

# The Transpersonal Coach

An Advanced Coach Training Programme

Leading to an award with Middlesex University (optional)

## The Transpersonal Coach

*"If we look for where the positive energy is, the vitality, and the spirit, and explore and build on it, then this is what will grow within an individual or a company."* Sir John Whitmore, author "Coaching for Performance"

Transpersonal coaching combines emotional and spiritual intelligence development with the aim of enabling an individual to identify and perform from their highest potential.

It is fast becoming recognised as the leading coaching approach in leadership development because the transformational personal work that the individual leader experiences with this style of coaching is essential in becoming a 'transformational' leader.

As with leaders, so with coaches – if you wish to become a coach who works with clients at a transformational level, your own personal transformational journey is part of your learning process. As is having access to the tools and techniques that facilitate personal transformational change – tools that go way beyond the standard GROW model and that incorporate 'self-transcending' concepts.

*So as a corporate or lifestyle coach, are you ready to step into your Mastery and take your coaching practice to a whole new level?*

Transpersonal coaching enables the individual to get in touch with their deepest, truest, unconditioned, authentic self so that they can connect with, inspire, influence, lead and develop others from an uninhibited, non-competitive, non-judgmental, non-controlling, and truly collaborative space.

As a corporate or lifestyle coach, does this describe you? Are you able to sit comfortably in an uninhibited, non-judgmental, non-controlling space with your clients? Do you easily connect with, inspire, and influence others and enjoy great success with your own work and in many aspects of your own life?

## Becoming a Transpersonal Coach

### Who is this programme for?

**Intermediates:** You have really good coaching skills and do excellent work with your clients, and you would like to move to Master level – you know you can raise your game even higher. Or maybe it feels like there is a piece of the puzzle still missing – that you could be doing more to help your clients transform their working and personal lives and you need some new ideas, inspirations, tools and techniques.

**Intuitives:** You have a natural empathy and understanding of emotions and intuition that enables you to do powerful personal change work with your clients. You would like to develop your specialism, your niche, and your trusted authority. Or perhaps you would like to put more structure to your current approach with new transformational tools and techniques.

To become a Transpersonal Coach, there are two key aspects to your learning and development:

- Understanding, practising and mastering emotional intelligence, quantum, and spiritual concepts, skills, tools and techniques within your work as a coach
- Embracing transpersonal attitudes and behaviours within your Self

These will enable you to:

- Help your clients understand that *“We don’t see things as they are, we see things as we are.”* (Anaïs Nin)
- Guide your clients to experience the world from whole new perspectives so that they can become truly choiceful, open to endless possibilities, and positively creating the outcomes they want in their lives
- Become a role model for others to follow – someone who walks the transpersonal walk and who experiences the powerful personal and professional outcomes of self-transcendence and true authenticity

## About The Programme

This programme in Transpersonal Coaching is a blended learning programme which can lead to a postgraduate award with Middlesex University in the UK. The course runs over 9 months using a virtual platform and explores these key areas:

**Personal Mastery:** The Transpersonal journey starts with the Self. We explore in-depth the personal attitudes and behaviours required of a Transpersonal Coach, and guide you to embracing your own Self Mastery so that you may experience the self-transcendence essential for Transpersonal Coaching.

**Facilitating Transpersonal Change:** We explore the Transpersonal Coaching relationship and how to facilitate change through 'meeting' another, deep listening, self-esteem building, neuro-training, processing emotion, determining meaningful goals, passion and influence, universal laws, quantum skills.

**Transpersonal Concepts:** You will gain an expert understanding of the emotional intelligence, spiritual and quantum concepts that underpin Transpersonal Coaching, including the Mindfulness and the Mind-Body link.

**iPA Accreditation:** This programme includes your accreditation in the Individual Potential Accelerator profiling and development tool (see page 6).

### Blended learning

The programme uses the following interventions: webinars, live Q&A calls, online sharing, workbooks, recommended reading, reflective learning, and tutor and peer feedback. A full schedule of learning will be agreed with you on application.

## Emotional Intelligence in Coaching

As a delegate on this programme, you will explore how your own emotional intelligence is impacting on your ability to coach others in a transpersonal way, and how it provides you with the coaching awareness and tools to help others develop the healthy attitudes, behaviours and skills that enable them to recognise and achieve their own potential.

