitating Learning and Results

Detailed Curriculum

DISCOVER

DISCOVER (TWO WEEKS)

During this initial stage, you'll learn how to lay the foundations for a successful Client <> Coach relationship, become more aware of yourself, and discover the multiple layers of being that you'll be working with to create lasting transformation in your own life and the lives of the clients you serve.

The first two weeks will be predominantly theory-based and we will cover 4 modules to get you off to a solid start.

FLOW:

We will have 2 LIVE Teaching calls each week for the first 2 weeks. It is a requirement that you attend the call, or listen to the recording in advance of the Facebook Q&ACall later that week.

In addition you will be able to ask questions in our Student Community.

DISCOVER INCLUDES:

Introduction to the Evolution of Coaching and the EVOLVE Path
Explore the foundations of the EVOLVE Coaching Path, what sets it apart from other approaches to coaching, and

how you can use it to create lasting transformation in your life and the lives of others.

Facets of Being and Working With Energy As A Coach

Explore the five facets of being and discover how you can help your clients create rapid forward momentum towards their desired results and support them in achieving their goals by developing alignment at each layer. Discover practical ways of integrating energy work into your coaching, including guided energy and breathwork practice and stream of consciousness writing, and experience their power for yourself.

Deepen Awareness of the Self and Working With the Theater of Self-Discovery

Discover frameworks, techniques, and reflective practices to support your clients in deepening their awareness of their strengths, limiting beliefs, growth edges, higher purpose, and more.

Establish the Coach <> Client Relationship

Discover the components of successful Coach <> Client relationships, including the importance of building rapport, the role culture plays in coaching, and practice techniques for cultivating a 'safe space.'

MODULE ONE - INTRODUCTION TO THE EVOLUTION OF COACHING AND THE EVOLVE PATH

TEACHING CALL

7TH FEBRUARY 2022 11AM PACIFIC

MODULE TWO - FACETS OF BEING AND WORKING WITH ENERGY AS A COACH

TEACHING CALL

10TH FEBRUARY 2022 3PM PACIFIC

FACEBOOK Q&A - 11TH FEBRUARY 1PM PACIFIC

MODULE THREE - DEEPEN AWARENESS OF THE SELF AND WORKING WITH THE THEATER OF SELF-DISCOVERY

TEACHING CALL

14TH FEBRUARY 2022 11AM PACIFIC

MODULE FOUR - ESTABLISH THE COACH <> CLIENT RELATIONSHIP

TEACHING CALL

17TH FEBRUARY 2022 3PM PACIFIC

FACEBOOK Q&A - 18TH FEBRUARY 1PM PACIFIC

DEEPEN

DEEPEN (FIVE WEEKS)

Throughout this stage, you'll become an exceptional communicator, and learn and practice the core skills required to become a powerful facilitator of change.

You'll be more aware than ever before of your thoughts, behaviors, actions, values, patterns, and limiting beliefs, and you'll see clearly why you do the things that you do. With this expanded awareness in your own life, you'll be ready to expand the awareness of the people you coach.

FLOW:

Each week there will be a LIVE call to teach that week's module. It is a requirement that you attend the call, or listen to the recording in advance of the Practical/Tutorial Calls later that week.

Our Practice Calls are the time to put your new knowledge into action and are an important part of your growth and development of your Professional coaching skills. There is a requirement to attend one of the two practice times offered each week.

In addition you will be able to ask questions in our Student Community.

DEEPEN INCLUDES:

Coaching Communication Essentials & Master the Art of Powerful Questions

Explore the power of active listening, practice 'mining for

gold,' and discover the vital role that acknowledgment plays in cultivating effective, high-trust coaching relationships. Learn how to form questions that can transform people's lives, and practice awareness-building questions, and practice asking powerful questions, and begin building your personal question bank.

Root Your Coaching in Values and Essences

Discover the crucial importance that values and essences play in coaching, exercises to use when clients can't connect with or articulate their values and practice resolving conflict arising from a values-based perspective.

Elicit Values and Essences

Introduction to our unique Values Elicitation Process and Essences of Embodiment Blueprint. Discover how to use the frameworks to embody your fullest potential right here and now, and support your clients in doing the same.

