

MindLearners presents:

***TRANSFORMATIONAL
COACH CERTIFICATION
PROGRAM***

*International Coach Federation
(ICF) Accredited Program*



PURPOSE

PURPOSE AND MISSION

Our mission is to prepare exceptional coaches capable of facilitating profound transformation for the people they will work with and for the organizations they serve.

The program is accredited by the **International Coaching Federation (ICF)** as an **Approved Coaching Specific Training Hours (ACSTH)** program, and has a unique structure, based around the triad **mind, heart, body and spirit.**

It brings together concepts from **neuroscience, developmental psychology, positive psychology and transpersonal coaching** to offer a comprehensive understanding of coaching and the impact it can have.

We believe that to instill change, one has to undergo change within themselves. That's why we place great emphasis on self-awareness and personal development content, complimented by a toolkit of comprehensive coaching skills.

TRANSFORMATIONAL COACHING

This type of coaching involves a holistic approach, which puts the client's 'whole person' at its core.

As transformational coaches, **you will go beyond helping your clients to shift their perspectives and thereby discover different approaches to achieve your goals.**

You will have an understanding of adult development and aim to support your clients in growing vertically (increasing their maturity and the complexity of their thinking and acting in the world) as well as horizontally (finding new solutions and actionable strategies for accomplishing specific objectives).

As a skilled coach you will help others to solve their own problems and improve their own performance, while supporting them in developing their consciousness and growing into wisdom.

WHO IS THIS PROGRAM FOR?

This program is particularly designed for leaders, entrepreneurs and consultants. We are seeking future coaches that have both the maturity and the determination to take the knowledge they receive further and become change agents in the world around them.

"Coaching is unlocking people's potential to maximize their own performance. It is helping them to learn, rather than teaching them"

Sir John Whitmore

PROGRAM OVERVIEW

We aim to provide you with just the right mix of **lecture, self directed learning, deep experiences, peer learning and community support** that would enable you to thrive in a challenging but fun environment.

All this, to enable you to become the best coach you could be and better equipped to bring your unique gifts into the world.

Module 1 	P C L RP
Module 2 	L RP
Module 3 	P L RP
Module 4 	M L RP
Module 5 	M A L RP
Module 6 	L RP
Module 7 	M L RP
Module 8 	P L RP
Module 9 	L RP
Follow up 	L GM IM RP

- M** **MODULES**
Face to face delivery model.
Highly interactive.
Max 16 attendees

- A** **ASSESMENTS**
Using highly rated psychometric tests to gain a better understanding of yourself

- P** **PEER COACHING**
Practice full length coaching sessions with feedback and mentoring

- C** **CORE BOOKS**
Core Books will be provided at the start of the program

- L** **IN-HOUSE LIBRARY**
Borrow best books on coaching and related fields

- GM** **GROUP MENTORING**
3-4 Months after the program, based on your experience level

- IM** **INDIVIDUAL MENTORING**
2 sessions with a Senior PCC Accredited Coach

- RP** **RECOMMENDED PRACTICES:**
Journaling, Meditation, Peer-coaching



MODULES



MIND

Explore the science of the brain, emotional intelligence and the core of why you do what you do.

- Neuroplasticity and its impact in coaching.
- Using the five key neural pathways for connection to build trust in the coaching conversation.
- Brain integration, lateral and vertical, through coaching - the use of metaphor.
- Basics of cognitive biases and their impact in coaching - creating a judgement-free zone.
- Coaching and Neuro Linguistic Programming (NLP) - using the Meta
- Model in creating powerful questions.



HEART

Core theories and techniques for coaching as a tool to bring out the best in people.

- Key aspects and distinctions of coaching versus therapy.
 - Developmental psychology and coaching – the seven levels of adult development and implications for leaders, teams and organizations.
 - Client's relation to power and time as they grow through the development levels and how coaching support can that process.
 - The five great perspectives in psychology and their impact in coaching.
 - Psychometric tools in coaching.
- Practice and feedback.



BODY

The Physiology of Coaching
Core theories and techniques that unify psychology and physiology

- Understanding the connection among mind, heart and body
- Recognizing the bodily cues of emotions
- Using the senses to broaden our understanding of reality
- Releasing tensions and emotions through movement
- Learning to pay attention to body language during coaching



SPIRIT

Core theories and techniques for coaching as a tool to bring out the best in people.

