

Structure: Professional Coaching Course (PCC)

Section	Key Components/Activities
Session One	<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	<ul style="list-style-type: none"> ▪ Three core models of Integral Coaching ▪ Stages of coaching relationship ▪ Elements of a coaching proposal ▪ Designing and conducting an Integral Coaching program ▪ Somatic experiencing
<i>Between Sessions Two and Three</i>	<ul style="list-style-type: none"> ▪ Begin to coach three to five clients ▪ Submission of three 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	<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 ▪ Write up case descriptions ▪ Receive feedback on recorded coaching sessions ▪ Continue with your personal development program, reading, and written assignments
Session Four	<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