



WISDOM OF THE **WHOLE**
COACHING ACADEMY

60-Hour Coach Training Course Bundle

Details, Completion Requirements and Terms and Conditions

30-Hour Core Competency Course details: 30 hours (18 hours of teleclasses, 12 hours of online coursework)

The coaching model taught at Wisdom of the Whole Coaching Academy applies to a wide range of practice areas and professions. For example, coaches trained at Wisdom of the Whole Coaching Academy have applied their training to the fields of healthcare, consulting, leadership, education, equine therapy, and as an adjunct to therapy.

Faculty: To Be Determined

Learning Objectives:

1. Describe 3 benefits of using Jean Gebser's model for coaching.
2. Describe 4 differences between a conversation with a friend and a coaching session.
3. Describe how a coaching agreement is set up at the beginning of a coaching session.
4. Describe 3 behaviors of coaches that are essential to building a good relationship with their clients.
5. List 4 approaches, attributes, or strategies that can be used to avoid leading the client.
6. List 3 things that promote a shift in momentum, action, perspective, or awareness.
7. Define underpromising.
8. When a client is stopping a behavior, describe 2 reasons why it is important to add a new behavior that replaces the benefits of the old behavior.
9. Describe 2 ways that silence can deepen a session.

30-Hour Course Completion Timeframe:

You have **5 months** from the start of the course to complete the 30-Hour Core Competency Course. Upon enrollment, you will be sent an email with instructions on how to log into Moodle for online assignments and accessing teleclasses.

30-Hour Course Completion Requirements:

- Attend & participate in teleclasses and complete make-up work as needed
- All online coursework including answering the questions in your Self-Reflective Journal
- 5 Coaching Sessions with your Dyad partner and feedback logs,
- 5 Volunteer Coaching Sessions and coaching logs,
- 2 Student Advisor Meetings,

- Course Evaluation

Advanced Tools: 15 hours (online coursework + optional voice-to-voice teleclasses)

Faculty: To Be Determined

Advanced Tools Learning Objectives:

1. Analyze the Archaic Structure of Consciousness and appraise the use of coaching tools based on an Archaic perspective
2. Analyze the Intuitive Structure of Consciousness and appraise the use of coaching tools based on an Intuitive perspective
3. Analyze the Mythical Structure of Consciousness and appraise the use of coaching tools based on a Mythical perspective
4. Analyze the Mental Structure of Consciousness and appraise the use of coaching tools based on a Mental perspective
5. Analyze the Integral Structure of Consciousness and construct a personalized understanding of coaching tools based on an Integral perspective

Advanced Tools Completion Timeframe

Upon commencement of the Advanced Tools course, you have **3 months** to complete the online coursework assignments. You will be auto-enrolled in Advanced Tools and sent instructions for accessing the course in Moodle.

Advanced Tools Completion Requirements For Continuing Nursing Education (CNE) Contact Hours & Nurse Coach Certification

You have 3 months to complete:

- All online coursework assignments
- 5 Dyad sessions using specific tools
- 1 Student Advising Session
- Course Evaluation
- Teleclass (optional for CNE) provides a time for discussing challenging client situations.

For International Coach Federation (ICF) Coach Specific Training Hours

You have 3 months to complete:

- Attend the Teleclasses
- 5 Dyad coaching practice sessions (using specific tools) & feedback forms

- Course Evaluation
- Online videos and quizzes are optional

For International Coach Federation (ICF) Continuing Education Units

You have 3 months to complete:

- Online coursework is required
- Attend a minimum of 2 teleclasses
- 5 Dyad coaching practice sessions (using specific tools) & feedback forms
- Course Evaluation

Practicum - 15 hours (15 hrs of voice-to-voice teleclasses)

Faculty: To Be Determined

Practicum Learning Objectives:

The purpose of this activity is to enable the learner to review, practice and improve coaching skills and to demonstrate the core competencies of holistic and integral coaching. At the completion of the course, learners will be able to:

1. Identify the four major headings of the ICF core competencies of coaching
2. List three tools from each of the four Structures of Consciousness (Mental, Mythical, Intuitive, Archaic)
3. Perform an Integral coaching session with clients or patients
4. Analyze an Integral approach in a coaching session
5. Classify the Integral tools used in an Integral coaching session
6. Critique the outcome of an Integral coaching session

Practicum Completion Timeframe

Upon commencement of the Practicum Course, you have 3 months to review the online materials. You will be auto-enrolled in Practicum based on your selection below and sent instructions for accessing the course in Moodle.

