



INTEGRAL LIFE PRACTICE (ILP) FOR COACHES

INTEGRAL LIFE PRACTICE (ILP) FOR COACHES is a five day intensive course designed for professional coaches from all schools of coaching and graduates of Integral Coaching Canada's Module 1 or Module 2 of the Integral Coaching® Certification Program (ICCP). This course is offered with our partner, the Integral Institute, and the faculty is comprised of experts from various disciplines: Integral Coaching®, Integral Somatic Practice, Integral Spirituality, and Integral Psychology. This never before assembled team of experts will be delivering an exciting program that will build your understanding of Integral approaches to change, development and human growth.

WHO SHOULD ATTEND...

- This course fulfils the ongoing re-certification requirement of graduate coaches licensed to practice Integral Coaching® by Integral Coaching Canada Inc.
- This course is the pre-requisite course for coaches who are professionally certified through other coaching schools who are interested in a) learning more about how Integral approaches can strengthen their own coaching practice and/or b) are interested in training to be able to practice Integral Coaching® without starting from the beginning by taking the full Integral Coaching® Certification Program (Modules 1 and 2). See [Partners](#) for further information.
- This course is for Module 1 – Foundation & Apprenticeship graduates who are interested in deepening their personal and professional development as coaches
- This course is for any professional coach who wants to deepen and widen in their spiritual practice, somatic understanding and capabilities, emotional capacity, and cognitive understanding of "Integral"; or for coaches who simply to be in a conscious community of practitioners seeking meaningful development in their lives

QUOTE FROM THE INTEGRAL INSTITUTE ABOUT ILP...

"Today we are faced with an astonishing opportunity. For the first time in history, we have access to all of the great transformational traditions of humanity. The introspective technologies of the mystics, east and west... the elemental power of the earth-based creeds... body and energy centred practices... the deeply personal revelations of theism... the martial and aesthetic arts... all are vividly transmitted to us through the voices of their most accomplished masters.

And that's not all. We also hold the priceless gifts of science: deep insight into our own physiology, psychology, and social dynamics – plus the time, in leisure and lifespan, to make the most of it.

This new wealth of opportunity calls us to a new, comprehensive approach to human growth and development. The call is to integrate, to take a panoramic view of self, culture, and nature, and to embrace the insights and tools that serve the highest potential of All."



WHAT YOU WILL EXPERIENCE...

- An incredible variety of individual practices (great for your own development and/or your clients' development)
- Presentations to better understand your own (and others') ways of perceiving, being and moving in the world including an introduction to the lenses that make up a person's AQAL Constellation:
 - Four Quadrants Lens
 - Lines of Development Lens
 - Levels of Consciousness Lens (the lead theorist in the field will be teaching this)
 - States of Consciousness Lens
 - Type lenses
- Small group interactions and practices
- Meditation, prayer and contemplation
- The Big Mind Process (led by a Sensei in the Soto Zen Lineage)
- The 3 Body Workout – physical body, subtle body, causal body – what they are, how to practice
- Shadow Work – emotions, feelings, projection, how it all works and how to work with it
- Authentic self expression in various exercises
- Creativity, laughter, tears, joy, and all else that arises

WHAT YOU WALK AWAY WITH...

- The ability to design or refine your own life practices based on an Integral understanding of development
- An understanding of a modular approach to practice that is exciting, do-able, scalable, and easy to configure to your changing and evolving life
- A comprehensive map of AQAL as it applies to practice, personal and professional development in your own life and your coaching business
- A close bond with a community of Integral practitioners interested in the conscious development of themselves and others
- Wisdom: your own and that of other participants and the course leaders
- Renewal: in your own practices, your life, and your coaching practice

COURSE INSTRUCTORS...

