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DIPLOMA IN PRACTITIONER COACHING (DIPC)© - PROGRAMME OVERVIEW

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+ 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.

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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.



ENTRY REQUIREMENTS

- ⊕ Interview assessment; motivational letter of learning journey; prior work experience and qualifications.
- ⊕ Minimum age of 25.

INVESTMENT

R129,500 (Incl. VAT) This Fee covers: Container build; 12 modules @ 2 days (24 days); 11 group supervision sessions; 12 individual sessions with a Developmentor; learning groups; Enneagram workshop; midway review; mentoring and feedback; supervision of case studies; manual/notes and readings; final assessment with feedback; Diploma on graduation; use of library.

This also includes our credit holding association with Da Vinci Institute (SA)

ACCREDITATION

Our programmes are aligned with the ICF, EMCC, WABC, and the COMENSA coaching competencies, ethics and standards. TCC is a pioneer in the founding and steering of committees, both locally and internationally, towards evolving the professionalization of coaching. On completion of the programme, you may apply for registration with the ICF through your portfolio of experience.

TCC has received ACTP (Accredited Coach Training Program) for its DIPC with ICF (International Coach Federation) accreditation. We are one of only four training providers in South Africa to do so.

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DIPC 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**
- ⊕ Working 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+ 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
- ⊕ Each module equips you for a specific and **critical dimension for understanding human** experience
- ⊕ Be able to **integrate** these experiences in a mid-way and final submission portfolio
- ⊕ 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**

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- ⊕ 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

Please note that we reserve the right to change the dates, content, and facilitators at any time.

PROGRAMME FLOW AND LEARNING ELEMENTS

CONTAINER BUILD	<ul style="list-style-type: none"> ⊕ Building a safe learning container. The DIPIC is rigorous adult learning work and the safety of the participants is a prime objective. Setting practices for 'being' a coach is also introduced through the <i>Integral+ Framework™</i>.
LEARNING DAYS (modular coursework)	<ul style="list-style-type: none"> ⊕ 12 modules (12 hours each) over 14 months of facilitated coursework in an experiential learning environment. ⊕ Faculty lecturers facilitate your learning while creating opportunities for student coaches to practice and experiment through action learning, with regular group process for debriefing and reflection on learning.
INTEGRAL APPLICATION (practical development between each module)	<ul style="list-style-type: none"> ⊕ Learning Journals These are used to chart your personal learning journey, integrating theory and practice, and highlighting shifts in understanding, observation and personal growth. Journaling is supplemented with Integral Life Practice forms, providing structure and rigour to the journaling process You are required to be coached for 40 hours throughout the DIPIC ⊕ Module reflection forms These forms provide a format for student coaches to reflect and document key learning moments, embedding module theory into personal development through integral mapping ⊕ Coaching Case Studies: life, community, and business You will do three coaching assignments in life-coaching, as a contribution back into society through an NGO coaching assignment and within a business environment, as part of your case studies. You are required to coach for 60 hours throughout the DIPIC.

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	<ul style="list-style-type: none">⊕ Developmentor™ Coaching TCC will pair you with your own professional coach/mentor (Developmentor™) for 12 sessions, to work through your personal development as a coach. You will be coached throughout the DIPC (some of which are during learning days). You will also supplement your coaching with an independent professional coach.⊕ Supervision groups Supervision in groups will occur on the evening prior to learning days with an accredited TCC Supervisor as an opportunity to reflect on your coaching practice in a shared, adult learning environment and further integrate your learning⊕ Learning Group review and practice You will form Learning Groups with fellow students to study together and support each other through peer learning, coaching assignment reviews, and developing coaching skills & models. There is a LG process that we recommend.⊕ Prescribed reading – You are required to do two book reviews over the DIPC programme. Learning notes and articles are provided. And TCC has a library!
MIDWAY REVIEW AND MENTORING	<ul style="list-style-type: none">⊕ Independent review with another Developmentor™ based on one completed case study and report, including a live session recording of a coaching session⊕ Following your midway review, you be observed coaching in a live session by your Developmentor™
FINAL ASSESSMENT	<p>Your final assessment comprises a) submission of a portfolio of completed forms and assignments and b) a live panel review:</p> <p>a) Portfolio submission: prerequisite completion of:</p> <ul style="list-style-type: none">⊕ 12 Module Reflection Forms⊕ Learning Journal Summary (including ILP observations)⊕ Midway review followed by a mentoring session⊕ Read prescribed books⊕ Participation in Supervision and Learning Groups (11 of each over the course of the programme)⊕ Developmentor™ and professional coaching (40 hours being coached)⊕ Three coaching assignment case studies