The definition of applied emotional intelligence is:

*“Thinking about feeling, and feeling about thinking, when choosing what to do.”*

Developing your own emotional mastery enables you as a coach to:

- Value and believe in yourself, and your contribution to the coaching relationship, whatever the experience
- Hold your clients in high esteem even if you may not understand or agree with their behaviour
- Appreciate and value that every client has their unique story that sits beneath the person they present to the world
- Manage yourself effectively so that you remain present and an open channel for your client
- Hold your clients accountable in a gentle, firm but non-judgmental way that facilitates real change and possibility
- Understand the workings of emotion and be comfortable working at a deeper level with your clients, whilst keeping you both ‘safe’
- Share knowledge and insight about emotional intelligence that your clients might not otherwise have access to
- Strengthen your empathic listening and questioning skills to facilitate transformation
- Be a strong, positive role model that enables others to see their own potential too

## The iPA Profiling Tool

The Individual Potential Accelerator, known as the iPA, is a powerful personal profiling and development tool, administered online, that helps the individual explore their 'relationship with self' and their 'relationship with others', and the impact these both have on achieving desired goals, and on being authentic and known, liked and trusted. The iPA is now being used successfully on leadership development programmes to help leaders explore the impact they are having on others through their leadership interactions.

The iPA is a highly effective and transformational coaching tool because it challenges:

**Judgments – No more labels, pigeon-holing and being put in a box:** The iPA's non-judgmental approach aims to highlight your coachee's unique attributes and potential, as well as their interferences to effectiveness and high performance. It does not seek to define who they are or infer that they should change, rather it helps them rediscover their deeper, wiser, unconditioned self.

**Resistance – No more 'So what? – that's just how I am':** The iPA encourages your coachee to take responsibility for their feelings, behaviours and choices, and to recognise the impact these have on their life outcomes and relationships. It focuses on how to enhance the positive elements of their personality, and manage the unhelpful aspects.

**Frustration – No more 'So what can I do about it?':** Throughout the personal iPA profile, your coachee is encouraged to explore their current behaviours and attitudes, what changes they could make if they choose to, and how to go about that. A substantial, interactive e-workbook also comes with the profile to help them take positive steps forward, either on their own or with your guidance as their coach.

This powerful personal change tool is administered online, has an optional 360 profile, includes an extensive 'Next Steps' workbook, and is now also available as a 'light' version. Your accreditation means you will also join our growing collaborative community of accredited iPA coaches. Find out more about the iPA tool at [www.ipatool.com](http://www.ipatool.com).



## The Learning Outcomes

The aims of the programme are to enable you to:

- Appreciate and evaluate personal strengths and qualities, and those of others, as well as areas for personal change
- Recognise and critically discuss the impact personal emotional intelligence has on personal, leadership and coaching performance
- Understand and reflect on how your own thoughts and feelings define your own behaviour, impact on the success of personal change endeavours, and affect different relationships and interactions with others
- Be self-directing in your continuing personal development, and learn from your personal emotional intelligence development experience to inform your coaching practice and your interactions and work with others
- Understand and critically discuss the basic principles of, and links between applied emotional intelligence and transpersonal coaching

### What the programme offers you

On successful completion, you will:

- ▶ demonstrate expertise in the advanced professional skills of a transpersonal coach
- ▶ display personal mastery of a complex set of applied emotional intelligence principles
- ▶ conduct advanced professional coaching activity that facilitates personal and organisational change
- ▶ develop personal responsibility and accountability for personal learning, for decision making, and for the outcomes being experienced