Visualize the Future and Co Create Aligned Goals With Your Client

Practice facilitating powerful meditation, visualization, and embodiment techniques to support your clients in connecting to their desired futures and gaining clarity on their most aligned paths forward. Recognize the importance of holding your client's vision clearly, acknowledge the pitfalls in traditional goal-setting methodologies, and discover how to facilitate robust values-aligned, goal-setting sessions that appeal to both the conscious and unconscious minds.

MODULE FIVE - COACHING COMMUNICATION ESSENTIALS AND THE ART OF POWERFUL QUESTIONS

TEACHING CALL 21ST FEBRUARY 2022 11AM PACIFIC	FACEBOOK Q&A FB LIVE 23RD FEBRUARY 3PM PACIFIC	PRACTICE SESSIONS 24TH FEBRUARY 2022 11AM OR 3PM PACIFIC
---	--	--

MODULE SIX - ROOT YOUR COACHING IN VALUES AND ESSENCES

TEACHING CALL 28TH FEBRUARY 2022 3PM PACIFIC	FACEBOOK Q&A FB LIVE 2ND MARCH 11AM PACIFIC	PRACTICE SESSIONS 3RD MARCH 2022 11AM OR 3PM PACIFIC
--	---	--

MODULE SEVEN - ELICIT VALUES AND ESSENCES

TEACHING CALL 7TH MARCH 2022 11AM PACIFIC	FACEBOOK Q&A FB LIVE 9TH MARCH 3PM PACIFIC	PRACTICE SESSIONS 10TH MARCH 2022 11AM OR 3PM PACIFIC
---	--	---

MODULE EIGHT - VISUALIZE THE FUTURE AND CO CREATE ALIGNED GOALS WITH YOUR CLIENT

TEACHING CALL 14TH MARCH 2022 3PM PACIFIC	FACEBOOK Q&A FB LIVE 16TH MARCH 11AM PACIFIC	PRACTICE SESSIONS 17TH MARCH 2022 11AM OR 3PM PACIFIC
---	--	---

21ST MARCH - INTEGRATION WEEK

Integration is an important part of your embodiment practice. Whilst there is no new training or practice sessions this week, this is time to review and integrate your learning to date.

TRANSFORM

TRANSFORM (EIGHT WEEKS)

During this stage, you'll learn, practice and master multiple modalities and approaches that you can use to help your clients overcome any challenge to achieve their dreams. Your own life, relationships, and work will transform in this stage of the program, and at the end of these nine weeks you will be in awe of the person you are becoming and what you are creating in your life.

It may not feel like it yet, but you are now ready to begin coaching clients too (and getting paid). That's right, after all the work we've been doing and practice sessions you've been getting feedback on, you have the foundation to be able to work with people. You're not yet the masterful coach you will become, but you can't become that masterful coach without actually coaching.

The process of our practice sessions, required coaching hours, and feedback process in the Transformational Embodiment Life Coach Certification really sets us apart from other programs and ensures our coaches are confidently prepared to be future leaders of the coaching industry.

FLOW:

Each week there will be a LIVE call to teach that week's module. It is a requirement that you attend the call, or listen to the recording in advance of the Practical/Tutorial Calls later that week.

In addition you will be able to ask questions in our Student Community.

TRANSFORM INCLUDES:

Cognitive Coaching Approaches

Learn what cognitive focused coaching is, how it integrates with embodiment, and how to use it to develop a limitless

mindset and direct thoughts and behaviors toward goals and desires.

Introduction to Neurolinguistic Programming (NLP)

Discover the four pillars of NLP, NLP presuppositions, the Success Link NLP Communication Model, and the seven NLP reframes for facilitating lasting change. Practice utilizing, experiencing, and observing anchoring, dissociation, and reframing for yourself and with others.

Solutions Focused Coaching Approach

Learn the assumptions and principles of Solutions Focused Coaching, the difference between positive reinforcement and positive engagement, discover the 'The Miracle Question', and practice utilizing, experiencing, and observing solutions-focused coaching sessions.

Breathwork for Coaching Part 1

Learn more about the anatomy of our breath, the parasympathetic and sympathetic nervous systems, and contraindications of breathwork. Experience this tool for yourself in our practice session to see how it can support the coaching process.

