

Deep Coaching



During this course, you will explore and experience different degrees of human consciousness and self-discovery. The pathways that emerge will allow you to integrate your understanding of transformation on a deep level. It seeks to answer fundamental questions regarding human nature and the interplay between individual function and unlimited awareness.

This is achieved by learning and practicing powerful and value-based coaching methods that widen your capacity for awareness without constriction. This unique course is based on overarching frameworks of spiritual development, taken from decades of personal growth activities and practices. Its underlying approach is based on varying spiritual paths, including Sufi and Buddhist teachings, contributing a diverse breadth of insight into what can keep us spiritually focused, and learning how to impart that deepening knowledge to others. It is an 'Integral Transformation' course stretching all the four dimensions of integral awareness. The prerequisite for Deep Coaching is Module I of The Art and Science of Coaching.



This course is for:

- people with a background and expertise in coaching
- people wanting to develop a niche in spiritual coaching
- Neuro-linguistic and mindfulness practitioners
- facilitators, coaches, therapists and people with a focus on human transformation
- yoga teachers.



You will walk away with

- ✓ **learnings** on the deep coaching approach to inner growth
- ✓ **a thinking** process on inner growth applied in scientific terms
- ✓ **a more** aligned self to an inner, personal development journey
- ✓ **a shift** past personal intimacy issues into deeper connection
- ✓ **resolution** to personal conflicts with others
- ✓ **development** of higher level thinking through a coaching vision
- ✓ **alignment** of metaphors to the inner personal development journey
- ✓ **stronger** “WE” thinking as a key area for human development and the key distinctions within it.
- ✓ **a deepened** and expanded commitment to your coaching practice and clients
- ✓ **expanded** spiritual coaching skills from a spiritual perspective
- ✓ **recognition** of a larger flow of intelligence operating in your coaching sessions so that you can hold a larger field of consciousness
- ✓ **trust** in a deeper knowledge supporting the client’s journey
- ✓ **ability to hold** different emotional states while developing the flexibility to access an unconditional ‘coaching space’ for your client

Program Curriculum

Duration

Time: 4 day course on-site or
8 weeks online

Frequency: Once a week

Duration: 3h15 minutes per week



Module 1

The Coach Position Stretch

One place where people can actively make powerful gains with inner awareness is in developing an effective coach position with both clients and their own inner “mind theater.” As a coach, you will learn to hold a high-level coach position so they become flexible while supporting your clients. This is achieved by learning specific meditation techniques.

Module 2

The Perceptual Position Stretch

In this module, you will learn to create a strong ability to step into different points of view. Often people don't even know that they are locked into certain perceptions. You will learn to support you to become flexible with these inner awarenesses. This will allow for a wider ‘possibilities’ way of thinking that opens up new paths and choices.

Module 3

The Relationship Stretch

This area allows for the participant to expand their level of relationship awareness. People sometimes dissociate from their own spiritual advances because of relationship fears. When you develop spiritually you notice how people are essentially whole and also similar to you in their desire to grow further. You will learn to notice the ‘shared bonds’ that people have. This allows you as a coach to respond to each person/client, based on the awareness of their unique gifts.

Module 4

The Time Stretch

In the fourth module, you will move into the experience of “all humanity through time”, stretching the awareness out to a time frame that includes thousands of years of humanity's advance, an awareness which includes this moment and all moments in an integrated way. Once you have discovered these distinctions you can create a more comprehensive map of inner wholeness. This allows you as the coach an ability to explore different qualities of consciousness with the client and develop a wide field of awareness, yet still very much the client's own passionate journey. When you work with your client's basic assumptions, they can communicate broader perspectives and therefore envision new possibilities for their lives.