



Baraka Institute: Leadership Development & Coach Training Center

Whole Person Design™ Certified Coach Training (ICF Credentialed Program)

CORE: Fast Track Coaching Communication Mastery SIGNATURE: Whole Person Design Methodology MENTOR* – prerequisites: CORE *Required to apply for ICF credential ACC/PCC

Class Descriptions:

CORE: Fast Track Coaching Communication Mastery

Get right to the business of learning the ICF core coaching competencies essential to the professional coach. Boost your knowledge and stretch your abilities in communication, leadership and change management. Gain a firm grasp of the communications technology effective in creating safe, productive environments conducive to human excellence.

Core is designed for those seeking the knowledge and practical experience to wield the powerful tools and techniques of coaching - for personal and/or professional use - via the holistic methodology of Whole Person Design™. This fundamental coaching communication course utilizes a “learning-in-action” approach to developing knowledge and skills through real world applications in a highly interactive learning community. Core directly aligns with the International Coach Federation (ICF) Core Competencies, which include development in the following four areas:

- **Foundations:** Ethical Guidelines & Professional Standards - Establishing the Coaching Agreement
- **Relationship:** Trust, Rapport, Intimacy & Coaching Presence
- **Communication:** Effective Communication, Active Listening, Powerful Questioning & Direct Communication
- **Learning & Results:** Creating Awareness, Designing Actions, Planning & Goal Setting, Managing Progress & Accountability

What you will learn:

This course aims to improve the way participants interact with others; to create greater clarity, understanding, trust and truth in relationships. Our unique process helps participants recognize underlying patterns in other’s thinking, doing and being while facilitating our rich 7 steps to success coaching approach. Core explores means to communicate valuable information in an acceptable, non-threatening manner garnering an audience more receptive to a wider variety of choices and strategic solutions, regardless of the goal or desired outcome.

Course Benefits:

Our community-learning environment prepares participants to work with a wide variety of changes and coaching contexts. Through applied learning and fieldwork, participants gain the facility and adaptability necessary to navigate difficult changes with clients and in their own lives. Our unique WPD™ Methodology equips graduates to work with individuals and/or small groups on myriad personal and professional changes and life enhancements, employing their skills within the corporate/organizational environment or from the comfort of home.

Past Participants:

Past participants have used their coaching skills as entrepreneurs, executives, team leaders, managers, parents, teachers, trainers and more. Graduates have enhanced their existing skill set with coaching know-how to augment their talent in the arenas of leadership development, team development, personal coaching, career and financial coaching, retirement and lifestyle coaching. Some specialize in areas relating to birthing, divorce, money management and even creativity and purpose coaching.



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SIGNATURE: Whole Person Coaching Methodology & Processes

Supercharge your existing practice or life with what you'll learn in Signature. Use the power of the mind to explore the wisdom of the heart and knowledge of the body. Using a rich suite of coaching-based developmental tools and methods, discover a proven path to inner and relational knowing for sustaining positive change in your life and assisting others to do the same.

SIGNATURE is our secret recipe taken from the pages of our Whole Person Design™ methodology. During the course of 6 days packed with coaching tools and technologies, participants explore the dimensions of cognitive, emotional, and somatic information through the lens of intuitive and relational knowing. Using whole sensory experience as a guide, participants learn how to receive information dormant in the heart/body and buried by the business of the mind. With this extra level of sensory recognition, the true wisdom of being can be felt and acknowledged in meaningful ways. Increasing perception of previously latent knowledge is often the key to creating desirable changes in life.

What you will learn:

Signature brings to life the “coaching process” through interactive guided coaching tools and techniques designed to assist clients and coaches alike in the art and science of pattern recognition and transformation. Neuroscience, emotional intelligence and somatic coaching are among the topics introduced to provide a framework for the collection of powerful tools applicable in personal and professional development. Systems thinking and pattern recognition serve as a foundation for reaching the hidden parts of our unconscious awareness using myriad right and left brain tools.

Providing a rich landscape of options to facilitate desired outcomes, Signature allows participants (aka change artists) to add zing to their holistic endeavor in making positive sustainable changes. Past participants have shared that Signature is their favorite program for its wealth of diverse tools - embraced through rich interactivity, provocative thinking, and real time wisdom - readily applicable to current and future situations.

Course Benefits:

Our community-learning environment prepares participants to work with a wide variety of situations related to individual, couple or small group development. This course offers participants the power (knowledge and tools) necessary for working with challenging and unanticipated coaching situations and environments. Graduates possess a strong understanding related to the blind spots that often make change impenetrable. Through pattern analysis and testing, they will be able to work expeditiously to find the underlying themes (stopping blocks) and identify coaching methods, tools and/or processes to push the client beyond the stopping block. Graduates can recognize their own inner landscapes as a different reality than those projected onto the client. Participants will leave with a guidebook full of tools and techniques to work with anything from values to beliefs, behaviors to mindsets, strategic thinking, scenario planning, relationship dynamics, etc.

Past Participants

Entrepreneurs, executives, team leaders, managers, community leaders, group leaders, teachers, and trainers are just some of those utilizing the valuable tools. Our unique Whole Person Design™ (WPD) Methodology ensures practicing change agents have a pertinent selection of approaches for working with even the most challenging and/or provocative changes. Graduates have added these indispensable skills to strengthen their change making capabilities in the arenas of life, lifestyle, business, leadership and team coaching in a wide variety of contexts including organizations, non-profits, communities and other niche-specific groups including individuals seeking personal and/or professional coaching.



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MENTOR - ICF MENTORING

Flex your newly trained or reawakened coaching muscles while furthering your professional development through live situations. Mentor is a great course for reaffirming, and building confidence in, your coaching abilities. Plus, it's required for ICF credentialing and will focus on mastering the 11 ICF Core Coaching Competencies in preparation for the oral and written exams.

Mentor coaching is a crucial component of the successful coach's storehouse of experience. This course gives participants no mere taste, but a full helping of what it is to be a practicing coach. Mentor is presented in a unique blend of in-person interaction and telephone support, honing the assets of the developing coach. Through ample hands-on practice, participants strengthen their knowledge and skills in working with deep resistance, learning facilitation and accountability issues as well as mastering their capacity in: active listening, powerful feedback and inquiry, and direct communication.

This course is offered throughout the year. It can be scheduled for individual or small group mentoring, which is offered at a discounted price. To learn more, please contact an academic advisor by calling 503.241.2200 or info@barakainstitute.com