Breathwork for Coaching Part 2

Learn three different breathwork techniques that can integrate into your coaching process, and when to use them in coaching sessions. Practice facilitating breathwork in experiential group pods.

Emotional Freedom Technique (EFT) For Coaching Part 1

Learn how to plan and use EFT guided practices to support your clients in reducing stress, gaining clarity, clearing limiting beliefs, activating feelings of power and confidence, and more.

Emotional Freedom Technique (EFT) For Coaching Part 2

Discover how to incorporate EFT into coaching sessions, learn to create EFT 'recipes', and practice using new techniques in pairs and small groups.

Transform

MODULE NINE - COGNITIVE COACHING APPROACH

TEACHING CALL 28TH MARCH 2022 11AM PACIFIC	FACEBOOK Q&A FB LIVE 30TH MARCH 3PM PACIFIC	PRACTICE SESSIONS 31ST MARCH 2022 11AM OR 3PM PACIFIC
--	---	--

MODULE TEN - INTRODUCTION TO NEURO LINGUISTIC PROGRAMMING

TEACHING CALL 4TH APRIL 2022 3PM PACIFIC	FACEBOOK Q&A FB LIVE 6TH APRIL 11AM PACIFIC	PRACTICE SESSIONS 7TH APRIL 2022 11AM OR 3PM PACIFIC
--	---	---

MODULE ELEVEN - SOLUTIONS FOCUSED COACHING APPROACH

TEACHING CALL 11TH APRIL 2022 11AM PACIFIC	FACEBOOK Q&A FB LIVE 13TH APRIL 3PM PACIFIC	PRACTICE SESSIONS 14TH APRIL 2022 11AM OR 3PM PACIFIC
--	---	--

MODULE TWELVE - BREATHWORK FOR COACHING PART 1

TEACHING CALL 18TH APRIL 2022 3PM PACIFIC	FACEBOOK Q&A FB LIVE 20TH APRIL 11AM PACIFIC	PRACTICE SESSIONS 21ST APRIL 2022 11AM OR 3PM PACIFIC
---	--	--

MODULE THIRTEEN - BREATHWORK FOR COACHING PART 2

TEACHING CALL 25TH APRIL 2022 11AM	FACEBOOK Q&A FB LIVE 27TH APRIL 3PM PACIFIC	PRACTICE SESSIONS 28TH APRIL 2022 11AM OR 3PM PACIFIC
--	---	--

MODULE FOURTEEN - EMOTIONAL FREEDOM TECHNIQUE FOR COACHING PART 1

TEACHING CALL 2ND MAY 2022 3PM PACIFIC	FACEBOOK Q&A FB LIVE 4TH MAY 11AM PACIFIC	PRACTICE SESSIONS 5TH MAY 2022 11AM OR 3PM PACIFIC
--	---	---

MODULE FIFTEEN - EMOTIONAL FREEDOM TECHNIQUE FOR COACHING PART 2

TEACHING CALL 9TH MAY 2022 11AM PACIFIC	FACEBOOK Q&A FB LIVE 11TH MAY 3PM PACIFIC	PRACTICE SESSIONS 12TH MAY 2022 11AM OR 3PM PACIFIC
---	---	--

16TH MAY - INTEGRATION WEEK

Integration is an important part of your embodiment practice. Whilst there is no new training or practice sessions this week, this is time to review and integrate your learning to date.

Coaching is a Verb and You Are

ready.

It may not feel like it yet, but you are now ready to begin coaching clients (and getting paid!)

That's right, you have what you need to be able to start practicing your coaching skills and getting clients on board.

You are not yet the coach that you will become, but you cannot become that coach without actually coaching.

MENTORSHIP TOWARDS YOUR ICF CREDENTIAL STARTS NOW

ICF ACCREDITATION SUPPORT (3+ MONTHS)

Beyond gaining your EVOLE Path Professional Life Coach Certification Diploma, as a Professional Coach you have the option to gain your ICF credential. To do this, you must be mentored by a master coach which is an included part of this certification program.

Mentoring provides professional assistance in achieving and demonstrating the levels of coaching competency and capability demanded by the desired credential level, and takes place over an extended time (three-month minimum) in a cycle that allows for listening and feedback from the Mentor Coach while also allowing reflection and practice on the part of the individual being mentored.