Practicum Completion Requirements

Please note: the online materials are provided as reference only in order to better support your learning.

- Attend & participate in teleclasses and complete make-up work as needed
- Skills Assessment via recorded coaching session
- Course Evaluation

Makeup Work Policy for:

Wisdom of the Whole Coaching Academy, International Coaching Federation (ICF), Continuing Nurse Education Hours (CNE), Nurse Coach (AHNCC), International Consortium for Health and Wellness Coaching (ICHWC)

The policy for successful course completion for coach training hours allows make up work up to 2.5 hours of missed live content per course. There is no make up for online coursework.

Instructions to Complete Makeup Work

CNE contact hours and Coach Specific Training Hours & Continuing Coaching Education Units through ICF: Submit a written summary as described below.

To Complete & Submit Makeup Work:

Listen to the missed content in the class recording (if a recording is unavailable, your instructor may determine a reading assignment covering the missed content). Write a summary of the concepts presented.

- If you miss 30 minutes of class, the summary must be 100 words;
- If you miss 1 hour of class, the summary must be 250 words;
- If you miss more than 1 hour of class, the summary must be 500 words.

Include the course name, your name, the date of the missed class, and the words "Summary of Missed Class" in the body of your work. Example: "PR618 Susan Student 5.24.18 Summary of Missed Class". Submit your Summary through Moodle, our online learning platform, by posting it in your Self-Reflective Journal

If you require an extension to complete your makeup work, email your assigned faculty as provided on the class roster.

Approval Information

Nurse Coach:

30-hour Core Competency Course: Approved to award 30 CNE through July 3, 2021.

Advanced Tools: Approved to award 15 CNE through November 20, 2021.

Practicum: Approved to award 15 CNE through October 24, 2021.

These continuing nursing education activities were approved by the American Holistic Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Approval for contact hours through the American Holistic Nurses Association (AHNA) is based on an assessment of the educational merit of this program and does not constitute endorsement of the use of any specific modality in the care of clients.

Provider approved by the California Board of Registered Nursing, Provider Number 14276

National Board for Health and Wellness Coaching (NBHWC):

Wisdom of the Whole Coaching Academy is approved as a transition program through NBHWC until the permanent phase requirements are established.

International Coaching Federation (ICF):

Wisdom of the Whole Coaching Academy 60-Hour Program is approved until July 31, 2020.

Costs, Cancellation, Non-Discrimination, and Conflict of Interest Policy

Costs: You are responsible for your own phone and internet access charges.

Cancellation Policy: All sales are final. No refunds on cancellations are allowed. This includes all payment plan arrangements. Courses may be postponed and credit held on account for future courses.

Non-Discrimination Policy: Wisdom of the Whole Coaching Academy, LLC will not discriminate in its educational programs, activities, or employment practices, based on race, color, national origin, sex, sexual orientation, gender identity, disability, age, religion, ancestry, union membership, or any other legally protected classification. Announcement of this policy is in accordance with state and federal laws. Participants who have an inquiry or who need information about accommodations for persons with disabilities should contact Dr. Linda Bark at 510-864-2006.

Conflict and Financial Disclosure:

The planners and adjunct faculty have declared no conflict of interest related to this activity. Linda Bark PhD, RN, MCC, NC-BC, a program planner/presenter and founder of Wisdom of the Whole Coaching Academy, LLC receives monetary compensation from tuition and publication sales related to this course. Each student is provided two copies of Linda Bark's textbook as part of their tuition; therefore, sale of the book is never promoted in the class. All planners and presenters have agreed to present the course materials free from bias or promotion.