



DEEP COACHING INTENSIVE PROGRAM GUIDE

overview 01 structure 04 curriculum 06 peer coaching 11
completion & certification 13

OVERVIEW



True human transformation is an extraordinary process of personal evolution that is not easy for people to navigate. It can be confusing, filled with uncertainty, and leave people questioning their beliefs, values, and life direction.

The beauty of our Deep Coaching Intensive coach training program is that it's here not only to teach you how to coach deep transformative growth but also to help you evolve into a person who is capable of impacting the world in remarkable ways.

We're here to give you the confidence and capacity you need to serve others at the highest level of your being, becoming a catalyst for transformation and healing.

The DCI is a personal and professional development program designed to help you learn how to support profound self-discovery and transformative change.

It's as much for your own growth as it is for the people you serve, in part because we recognize that ultimately it is **our transformation that enables transformation...we become the 'presence that transforms.'**

WHAT IS THE DEEP COACHING INTENSIVE ALL ABOUT?

- Move beyond the limits of transactional coaching (results-based, issue-focused, solution-oriented)
- Understand the 'way of transformation' – the roadmap of the transformational journey
- Expand inner awareness to connect with an incredible range of wisdom and energy
- Learn to create the optimal conditions in which transformation unfolds naturally & organically
- Learn 9 powerful transformative Deep Coaching practices which will forever change the potentials of your life and work
- Help others connect with their authentic self, and to live life more aligned to that state of being
- Bring higher levels of joy, peace, and acceptance into your sessions. They will become spacious, enlivening experiences for others
- Enhance your listening skills to perceive a broader spectrum of insights, energies, and wisdom
- Tap into the intelligence of the spiritual heart, fostering a coaching approach rooted in the heart's perceptual and sensing capacities
- Learn to recognize and foster a partnership with emerging potentials born of the higher Self

WHAT ARE DEEP COACHES INTENDING TO DO FOR THEIR CLIENTS?

Transformation is itself a journey that takes us into the depths of who we are, in essence, beyond the limitations of our ego-based self. Deep Coaches...

- Support the journey of awakening and self-actualization
- Nurture the emergence of new or higher 'ways of being'
- Create a vibrant space which shifts the inner place from which people operate
- Assist people to connect with their own inner guidance and innate wisdom
- Be a conduit for releasing limiting ego-patterns and old ways of being
- Hold the focus on the higher frequencies of love, trust, peace, joy and possibility
- Hold them accountable to their own innate potential and possibility

WHAT ARE THE QUALITIES OF A DEEP TRANSFORMATIONAL COACH?

The program introduces the approaches, practices, and tools of Deep Transformational Coaching which enhance your capacity to create and hold transformative spaces that make a profound difference in people's lives.

The Deep Coaching Intensive is one-of-a-kind program in its ability to impart the knowledge and skills which foster the emergence of new and higher ways of being. This capacity will take your life and work into new paradigms of experience.

You are likely considering this program because you:

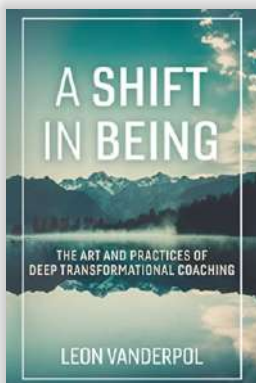
- Feel the desire to support people in transformative ways
- Sense there is much more that can be done with your clients
- Hear the call to bring greater levels of heart and soul into your sessions
- Desire to drop below the surface-level issue and get to the essence of the matter
- Develop your own capacity to be a transformational presence in the world

The entire program is designed to be interactive and experiential with an emphasis on practical learning through application.

Expect laughter, joy and authentic relationships as we explore the sacred ground within ourselves through powerful conversations and transformative practice.

It will be transformational for you!

REQUIRED READINGS



For each class we will be working with specific chapters from this book:

Leon VanderPol – A Shift in Being: The Art and Practices of Deep Transformational Coaching.