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- ⊕ Develop Unique Coaching model within the integral+ framework
- b) Live Panel Review**
- ⊕ Presentation of Coaching framework and model
- ⊕ Coaching session to demonstrate model



“Our whole lives can be a practice towards mastery - or just mediocrity”

PROGRAMME SCHEDULE AND MODULE OVERVIEW

Cape Town commences in February 2018

Johannesburg commences in May 2018

CONTAINER BUILD

MODULE 1 FUNDAMENTALS OF COACHING

Defining & differentiating coaching, Adult learning theory and application in coaching. Core structures of coaching – models and process, Introduction to integral coaching skills. Building awareness of self through both inner and outer experience.

MODULE 2 COACHING FOR CHANGE:

Reflection and learning from coaching sessions. Exploration of the change process. Core coaching tools. Deeper exploration of coaching models, skills and tools. Applications of coaching from self to other through change processes. Contracting, ethics and standards.

4 domain lenses to viewing the world.

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MODULE 3 INTEGRAL+ COACHING PRESENCE:

Engaging the heart of conscious coaching through integral embodiment. Integral+ Frameworks and Mapwalk™. Engaging multi-perspective thinking through integral components. Personal development design through Integral+ Life Practices.

NARRATIVE ENNEAGRAM WORKSHOP: (Extra)

Interactive – self-discovery process, acts as a foundation for enneagram typology for understanding strategies of personality.

MODULE 4 THE COACHING PROCESS.

The art and technology and process of the coaching conversation. Introduction to Leadership Embodiment and Ontological Coaching

MODULE 5 COACHING IN DIVERSITY.

Narrative, power and culture within self, other and groups. Working with diversity in culture and contexts through self, with others.

MODULE 6 MODELS AND FRAMEWORKS.

Building your own coaching model through acting as your own practitioner researcher. Distinguishing between tools, models and frameworks – an integrative approach!

MIDWAY REVIEW

MODULE 7 COACHING INTO HEALTH.

Body/mind systems; managing stress; work life balance and re-defining health through integral lenses.

MODULE 8 INTEGRAL+ PSYCHOLOGY OF COACHING.

Core psychological theories and applications to coaching. Developmental theories and practice from psychology in action – integral embodiment of human understanding

MODULE 9 COACHING OTHERS, WORKING THE INTERPERSONAL SPACE.

Perception, positions, conflict, values dynamics- its complexities and its potential: a developmental and mindful approach and embodiment

MENTORING SESSION

MODULE 10 RESILIENCE COACHING.

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Reframing resilience and leadership. Personal to Interpersonal leadership coaching.

MODULE 11 SYSTEMS COACHING.

Exploring the context of organisational and systemic coaching with a focus on relationship dynamics. Coaching on the axis of the client, coach and organisation. Intersections of experience.

MODULE 12 COACHING IN AFRICAN CONTEXT.

Integral African review: what it means to be coaching in African continent. Accessing our humanity! Ubuntu intelligence and coaching through creating the gestalt, and its' relationship to organisational coaching within and on our continent.

LEKGOTLA process

Integrating dialogue and the 'sacred' space of working with fellow human beings

SUBMISSION OF FINAL ASSESSMENT PORTFOLIO

FINAL ASSESSMENT – PANEL REVIEW

CONTACT US

If you would like further information about any of our services, please contact our office 021 715 0525 or email school@thecoachingcentre.co.za

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