Mentoring Coaching programs will run alongside your Certified Professional Coach Training Curriculum in small groups of no more than 10 students.

Each week every member of the group will listen to a

student's coaching session in advance of the call and reflect on it. Your ICF Mentor Coach will facilitate a productive and encouraging discussion to enhance the coach's abilities. There is no assessment or 'right or wrong' here, it is an opportunity to greatly enhance your skills as a coach.

As part of mentor coaching, you'll be required to submit two 30-minute recorded coaching sessions which will be shared with your small group. **If you're ready, you can begin your mentor coaching as early as week eleven.**

To apply for your ICF credential you must complete a minimum of 100 hours (70 paid) of coaching experience with at least eight clients following the start of your coach-specific training.

(Depending on the number of groups, you may be invited to a program starting later in the year.)

ENVISION

ENVISION (FIVE WEEKS)

Lasting transformation requires vivid vision, something you'll need to be able to guide your clients toward. We challenge traditional goal-setting advice in this learning stage since many people seek coaching after feeling the traditional way of achieving a goal isn't working for them, and we present a more aligned and more embodied alternative. By the end of this stage, you'll be able to confidently co-create new realities in your own life and in the lives of your clients.

FLOW:

Each week there will be a LIVE call teaching that week's module. It is a requirement that you attend the call, or listen to the recording in advance of the Practical/Tutorial Calls later that week.

Our Practice Calls are the time to put your new knowledge into action and are an important part of your growth and development of your Professional coaching skills. There is a requirement to attend one of the two practice times offered each week.

In addition you will be able to ask questions in our Student Community.

ENVISION INCLUDES:

Process Coaching Techniques to Shift Perceptions

Practice exploring clients' irrational thoughts, shifting and reframing their perspective, and deepening their mind-body

connection using Process Coaching.

Coaching with NLP and Gestalt

Learn and implement reparenting practices and perceptual positioning practices in partnered practice coaching sessions.

The Theater of Self-Discovery

Learn and practice implementing this powerful transformational embodiment life coaching tool for discovering core patterns and blocks, and learn how to support clients in fully seeing the limiting beliefs that hold them back.

Visualization and Meditation Techniques for Coaching

Visualization has been scientifically proven to support us in reaching our goals and dreams. You'll learn the specific visualization and meditation process to use in coaching that improves the likelihood of your clients getting the results they want and bringing their boldest dreams to life.

Integration in the Coaching Process and a Revisit of the EVOLVE Path

Integration is essential to embodiment. For our clients to embody the learnings, awarenesses, and insights from the coaching process, they will need to integrate them into their day to day lives. This is where, as coaches, we get to support transformation in rooting down so deeply that it opens new ways of being and possibilities that last long after our coaching package with a client is complete.

MODULE SIXTEEN - PROCESS COACHING TECHNIQUES TO SHIFT PERCEPTIONS

TEACHING CALL
23RD MAY 2022 3PM PACIFIC

FACEBOOK Q&A
FB LIVE 25TH MAY 11AM PACIFIC

PRACTICE SESSIONS
26TH MAY 2022 11AM OR
3PM PACIFIC

MODULE SEVENTEEN - COACHING WITH NLP AND GESTALT

TEACHING CALL
30TH MAY 2022 11AM PACIFIC

FACEBOOK Q&A
FB LIVE 1ST JUNE 3PM PACIFIC

PRACTICE SESSIONS
2ND JUNE 2022 11AM OR
3PM PACIFIC

MODULE EIGHTEEN - THE THEATER OF SELF-DISCOVERY

TEACHING CALL
6TH JUNE 2022 3PM PACIFIC

FACEBOOK Q&A
FB LIVE 8TH JUNE 11AM PACIFIC

PRACTICE SESSIONS
9TH JUNE 2022 11AM OR
3PM PACIFIC

MODULE NINETEEN - VISUALIZATION AND MEDITATION TECHNIQUES FOR COACHING

TEACHING CALL
13TH JUNE 2022 11AM PACIFIC

FACEBOOK Q&A
FB LIVE 15TH JUNE 3PM PACIFIC

PRACTICE SESSIONS
16TH JUNE 2022 11AM OR
3PM PACIFIC

MODULE TWENTY - INTEGRATION IN THE COACHING PROCESS AND A REVISIT OF THE EVOLVE PATH

TEACHING CALL
20TH JUNE 2022 3PM PACIFIC

FACEBOOK Q&A
FB LIVE 22ND JUNE 11AM PACIFIC

PRACTICE SESSIONS
23RD JUNE 2022 11AM OR
3PM PACIFIC

27TH JUNE - INTEGRATION WEEK

Integration is an important part of your embodiment practice. Whilst there is no new training or practice sessions this week, this is time to review and integrate your learning to date.

