



INTEGRAL COACHING® CERTIFICATION PROGRAM  
(MODULE 1 – FOUNDATION & APPRENTICESHIP MODULE 2 – EMBODIMENT & CERTIFICATION)

## MODULE 2 – EMBODIMENT & CERTIFICATION

The **EMBODIMENT & CERTIFICATION MODULE** is a nine month intensive designed for coaches who have successfully completed Module 1 and want to advance beyond the foundational level of the method and 'starter set' of Integral models to a sophisticated level of coaching that draws upon a comprehensive set of Integral models and a substantially deeper understanding of what is truly involved in enabling clients to achieve exceptional results that literally change their worlds. There are three class sessions, an array of assignments, practices, individual and small group support in between sessions, and a requirement to coach three clients throughout the nine months.

First Class:	5 days
Second Class:	5 days
Third Class:	5 days (includes certification process)
Between Classes:	Coaching three clients in 5 – 8 month coaching programs Five one-on-one development phone calls: 1 <sup>st</sup> term: 3 calls & 2 <sup>nd</sup> term: 2 calls Assignments, readings, study group meetings, observation of coaching conversations
Coach Training Hours:	138 hours

Between session work includes coaching three clients, required reading, studying the Integral (AQAL) lenses, engaging in Integral Coach™ Practices, participating in a study group, and receiving formal feedback of observed coaching conversations and written assignments. The Integral Coach™ Practices enable students to become aware of and expand their current way of being/perceiving as a coach and to develop the core competencies needed to be effective, present and skilful with clients. Participants are required to coach three clients over the nine months applying advanced Integral Coaching® models/lenses. Five individual development phone calls are conducted to provide feedback on coaching method application, performance of core competencies, progress in their Integral Coach™ Practices, and progressive learning of the subtleties of Integral Coaching®. Students participate in a small study group supported by a qualified Mentor. A professional Integral Coaching® Certification Process is part of this program. The entire Module is designed based upon Integral principles of human development.

### MODULE 2 – WHAT YOU WALK AWAY WITH...

- If successful in the Module elements, you leave this program licensed to practice Integral Coaching® professionally, demonstrating the core competencies at an exemplary level, fully embodying the method and applying a comprehensive set of Integral lenses to understand, effectively work with and develop sustainable competencies in your clients using a fully Integral (AQAL) approach
- You join the Integral Coaching® Consortium, sign a Professional Code of Ethics and are certified to practice
- Having completed Module 1 and Module 2, you have the necessary coach training hours for the ICF Professional Certified Coach (125 hours) or Master Certified Coach (200 hours) levels of accreditation

### MODULE 2 – WHO SHOULD ATTEND...

- People who are interested in exploring how to more effectively and meaningfully affect change at multiple scales through human development that is focused, powerful, sustainable, and Integral
- Coaches who want to become professionally certified in a School of Coaching renowned for exemplifying & embodying the highest standards in teaching and integrated learning, excellence in Integral Coaching®, and who want to work in community with others interested in maintaining these standards
- People who have graduated from Module 1 – Foundation & Apprenticeship who may or may not currently be formally coaching but have a renewed desire to participate more fully in this discipline

## MODULE 2 – WHAT YOU DEVELOP...

### INTEGRAL COACHING® METHOD AND ETHICAL APPLICATION

- You will learn complex Integral Coaching® models (Levels of Consciousness, Enneagram Type, Gender Type, and States of Consciousness) that when added to the Integral Coaching® models learned in Module 1 (Quadrants and Lines) will enable you to rigorously and comprehensively work with how human beings change, approach change, sustain change, and resist change
- You will take your technical learning from Module 1 and drop into deeper and more complex applications of the Integral Coaching® method and Integral approach to human development
- You will be able to discern the client's current level of development (AQAL Constellation – based on the six lenses listed above) through which they view, interpret and operate in the world; based on this understanding, you will be able to determine the appropriate focus, scale and language with which to work with clients
- You will be able to design Integral Coaching® programs that powerfully address all four quadrants of reality and appropriate developmental domains (across the AQAL lenses) such that the client is able to experience significant and sustained change beyond their expectations
- You will have a sound understanding of your ethical responsibilities with respect to your conduct with your clients as well as your professional conduct at large as an Integral Coach™

