

## Curriculum & Experience Overview

### ***A Dual Journey of Personal Transformation & Professional Mastery***

The Coaches Training Institute is the home of professional coaching in the GCC and The Co-Active curriculum is widely recognized as one of the most rigorous and impactful coach training programs in the world. It is not simply a set of tools to learn; it is an exhilarating personal journey that redefines how you relate to yourself, your clients, and the world around you.



# 1. CO-ACTIVE FUNDAMENTALS

**Prerequisite:** None | **Format:** 2.5 Days (In-Person)

## The Experience

Step into a vibrant, experiential room where traditional lectures are replaced by real-time practice, immediate feedback, and live coaching. Fundamentals break down old communication habits and replace them with authentic connection and powerful discovery.



## What You Will Learn

- **3 Levels of Listening:** Move beyond internal chatter into deep, global awareness.
- **Designed Alliances:** Co-create conscious, high-trust relationship agreements.
- **Powerful Questions:** Formulate evocative questions that unlock immediate clarity.

## The Impact

- **In Your Life:** You will stop listening just to respond. Your personal relationships, workplace interactions, and family dynamics will instantly shift toward deeper connection and mutual respect.
- **In Your Coaching:** You step out of the "expert/advisor" trap and learn how to evoke transformation without needing to have all the answers.

## 2. FULFILLMENT

**Prerequisite:** Fundamentals | **Format:** 3 Days (In-Person)

### The Experience

Fulfillment is about being wholly alive. You will explore what drives human vitality, untangle the limiting beliefs that keep people small, and learn how to facilitate breakthrough moments centered on deeply held values.



### What You Will Learn

- **Values Discovery:** Uncover core motivators and measure alignment in real-time.
- **Dismantling the Saboteur:** Identify and disarm the internal inner critic.
- **The Leader Within:** Tap into authentic personal power and compelling vision.

### The Impact

- **In Your Life:** You will confront your own inner Saboteur, clarify your life purpose, and stop settling for "fine." You will begin living in radical alignment with your core values.
- **In Your Coaching:** You learn how to help clients stop putting a "positive spin" on their lives and start making bold, value-driven shifts toward true purpose.

## 3. BALANCE

**Prerequisite:** Fulfillment | **Format:** 3 Days (In-Person)

### The Experience

Most people move through life reacting to urgency and trying to "have it all." Balance coaching provides concrete tools to help people restore alignment, break out of rigid thinking, and make committed, empowered choices.



### What You Will Learn

- **Perspective Building:** Shift clients out of stuck, binary thinking into expansive possibilities.
- **The 5-Step Forwarding Action Model:** Move seamlessly from feeling trapped to taking bold action.
- **Conscious Choice:** Replace reactive habits with intentional, resonant commitments.

### The Impact

- **In Your Life:** You will stop feeling at the mercy of circumstances or burnout. You learn how to choose your response to life rather than reacting to it.
- **In Your Coaching:** You gain a structured framework to coach clients who feel stuck, overwhelmed, or trapped in indecision, moving them into energized movement.

## 4. PROCESS

**Prerequisite:** Balance | **Format:** 3 Days (In-Person)

### The Experience

Real growth is rarely a clean, straight line. Process coaching teaches you how to navigate the messy, emotionally charged "rapids" of life—holding space for clients through confusion, grief, doubt, and breakthrough without trying to "fix" them.



### What You Will Learn

- **Emotional Navigation:** Hold a grounded presence through chaos and uncertainty.
- **Attuned Presence:** Deepen your agility to stay present in difficult conversations.
- **Experiential Coaching:** Guide clients to physically and emotionally feel their breakthroughs.

### The Impact

- **In Your Life:** You develop profound emotional resilience. You stop running from discomfort or emotional turbulence, building deep confidence in your ability to handle any life situation.
- **In Your Coaching:** Your coaching gains unmatched depth and authority. You no longer panic when a client cries, gets angry, or hits a wall; instead, you turn those moments into breakthroughs.



## 5. SYNERGY

**Prerequisite:** Process | **Format:** 3 Days (In-Person)

### The Experience

Synergy is where the art and mastery of Co-Active coaching converge. You weave together Fulfillment, Balance, and Process into a fluid, effortless coaching style that relies on deep intuition rather than rigid templates.



### What You Will Learn

- **Unlocking Intuition:** Trust spontaneous, real-time insights over pre-planned rules.
- **Generative Interaction:** Generate dynamic, creative coaching conversations on the fly.
- **Mastery & Impact:** Synthesize the entire Co-Active Model into your own authentic voice.

### The Impact

- **In Your Life:** You step into effortless creative confidence, trusting your instincts and presence in all areas of leadership and life.
- **In Your Coaching:** You move from "doing" coaching to being a coach. Your sessions become dynamic, highly intuitive, and deeply transformative.

## 6. PROFESSIONAL CERTIFICATION (CPCC)

**Prerequisite:** All 5 Core Courses | **Format:** 6-Month Virtual Cohort

### The Experience

An intensive, 6-month hands-on mastery program with a dedicated cohort, personal supervision, and rigorous feedback. Designed to refine your skills to elite standards and prepare you for a thriving professional practice.



### The Outcome

- **Designation:** Certified Professional Co-Active Coach (CPCC)—one of the most respected credentials worldwide.
- **Pathway:** Direct alignment with ICF Credentials (ACC, PCC, MCC).

**Impact:** You graduate not just as a certified coach, but with a fully launched business, an active client list, and absolute confidence in your craft.