

# Integral Practitioner Coaching Programme

ACTP accredited (Accredited Coach Training Provider) ICF

## THIS PROGRAMME IS FOR YOU IF:

- You are wanting to become a Certified Coach or Next Level Leader
- You are wanting to embark on a deep Personal Transformational Journey
- You are wanting to live and study Integral Theory and Practice
- You are wanting to add Integral U Coaching as a powerful skillset to your vocation



The Coaching Centre's **Integral U Practitioner Coaching Programme** is a leading Coach Training, Personal & Professional Development journey that introduces you to the core and critical components essential for navigating your understanding of self, others, cultures and systems within the field of coaching. It builds multi-layered capacities, equipping leaders and those wanting to 'become' integrally embodied coaches through custom developmental paths. Our purpose in this work is to support those who want to work towards a way of conscious and skillful being for a world that needs us to 'do human better' while gaining access to a global community.

This **online**, 14 month facilitated programme is grounded in experiential and embodied learning that integrates theory and practice through Integral U learning methodologies and processes, encouraging you to develop your own learning through reflection, self-motivation and self-organisation.

This **methodology** provides a comprehensive and inclusive blueprint, an Integral Operating System, for understanding human development and consciousness. This is used internationally for its ability to assess, design, and intervene through a quality of attention that provides sustainable and far-reaching impact for leaders, teams, and coaches who are trained in this way of thinking and action. Through modules that focus on coaching in and for change, health, diversity, resilience, systems and in the African context, coaches and leaders are equipped in order to find their own signature presence, model and process of coaching that are grounded in professional key competencies, whilst being guided through integral awareness, mapping and practice, resulting in sustained vertical learning.

## REGISTRATION NOW OPEN

**Date:** 23 February 2023

**Modality:** Virtual Classroom

**Investment:** R93 500 incl VAT

(Enquire about our international rates)

### IPCP Modules

1. Fundamentals of Integral U Coaching Practice
2. Change Perspectives
3. Coaching Presence
4. Coaching as a Way of Being
5. Coaching in Diversity
6. The Interpersonal Space
7. Models and Frameworks
8. Integral Health
9. Coaching Psychology
10. Coaching and Resilience
11. Integral Systems
12. African Wisdom

*The IPCP can lead to enrolment into the Masters in Coaching and Mentoring at The University of Wales. This is done through distance learning and is at an NQF level 9.*

In addition to being an internationally recognized Coach training provider, **The Coaching Centre** has been partnering with Leaders and Organisations for 20 years in support of leadership & team development and sustainable business practice



For an application form or further information, contact us at [school@thecoachingcentre.co.za](mailto:school@thecoachingcentre.co.za) /  
/ +27 72 491 5969 / [www.thecoachingcentre.co.za](http://www.thecoachingcentre.co.za)

## INTEGRAL U METHODOLOGY

Integral means inclusive, integrous, comprehensive, and holistic! Integral theory is a framework for engaging the most learned academics, sages, and wisdom holders whose offerings of enlightened intellectual, philosophical and spiritual history have been woven into a tapestry of disciplines which empower and enable us to navigate our world of human experience through a common language. By doing this it includes the richness of diverse cultures and approaches towards a unity principle of us as a humankind by acknowledging our differences or parts, and enabling us to see the greater whole.

### How does this help us?

- It enables us to take a journey through the key components of a deep understanding of human experience and our cultivation of consciousness from ego to wisdom leadership and practice
- Like any mastery practice, it is a journey of working from the simple to the complex and back to simplicity again – but from a more expansive range of visioning and sense making to see, feel, sense, and think further, wider, deeper and higher
- Through learning this common language we can more easily find each other across the board room tables, in our communities, and simply through relationship
- It is able to take this understanding into action for people to grow, and make impact in their world
- It serves as a language for connectivity and through our skilled, yet simple, means of cultivating integral coaching conversations, it bridges the barriers to understanding self, others, cultures, systems, and our environment & contexts in which we are called to operate
- It is the most essential map for understanding individuals and organisations that can be used in the most intimate of situations to global challenges
- It literally provides us with the most advanced GPS for which to navigate our lives
- Through passion, compassion, strategic insight, it touches our minds, our hearts and our hands in the work we do
- We do this by not shying away from the conversations that we need to have for us to find far better ways to *be and do human!* By finding the humanity behind our thoughts and deeds, both the darkest shadows and our brilliant light, to discover the patterns and links that are currently operating: both the upsides and downsides of these
- Through building this awareness and shifting it to an embodied practice it can take us from the negative spirals of constricted, limited and harmful ways of looking at a problem, a life situation, or national challenge to catalyzing a sustainable shift to a positive and expansive cycle that is focused on thriving
- By cultivating and growing and liberating our individual and collective intelligence through vision logic we learn to see more, grow the capacity to manage ourselves more, to actively work with complexity so as to regenerate economies, communities, societies, and our humane and spiritual connection to each other in the work we do and purpose for which we live
- Both the individual and collective wisdoms are engaged through the ongoing dance with each other in our subjective experiences to open our thinking to larger possibilities. This then becomes our being and doing as we take this insight and intelligence into the world of tangible results
- Importantly, it is up to each of you to find your own story within the framework and to work through your own personal and professional or organizational territories
- It moves beyond the privileging of western intellectualism and rational and the more masculine and agentic approaches: not to exclude them – but to include the feminine, the heart and the womb of knowing
- It is time for integration not exclusions. It is time for I am because we are. It is time for wholeness
- We start by listening – to the narrative – the story – and shift the limitations of the single story into the many stories to find connection.