### INTEGRAL COACHING® QUALITIES & COMPETENCIES

- You will come to truly know Integral Coaching® cognitively, emotionally, somatically, and spiritually as you experience its power by receiving coaching from peers, your mentor and the Instructors, through observing others' coaching and through direct practice of coaching in class sessions and with your three clients throughout the duration of the nine months
- You will develop a profound awareness of your unique developmental path as you receive numerous forms of feedback on your performance of core coaching competencies and the application of the Integral Coaching® method; you will develop and engage in related practices for your specific AQAL Constellation
- You will undertake a significant, multi-faceted developmental journey engaging in a complete set of Integral Coach™ Practices necessary for you to embody the way of a certified Integral Coach™
- You will progressively advance your skill levels in all of the core coaching competencies necessary to employ this coaching method (setting a solid foundation for working with a client, cultivating a relationship based upon trust and respect, inquiring, listening and speaking wisely, directly, and with skilful compassion enabling the client to learn, grow, stretch, and obtain their desired results)
- You will experience dramatic shifts in your personal and professional life that heighten the call for integrity and alignment in all aspects of your world

### INTEGRAL COACHING® COMMUNITY

- You will develop a deep bond and community with your colleagues that not only enrich you through the term of Module 2 but will also leave you with relationships that will last long into the future

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#### TUITION

\$9,900 + HST

#### MODULE DATES & REGISTRATION

Dates and application forms are located on our web site. Applications can be faxed to our offices or sent via mail.

#### FOR FURTHER INFORMATION:

Email: [info@integralcoachingcanada.com](mailto:info@integralcoachingcanada.com)  
Phone: (613) 265-2539  
Fax: (613) 741-2250  
Web: [www.integralcoachingcanada.com](http://www.integralcoachingcanada.com)

## MODULE 2 – EMBODIMENT & CERTIFICATION

### ARCHITECTURE AND CONTENT OVERVIEW

#### PRE-COURSE ASSIGNMENT:

- Prior to Session 1, learn about the Enneagram, submit one assignment and prepare for the demands of the next nine months

#### CLASSROOM SESSION 1 (5 DAYS)

- Introduction to program and participants
- More deeply explore the Integral Coaching® core method and theoretical foundations
- Learn the full set of Integral Lenses (Quadrants, Lines, Levels, States, Types) to discern, appreciate and be guided by a client's AQAL Constellation
- Build relationships with fellow participants and form study groups that will continue for the duration of the program
- Practice, receive and observe Integral Coaching® during which the teacher provides direct feedback, models coaching and identifies key areas needing development
- Receive live coaching that sets the frame for your unique focus of development including Integral Coach™ practices over the 9 months
- Learn about the Certification Process, standards and measurement tools that will be utilized

#### FIRST TERM DEVELOPMENT:

- Develop a plan for the nine months attending to all four quadrants in supporting the deep development that you are undertaking
- Carry out self-observation work and set of Integral Coach™ Practices detailed in your custom development plan
- Begin coaching your three clients and capturing your work in your Case Write-Ups
- Two written assignments as part of the Certification Process
- Three one-on-one phone calls with ICC faculty to review written assignments, coaching feedback and progress in your custom development plan
- Attend three meetings with your study group
- Submit the recordings of two coaching conversations for review and feedback by a qualified Observer
- Complete required readings

#### CLASS SESSION 2 (5 DAYS)

- Deepen understanding of adult development, ego development, change theory
- Engage in practices that contribute to presence, way of being, somatic, and spiritual development
- Explore the next level of complexity in the full set of Integral Coaching® lenses including the inter-relationship of the lenses (AQAL Constellation)
- Experience Integral Coaching® as art
- Learn how to work with clients in more complex coaching situations and on more in-depth topics
- Practice Integral Coaching® (observed feedback sessions) applying new insights and additional models as well as receiving valuable input based upon Certification standards
- Open Q & A periods with instructors
- Learn what underlies the development of various competencies and how they translate into observation exercises, practices and practice sets
- Identify your next areas of edge development as an Integral Coach™ for your next term
- Participate in exercises to create Integral practices given a person's particular AQAL Constellation