## The Programme Schedule

Module	Focus of Module	Description	Learning Methods
<b>Module 1</b>	Applied Emotional Intelligence	Exploring the principles of Applied Emotional Intelligence, including self assessment (own iPA 360 profile)	Regular half hour webinars Live Q&A calls Workbook assignments One-to-one mentoring sessions Book and article reviews Online sharing and collaboration Reflective practice
<b>Module 2</b>	Personal Mastery	Developing own emotional intelligence and engaging in reflective practice to develop self awareness as a coach	
<b>Module 3</b>	Facilitating Transpersonal Change	Building on existing coaching skills to develop emotionally intelligent coaching practice, and coaching presence	
<b>Module 4</b>	iPA Accreditation	Getting to understand the iPA profiles in depth and how to use them effectively as a coaching tool for individuals and teams	
<b>Module 5</b>	Transpersonal Concepts	Exploring ideas around spiritual intelligence and other leading edge concepts, including quantum skills for coaches	
<b>Module 6</b>	Being a Transpersonal Coach	Embedding the learning from the entire programme to engage in sustainable transpersonal coaching practice	

## The Postgraduate Award

The university accreditation process is optional, and needs to be signed up to at the outset of the programme.

The programme lasts for 9 months.

Successful completion of the programme and the study assignments leads to an award of 20 post-graduate credits from Middlesex University. A work-based project with a 40-credit award can then be added via the University to gain a Postgraduate Certificate in Professional Practice.



Through the Transpersonal Coach accredited programme, successful students will be able to demonstrate that they:

1. Understand and can evaluate the different coaching frameworks and models and their application both in isolation and in tandem with Emotional Intelligence and non-EI frameworks
2. Have mastered core EI coaching skills such as active empathic listening and goal-setting to facilitate the release of potential
3. Have identified and achieved greater awareness and effective behaviour in self and can facilitate the same in others
4. Can select the most appropriate assessment measures and create their own development resources and exercises for accelerated client EI development
5. Understand and respect the inter-individual differences in people
6. Practise effective and ethical contracting to establish mutually beneficial objectives and procedures for all parties concerned

The programme requires 35 hours contact (taught) time over a 6-9 month period, plus 8 hours per week self directed study, exploration and practice. This totals 200 hours of study. If you apply yourself fully to the programme, and integrate and apply the learning within your day-to-day work and life, you will easily meet the self-directed study requirements.

This level of study is awarded 20 postgraduate credits. Full assessment criteria are provided in the course handbook.

## Your Course Tutor

This programme is designed and delivered by Amanda Knight of Minds4Success Limited.

Amanda Knight is a British speaker, published author, facilitator, and leadership expert. For over 12 years she has been working with entrepreneurs and corporate executives in mindset change and authentic leadership. She also teaches other coaches and personal development specialists in the concepts, tools and techniques of transpersonal change.



She is a UK thought leader on emotional intelligence, and co-author of the book 'Applied EI' (Wiley 2006), and has been awarded a postgraduate accreditation by a UK university for her emotional intelligence-based leadership and coach development certification programme.

Amanda is fascinated about why we so often resist change. She is passionate about helping people to more easily step through change and into their full potential, and she is particularly keen to promote the importance and significance of emotions in working with transpersonal concepts such as quantum skills.

As well as working with individual clients and groups, she also develops online resources to help the individual take charge of their personal development. She has co-developed an insightful personal profiling and development tool called the Individual Potential Accelerator (iPA) that is being used by coaches and trainers with their own clients. She has recently launched a 'mini' version of this tool, a personal success indicator which helps individuals and teams explore their current performance against 8 vital personal success factors including 'Positive Expectations', 'Resilience', and 'Healthy Control'.

## To Apply

Application is required in writing following a telephone interview with Amanda to ascertain that the course will meet your professional and personal development needs.

An application form is included with the course handbook. Entry to the optional post-graduate assessment occurs at the beginning of the programme and cannot be delayed due to the structure of the study modules and the assessment criteria. Full details are available on request.

To arrange a telephone conversation with Amanda, please contact her at [amanda.knight@minds4success.co.uk](mailto:amanda.knight@minds4success.co.uk).

## Your Investment

This programme operates at an advanced, postgraduate level and requires a high level of commitment on the part of the participant and the course provider. As such this is reflected in the price\* of the programme:

UK pricing: **£1,750** plus VAT with optional postgraduate pathway of £200 plus VAT

US pricing: **\$2,997** with optional British postgraduate pathway of \$360

A monthly instalment plan is available.

\*Pricing as at January 1<sup>st</sup>, 2012, and subject to change. Please check our website at [www.minds4success.co.uk](http://www.minds4success.co.uk) for current prices.