Available on Amazon and other online book retailers.

As part of the program tuition, you will receive a copy of the book. It will be sent to you once you register.

STRUCTURE

FOUNDATION

The first part of the DCI imparts all concepts and knowledge related to the Deep Coaching approach and integrates it with ICF competencies. Foundation also offers a peer coaching program to encourage practice of the Deep Coaching approach from the beginning of the course.

12 WEEKS



MASTERY

The second part is designed to deepen student's understanding of Deep Coaching through direct experience. Participants observe and discuss a series of Deep Coaching sessions led by the learning leader which expand their understanding of how the approach works across a range of personalities, situations, and issues. Participants also engage in a number of practice sessions. This is akin to supervised mentor coaching, and through feedback from the learning leader, participants receive the direction and support needed to master Deep Coaching.

To successfully complete Mastery, participants submit two audio recordings to the learning leader for assessment and feedback. These recordings will demonstrate the participant's capacity and progress with the DC approach. Upon successful completion of all DCI requirements, participants receive certification as a Deep Transformational Coach.

12 WEEKS

MAIN LEARNING OBJECTIVES

CONCEPTUAL KNOWLEDGE

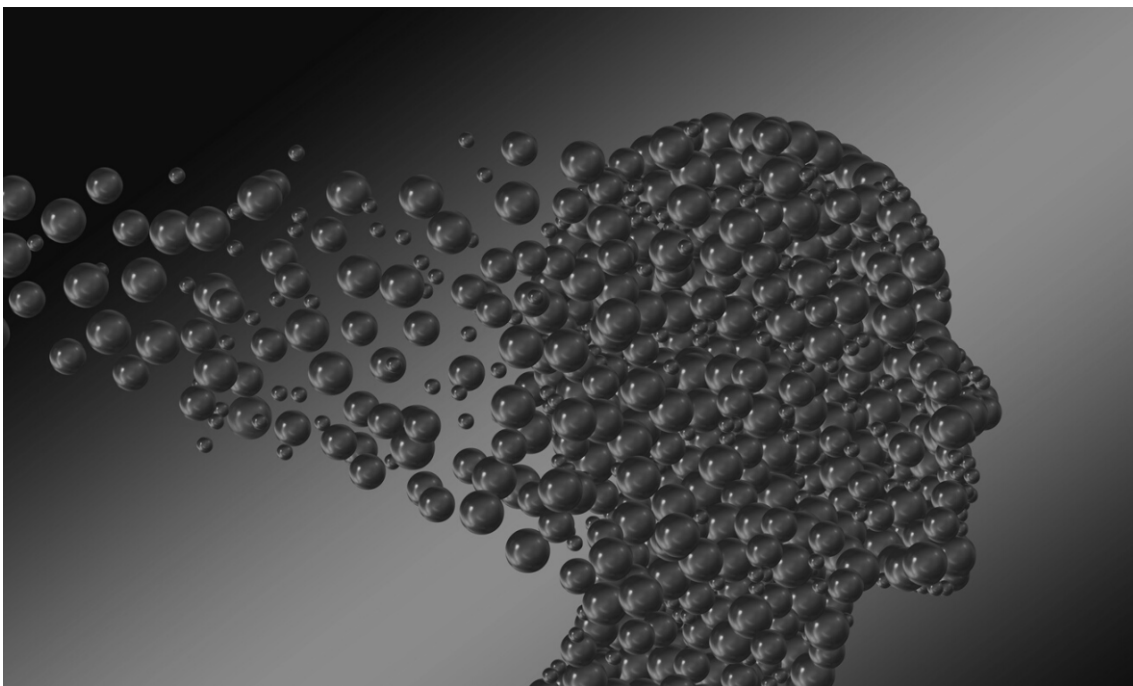
The key concepts here are understanding what transformational coaching is (as an approach), understanding the dynamics of human transformation, and how to create the conditions within a coaching space which optimize transformative change and enable deep shifts in awareness.