#### SECOND TERM DEVELOPMENT:

- Continue to carry out Integral Coach™ Practices given your new insights
- Continue coaching clients dropping into their mid-point cycles of development
- Two written assignments sent as part of the Certification Process
- Two one-on-one development phone calls with coach and receive personal feedback relative to Certification standards
- Work with your study group and mentor in two meetings to integrate what you are learning as you advance to the final session
- Participate in a Two-Part Coaching Conversation and receive feedback from a qualified Observer
- Complete required readings
- Submit necessary documentation required for the final components of the Integral Coaching® Certification Process

## MODULE 2 – EMBODIMENT & CERTIFICATION

### ARCHITECTURE AND CONTENT OVERVIEW

#### CLASSROOM SESSION 3 (5 DAYS)

- Register what you have learned about yourself, your peers and Integral Coaching® over the two Modules of your professional coaching path that is now formally drawing to a close
- Advance your abilities to fully integrate the many facets of Integral Coaching® and have it show up in your assessments, your designs and your conversations live
- Participate in the final segments of the Integral Coaching® Certification Process while supporting your class-mates in the process
- Define your plans for moving forward once the Certification Module is completed
- Complete with participants, instructors, study group members, and mentors by fully and deeply connecting to all that has been given and received over the span of this program
- Upon successful completion of all elements of the Certification Process throughout the year, receive your credentials as a certified coach licensed to practice Integral Coaching®
- Be welcomed into a community of peers licensed to practice Integral Coaching®

#### INTEGRAL COACHING® CERTIFICATION PROCESS

- Certification segments also occur in Session 1 and Session 2 as well as during two of the phone calls; coach feedback is provided at each stage of development over the nine months
- Prior to the Final Certification segment students submit their Client Case Write Ups for review by the Certification Committee; clients are interviewed and their feedback is compiled for review by the Certification Committee

These Session 3 Final Certification segments occur with the presence of a Certification Committee:

- Segment #1: An AQAL Oral Exam with respect to the three clients you coached over the 9 months
- Segment #2: One 30 minute live coaching conversation (per ICF standards)
- Segment #3: An AQAL review of the live coaching component and a Q & A covering all domains including ethical standards
- Receive input from the Certification Committee regarding your current level of embodiment and suggestions for your next development steps
- Receive your final Certification results

## MODULE 2 – EMBODIMENT & CERTIFICATION APPLICATION PROCESS

The **EMBODIMENT & CERTIFICATION MODULE** involves an application process. Enrolment is limited to qualified candidates. Due to the intense nature of the learning format, we want to ensure that the Module is well matched to the accepted applicants. The complete process for applying for the Embodiment & Certification Module is documented on our web site. Here are the answers to a few common questions:

#### WHAT IS THE PRE-REQUISITE FOR THE EMBODIMENT & CERTIFICATION MODULE?

- Module 1 – Foundation & Apprenticeship
- For graduates who have taken previous coaching programs with us, please contact us regarding your eligibility or see our FAQ section of our web site to determine your individual pre-requisite status

#### WHAT DO I NEED TO INCLUDE IN MY APPLICATION PACKAGE?

1. A completed two page application form
2. A deposit cheque
3. A written submission (details in the Application document on our web site)

#### WHEN DO I NEED TO SUBMIT MY APPLICATION?

- As soon as you know you want to apply as the Module fills quickly. Application deadlines posted on web site.
- We limit our class size to 20 people. If we receive Applications in excess of this number and if more than 20 applicants meet our acceptance criteria, we will accept the **first** 20 Applications that we have received. You are advised to submit your Application as soon as possible. All Applications are dated upon receipt.
- We accept applications at any time throughout the entire year.