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## How we do it!

- The learning is subtle so that what is complex goes largely unnoticed as we start with building the base and forming the groundwork to hold the new scaffolding of your structures of interpretation as you build your own unique understanding
- We include some traditional methods of learning and go beyond to use what is in fact our most successful way of learning: experiential, reflective, embodied practice into real life situations
- The beauty of the Integral U approach is that it starts with where you are located in your life, your context, and your own personal challenges and opportunities
- You co-design your journey: whether as an individual, a team, or as an organisation, guided and partnered by our very experienced integral practitioner consultants, coaches, *developmentors* (our branded specialists who accompany you on your full journey) and



facilitators and faculty to help you craft your journey in tailor made ways, to get you from where you are to where you want to be!

- More than that, we support you in getting to places that you never thought were possible through our deeply calibrated, researched, and practiced approach
- We engage in deep understanding of what it is to be human and how it is to really learn and access your own potential and talents while inviting you to see beyond the limitations of a narrow viewpoint
- We do this by accessing all parts of your human experience, the heart, the intuition, reason, the body, and that which goes beyond in deepest purpose
- We have a 20 year old proven methodology that is constantly refined in its relevance to our current challenges and capacitates each one with both internal and external capabilities for skillful action into the world of work and relationship, with the collective

organizational systems and technological platforms available

- The process and structure of our programme holds a rigour and invitation to engage your learning through incremental and developmental processes that are supported by teachings from the best in the world
- We have global experts and authors stream in to share experiences but the idea is to find your own inner leader to become a conscious citizen of the world through whatever expression your own talents offer to the world

## EMBODIED AND EXPERIENTIAL REFLECTIVE PRACTICE

The Coaching Centre is grounded in experiential and adult self-organised embodied learning where theory and practice go hand in hand until it becomes an embodied way of being. We draw from and include the most profound ways of working with human beings to bring about the life they want. Integral U learning methodologies and processes are offered, encouraging you, the participant, to develop your own learning through reflection, self-motivation and self-organisation.

You will be exposed to the core components essential for navigating your understanding of self, others, cultures and systems within the field of coaching. You will find your own unique way/model/process of coaching, grounded in the professional key competencies, whilst guided through integral awareness, mapping and practice, resulting in sustained learning.

This enables you to bring your experience and wisdom, let go what you think is not useful, include and transcend what you may want to take into your future with you, and bring about a new reality for yourself and your clients through quality attention and practice. While faculty will provide theoretical and experiential input, practice opportunities and supervision, you will be expected to participate outside the learning days in developing your own learning through practice and in-field experience.





## IPCP LEARNING OUTCOMES

- Become an integrally embodied practitioner coach who is able to choose where to make the most impact by immersing into the 5 core components for understanding human experience
- Have access to the world's most effective map for navigating human experience – the integral framework as brought to the world by the brilliant philosopher and psychologist, Ken Wilber and which has been uniquely adapted and applied through TCC to meet our African way with global impact
- Engage in a transformative learning journey exploring your current way of being and cultivating your desired way of being. You will learn in parallel from your own engagement with your own personal development to facilitate this for another – your client.
- Access and experience integral embodied coaching through an integral way of being and practice engaging head, heart, mind, spirit and shadow
- Work with an integral blue-print for coaching, by becoming, and being, and then, by doing!
- Develop your own unique and signature presence coaching model, which has as its foundation the *Integral U Framework™*, while making explicit your unique coaching perspectives, process and purpose through presencing practices.
- Work through multi-dimensional modalities and frameworks to understand self, others, cultures and systems
- Be professionally and ethically qualified to coach
- Take future fit thinking into our lives and those of our clients by going beyond convention
- Work with the interface of yourself as coach, with your client, the organisation, and the specific environment or context in which you do the work
- Learn how to work developmentally and integratively with yourself and your clients
- Understand and demonstrate core integral and professional coaching competencies
- Integrate learning through multi-dimensional lenses and modalities to marry theory and practice
- Differentiate between modalities of coaching, counselling, consulting, mentoring, therapy and teaching
- Live the principles, boundaries and ethics of coaching
- Coach through complexity and diversity from a base of self-awareness and coaching excellence
- Live into your possibility, unfolding your true potential, and thus to facilitate this learning for your clients
- Gain a comprehensive and integrative understanding and experience of the process and technology of coaching, while working with real-time clients in various contexts so as to enable you to find your own relevance as a coach
- Engage with TCC on leading edge research and practice into the profession of coaching both locally and global

