

Structure: *Professional Coaching Course (PCC)*

Section	Key Components / Activities
Session One (4 days)	<ul style="list-style-type: none"> • Build a strong and supportive community • Cultivate your capacity to be present, mindful and a skilled observer • Coaching from the course leader • Personal development plan
<i>Between Sessions One and Two</i>	<ul style="list-style-type: none"> • Engage in your personal development program • Readings, written assignments and meetings with coach and pod members
Session Two (5 days)	<ul style="list-style-type: none"> • Three core models of an integral approach to coaching • Stages of coaching relationship • Elements of a coaching proposal • Designing and conducting an integral programme of coaching • Somatic coaching
<i>Between Sessions Two and Three</i>	<ul style="list-style-type: none"> • Begin to coach three to five clients • Submission of two recorded coaching sessions • Continue with your personal development plan, reading, and written assignments with the support of pod, pod mentor, and other faculty
Session Three (4 days)	<ul style="list-style-type: none"> • Practice with “guest client” • Practice with classmates • Receive direct feedback from coaches acting as observers
<i>Between Sessions Three and Four</i>	<ul style="list-style-type: none"> • Continue to develop your coaching skills by working with clients • Submission of four recorded coaching sessions • Write up case descriptions • Receive feedback on recorded coaching sessions • Continue with your personal development program, reading, and written assignments
Session Four (4 days)	<ul style="list-style-type: none"> • Certification process • Live coaching and discussion of case studies • Receive feedback on your live coaching • Day of closure and gratitude