PRACTICAL KNOWLEDGE

Transformative models and Deep Coaching practices are introduced which help participants move beyond transactional coaching methods, dive deeper into a person's psyche and 'inner operating system', and enhance the power of their personal presence.

SELF KNOWLEDGE

The most important dimension of all great transformational coaches, knowing — Who am I? What does my life and work stand for?



CURRICULUM



0. PRE COURSE

Approximately 10-days prior to the start of the DCI you will receive the information needed to prepare for the course, including setting up your Learnsite account.

1. FOUNDATION

week 1 - 12

Foundation introduces the full scope of the Deep Coaching approach.

2. MASTERY

week 13 - 24

Mastery focuses on deepening understanding, integration and capacity with the work. It is designed to immerse students in real-life application through enhanced observation, continuing practice, and mentoring.

Listed are the core concepts introduced each week during Foundation and Mastery. Along with conceptual knowledge, each week will have an experiential Peer Coaching assignment so that you are putting the conceptual knowledge into practice



01

ORIENTATION - CONNECTING

- Learning leader and participant introductions
- Tutorials: how to use the conferencing service and forum features
- Peer coaching program: set up and how it works
- Course protocols and expectations
- Course completion requirements

02

THE JOURNEY OF TRANSFORMATION

- The Coaching Continuum: moving from transactional to transformational
- Deep Coaching: an introduction to its core principles and tenets
- Transformational models: stages and patterns of human transformation
- What it means to hold space for transformation
- Deep Coaching Practice 1: Slow it all down

03

LEVELS OF ENGAGEMENT

- The Four Levels of Engagement
- Coaching at the level of 'being'
- Transformative Practice
- The qualities and characteristics of a Deep Coaching space
- Raising the vibrancy of your coaching presence
- Deep Coaching Practice 2: Release your agendas; live your values

04

THE SELF-CONCEPT

- Our self-concept: what it is and how it is structured
- Transformation and the evolution of our self-concept
- Core beliefs and limiting core beliefs: how they impact life experience
- Coaching approaches to working with the self-concept
- How Deep Coaching works to reconfigure or release limiting core beliefs

05

TRANSFORMATION AND HEALING

- 5 key roles of the Deep Coach
- Images of 'healing'
- The relationship between healing and personal transformation
- The role of spirit or spirituality in transformational processes
- Deep Coaching Practice 3: Nurture healing spaces

06

DYNAMICS OF TRANSFORMATION

- The dynamics of transformation
- The 'generative potential': connecting with what is emerging
- Engines of transformation: 6 drivers that accelerate transformative growth
- Deep Coaching Practice 4: Working with silence

07

DEEP COACHING IN ACTION

- Structuring a Deep Coaching session
- The Three Intelligences: tapping into multiple sources of information
- Accessing the heart's intelligence
- Observe a Deep Coaching session (learning leader as coach)
- Deep Coaching Practice 5: Coaching more from the heart, less from the head

08

ACCESSING THE DEEPER SELF

- The Four Levels of Listening: Shifting the inner place from where we operate
- Generative listening: beyond empathetic listening
- Deep Coaching practice 6: Attune to the deeper Self and let that lead
- Shifting 'ways of being': how Deep Coaches enable shifts in consciousness

09

WORKING WITH EMOTION AND PAIN

- What 'pain' is and its relationship to transformational processes
- Levels of comfort (and discomfort) with the expression of pain in a session
- How Deep Coaches work with emotions and pain
- Deep Coaching Practice 7: Expanding your capacity to be with pain

10

THE EMERGING POTENTIAL

- Presencing: seeing from our deepest source
- Attuning to the 'emerging potential' within ourselves and others
- Listening for the readiness: what is there a readiness for?
- Facilitating authentic Self experiences in a coaching session
- Deep Coaching Practice 8: Foster the emergence of what wants to happen (inside and out)