EMBODY

EMBODY (FOUR WEEKS)

The fifth stage of the journey is integrating your clients' awareness and change into their own embodiment practices. During this stage, you'll learn how to facilitate that as well as building your own confidence and mastery in all that you have learned from your own embodiment experience. You'll walk away with all the skills, tools, and confidence you need to transform your own life and the lives of others.

FLOW:

Each week there will be a LIVE coaching demo call where you will witness the tools and modalities being woven together into a powerful coaching experience. There will also be dedicated practice time and our usual Tutorial session for asking questions as you deepen your skills and prepare for graduation.

In addition you will be able to ask questions in our Student Community.

SCHEDULE

COACHING DEMO ONE
4TH JULY 2022 11AM PACIFIC

COACHING DEMO TWO
11TH JULY 2022 3PM PACIFIC

COACHING DEMO THREE
18TH JULY 2022 11AM PACIFIC

COACHING DEMO FOUR
25TH JULY 2022 3PM PACIFIC

FACEBOOK Q&A ONE
6TH JULY 2022 3PM PACIFIC

FACEBOOK Q&A TWO
13TH JULY 2022 11AM PACIFIC

FACEBOOK Q&A THREE
20TH JULY 2022 3PM PACIFIC

FACEBOOK Q&A FOUR
27TH JULY 2022 11AM PACIFIC

PRACTICE WEEK ONE
7TH JULY 2022 11AM & 3PM
PACIFIC

PRACTICE WEEK TWO
14TH JULY 2022 11AM & 3PM
PACIFIC

PRACTICE WEEK THREE
12ST JULY 2022 11AM & 3PM
PACIFIC

PRACTICE WEEK FOUR
28TH JULY 2022 11AM & 3PM PACIFIC

COMPLETION



Certification Requirements

BECOMING A CERTIFIED PROFESSIONAL LIFE COACH FROM COACHING EVOLVED

CERTIFIED PROFESSIONAL LIFE COACH REQUIREMENTS

Upon successful completion of the following, you will be awarded your certificate and you can proudly call yourself a Certified Professional Life Coach.

- Attendance rate of 70% or more of all Practice Sessions/Q&A sessions
- Completion of all Self-Assessment Coursework
- Completion of at least 60 hours of Practice Coaching with one Case Study, and submission of Coaching Log
- Completion of any payment plan

You will also be eligible to apply to the International Coach Federation for credentialing with just a few more hours on your coaching log.

ASSOCIATE CERTIFIED COACH (ACC) FROM INTERNATIONAL COACHING FEDERATION REQUIREMENTS

In order to apply to the International Coaching Federation for your ACC professional coaching credential you will need:

- Your accredited Certified Professional Coach Certificate that you'll receive upon completing the Transformational Embodiment Coaching Certification Program.
- A minimum of 100 hours (70 paid*) of coaching experience with at least eight clients following the start of your coach-specific training. At least 25 of these hours must occur within the 24 months** prior to submitting the application for the credential.
- Performance evaluation (audio recording and written transcript of a coach session to be uploaded with your application).
- Completion of the Coach Knowledge Assessment (CKA). (Provided by ICF)

[FULL DETAILS OF ACC APPLICATION TO ICF AVAILABLE HERE](#)

RENEW YOUR ICF CREDENTIAL

If you are already hold a credential (ACC or PCC) from the International Coaching Federation, you may complete this program in full or in part to accrue the required CCE (Continuing Coach Education) or ACSTH (Approved Coach Specific Training Hours) to renew your existing credential or apply for the next tier of credentialing.

This program is accredited for 126 Approved Coach Specific Training Hours.