LAURA DIVINE	Founder of Integral Coaching Canada and lead developer of Integral Coaching curriculum
JOANNE HUNT	Founder of Integral Coaching Canada and leader of the Integral Institute Coaching Center
SUSANN COOK-GREUTER	Leading Theorist in the field of Consciousness Development
DIANE HAMILTON	Sensei in the Soto Zen Lineage with Gempo Roshi, certified Big Mind facilitator
TERRY PATTEN	Master practitioner, teacher and author of forthcoming book on ILP with Ken Wilber

TUITION \$2,400.00 plus 6% GST
(Includes all course materials)

MODULE DATES & REGISTRATION
Dates and registration forms are located on our web site.
Registration forms can be faxed to our office.

FOR FURTHER INFORMATION:

Email: info@integralcoachingcanada.com
Phone: (613) 265-2539
Fax: (613) 741-2250
Web: www.integralcoachingcanada.com

THIS PROGRAM WILL FILL QUICKLY!
Get your Registration Form in as soon as possible!

FACULTY SUMMARY BIOGRAPHIES

LAURA DIVINE is a founder of Integral Coaching Canada Inc. and is considered an expert in the field of Integral Coaching globally. She has been studying and practicing in the field of coaching for almost 20 years while living in California and Ontario. She is a 10 year Tai Chi practitioner through Professor Cheng Man Ch'ing's lineage and has begun teaching over the last year. She has a Masters Degree from UC Berkeley, is a Master Certified Coach with the International Coach Federation and the Director of Training for the Integral Coaching® Certification Program (also ICF accredited). Laura is based in Ottawa, Ontario.

JOANNE HUNT is a founder of Integral Coaching Canada Inc. and is leading the Integral Coaching Centre in partnership with the Integral Institute. She is an international expert in the field of Integral Coaching and is bringing leading edge training to the United States, Europe and South Africa. She is the co-developer of the Integral Coaching® Certification Program which has been described as "the most sophisticated application of Integral ever seen." Joanne is a writer and Zen practitioner and has been studying over the last four years with Natalie Goldberg. Joanne will be teaching with Natalie in August in Taos, NM. Joanne is based in Ottawa, Ontario

SUSANNE COOK-GREUTER is a leading theorist in the field of consciousness development. Her name has appeared alongside Robert Kegan, Clare Graves, and Jane Loevinger in Ken Wilber's new book, *Integral Spirituality*. She is internationally known as the leading expert in mature ego development and self-actualization; her sentence completion tests (SCTi-MAP) are sophisticated enough to tease out the subtle differences between Teal, Turquoise, Indigo, and Violet altitudes of development. She is a doctoral graduate from Harvard, has lectured at Naropa University, and is a vastly published author. Susanne is based in Wayland, Massachusetts.

DIANE MUSHO HAMILTON SENSEI has been a practitioner of Buddhadharma for over 20 years and holds a Masters Degree in Contemplative Psychology from Naropa University. As a senior Zen student of Genpo Merzel Roshi, she serves as a facilitator of Big Mind, a process designed by Gempo Roshi to bring the insights of Zen meditation to western audiences. She is also a trainer in conflict resolution and received the Utah Council on Conflict Resolution Peacekeeper Award in 2001 and the Peter W. Billings Award from the Utah State Bar for outstanding work in Dispute Resolution in 2003. Diane is based in Salt Lake City, Utah.

TERRY PATTEN serves as Co-Director of the Integral Life Practice Center at the Integral Institute. For fifteen years, Terry was a student and editor for *Adi Da* during which time he co-authored the book *Garbage and the Goddess*. He is best known as the founder and guiding spirit behind the *Tools For Exploration* catalogue, which first gathered in one place the many emerging brain-mind machines, subtle energy tools, and other cutting-edge technologies for expanding awareness. He is currently co-authoring a book with Ken Wilber on *Integral Life Practice* and was featured in the ILP Kit developed for the Integral Institute. Terry is based in San Rafael, California.

THIS IS AN INCREDIBLE TEAM OF INTEGRAL LIFE PRACTITIONERS & INTEGRAL COACHING® TRAINERS.

WE LOOK FORWARD TO SUPPORTING YOUR DEVELOPMENT.