11

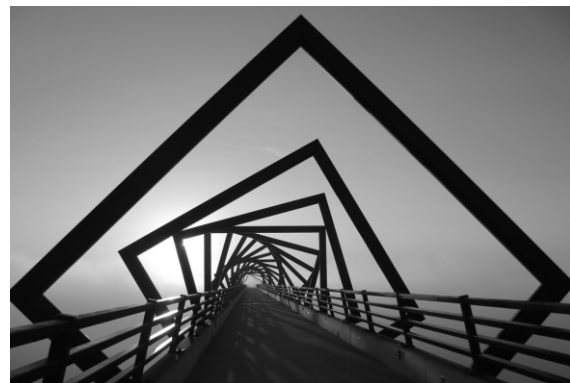
CULTIVATING TRUST

- Co-sensing Activity – gathering deep data
- Coaching the emerging selfhood: experiencing more of the 'I Am' in a session
- Committing to your own transformational journey
- Deep Coaching Practice 9: Cultivating trust in the mystery and magic of the process
- Final assignments for completing Foundation

12

CRYSTALIZING

- Wrapping up Foundation
- Crystalize key learnings
- Preparing for Mastery



13-19

DEEP COACHING SESSION OBSERVATION

- Each week for the session observation classes, one participant will be coached by the learning leader. These live sessions compliment a series of audio Deep Coaching sessions which are part of the weekly assignments
- The purpose of observing these sessions is to provide participants the experience of how Deep Coaching works across a range of situations, issues, and personalities
- As in Foundation, Mastery has a Peer Coaching component. Participants are encouraged to continue applying the DC practices and related ICF competencies into their practice sessions to deepen their capacity with the approach
- Each session observation class also introduces an exercise that is related to a key aspect of Deep Coaching. These experiential activities continue to expand awareness of DC beyond the theoretical and into the practical and pragmatic

20-23

DEEP COACHING PRACTICE SESSIONS

- Each week for the practice session classes, at least one participant will coach another participant and always positioning 'coach as learner
- Peer Coaching continues and participants continue applying the Deep Coaching practices and related ICF competencies into their practice sessions to deepen their capacity with the coaching approach
- Class sessions are observed by the learning leader, who provides support/guidance as needed during the sessions, and feedback upon completion. Feedback covers the demonstration of the 9 Deep Coaching practices as well as ICF Coaching Competencies
- The practice sessions prepare participants for submission of the session recordings required for course completion and certification

24

WRAPPING UP

- A final class to wrap up the Deep Coaching Intensive - a time to reflect on and celebrate our learning journey

MASTERY

PEER COACHING



As you will be learning 9 transformative Deep Coaching practices, you will begin putting them into practice from the second DCI class onwards, both in the classroom, with your peers, and potentially with any clients you currently have.

In many ways this is one of the most powerful parts of the program. It is the place where theory meets practice, where you can implement and apply the skills and techniques you will learn.

As a coach you will have the opportunity to practice the many Deep Coaching skills you learn in the program. Then, with the feedback you receive from your clients together with your own reflection, you have the ability to enter a cycle of continuous improvement.

PEER COACHING REQUIREMENTS

AS A **COACH**

Must coach other participants for a minimum of 8 sessions. Each session will be a minimum of 1-hour in length. Sessions will be divided as

Part 1 - Foundation: 4 sessions

Part 2 - Mastery: 8 sessions

You are encouraged to coach more if your schedule allows, either peer clients or external clients.

AS A **CLIENT**

Must be a client to other DCI participants for a minimum of 8 sessions. Each session will be a minimum of 1-hour.

Sessions will be divided as:

Part 1 - Foundation: 4 sessions

Part 2 - Mastery: 4 sessions

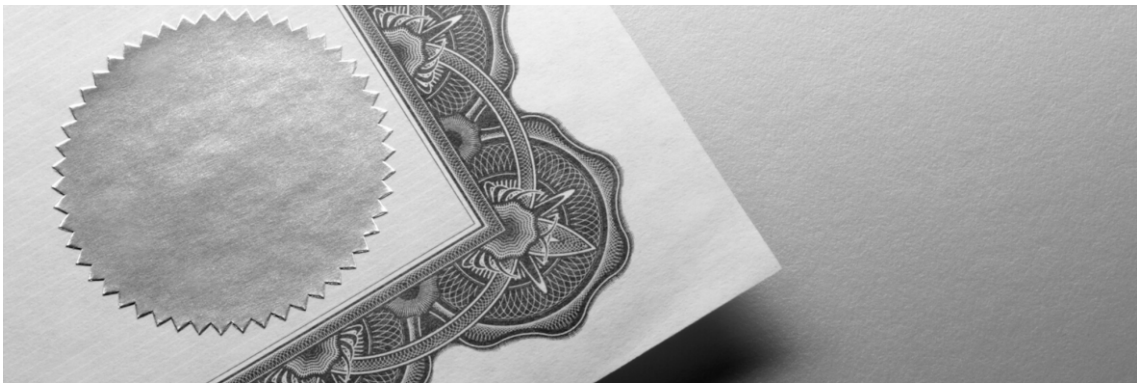
Beyond the 8 sessions, you may be coached as often as you'd like.

LEARNING **OBJECTIVE**

Through Peer Coaching you will learn how

- How to coach and live more from the heart, less from the head
- What it means to Nurture healing spaces, and hold space for healing
- To trust in the mystery and magic of the transformational process
- To understand your coaching skills and strengths in relation to the deep coaching approach
- To identify opportunities for further learning and development
- How to energize shifts in being that are fundamental to transformative growth
- What transactional coaching methods you may need to 'unlearn'
- How to let go of reliance on the intellect as the source of coaching inspiration
- To deepen and expand your coaching presence

COMPLETION & CERTIFICATION



The program is not graded; it is complete/incomplete. Completion of Foundation allows you to move on to Mastery.

Part of the completion requirements includes a final paper (max 1000 words), a demonstration of your capacities as a Deep Coach in at least one of the two audios submitted for assessment, and the completion of a Deep Coaching Knowledge Test (40 multiple choice questions).

Should Deep Coaching proficiency not be met in those recordings, further recordings may be submitted until such time as proficiency is demonstrated at an additional fee.



To receive certification, participants must attend a minimum of 19 of the 24 classes live, unless agreed upon in advance. For all participants, all 24 classes must be attended or by listening to the class recordings to complete the program.

For missed classes, a 'learnings and take-aways' form is submitted to your learning leader in order to receive credit for attending.

Certification as a Deep Transformational Coach is awarded upon successful completion of all program requirements.

TIME COMMITMENT

TRAINING HOURS

- Classroom Study (Synchronous Learning): 42 hours
- Self-Study (Asynchronous Learning): 40+ hours
- Peer Coaching: 16+ hours (8 hours as coach; 8 hours as client)

WEEKLY BREAKDOWN

- Classroom Study (Synchronous Learning): 2 hours
- Self-Study (Asynchronous Learning): 2 hours
- Peer Coaching: 1 hour

The DCI is an 'intensive', therefore as part of your personal commitment to learning the art of Deep Coaching, it is recommended that you make appropriate time in your life for this course.

ONLINE CLASSES

As our programs are delivered online, we use the Zoom conferencing platform (<https://www.zoom.us>). This simple-to-use technology provides a host of features that make online learning an engaging and enjoyable experience.

All tele-classes are interactive and experiential with an emphasis on discussion and practical learning through application.

Recordings are made for each class and available within 24 hours. You can download these recordings and keep them as long as you'd like.

You will also have access to your course learnsite and materials for 1 year after the DCI ends.

CERTIFICATION & CONTINUING COACH EDUCATION UNITS (CCEU)

Upon completion of the DCI you are eligible to receive **40 CCE Units**. (31.5 Core Competencies + 8.5 Resource Development). You can use this to renew your ICF credential or add to your credential application via the ICF Portfolio Path.





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