- The existential approach – uncovering values, purpose and mission.
- Mindfulness in coaching – Its impact to cultivating presence within both coach and coachee.
- The transpersonal approach – taking metaphor to the next level.
- Active imagination as a tool to create vision and accountability.
- Coaching as transformational process • Integrating the three levels (mind, heart and spirit).
- Advanced practice and feedback.

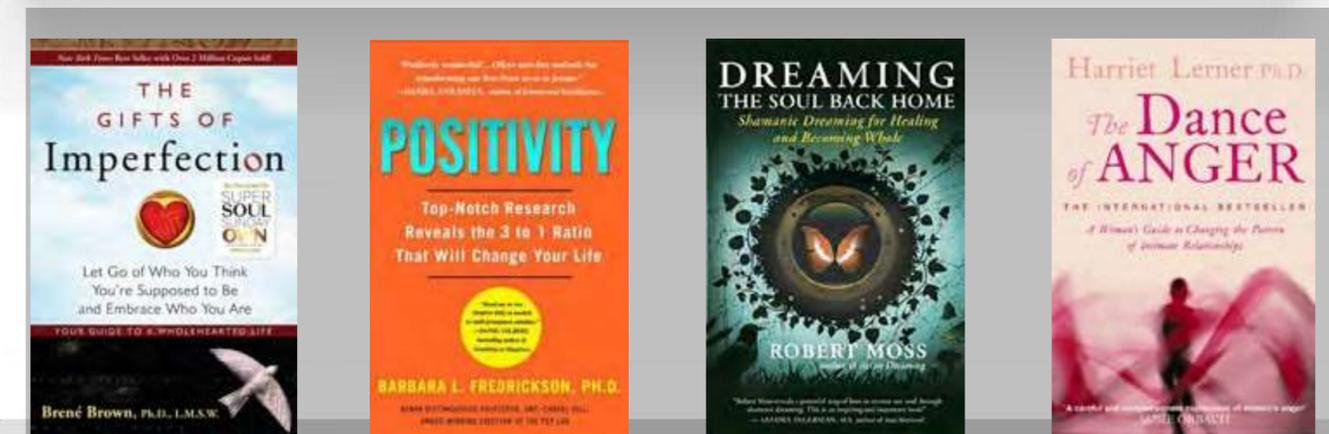
RECOMMENDED READING

We are strong believers in the **power of learning and the mind-shifting strenght of good books.**

Therefore, for each of the 4 pillars we incorporate in our sessions, we will be recommending you books and articles that are both foundational in their respective fields and latest research.

You will dive into different perspectives and gather an in-depth view of not just coaching, but related areas as well.

These are just some examples of what you might find.





CERTIFICATION

CERTIFICATION AS A COACH

This program is an **ACSTH accredited program** with the international Coach Federation (ICF). This provides the pathway to be an **Accredited Certified Coach (ACC) with ICF**.

The program is listed as **Mind Learners Transformational Coaching Program on the ICF website**.

WHO IS ICF?

The International Coach Federation (ICF) is the leading global organization dedicated to advancing the coaching profession by setting high standards, providing independent certification and building a worldwide network of trained coaching professionals.

ICF offers the only globally recognized, independent credentialing program for coach practitioners. ICF credentials are awarded to professional coaches who have met stringent education and experience requirements and have demonstrated a thorough understanding of the coaching competencies that set the standard in the profession.

STEPS FOR ACCREDITATION

[from the ICF website](#)

STEP ONE

Complete the Mind Learners Transformational Coaching Program, which includes:

- At least 100 hours of coach-specific training through an ACSTH program
- 10 hours of mentor coaching over a minimum of three months (these are included in our training program). Your Mentor Coach will be an ACC who has completed a full cycle of the credential through renewal, PCC or MCC in good standing.
- Performance evaluation (audio recording and written transcript of a coach session).

STEP TWO

To be completed in parallel and/or after Coach Program:

- A minimum of 100 hours (75 paid) of coaching experience with at least eight clients following the start of your coach-specific training. At least 25 of these hours must occur within the 18 months prior to submitting the application for the credential (some hours are included in this program, some to be completed after graduation of the program).
- Completion of the Coach Knowledge Assessment (CKA). The knowledge assessment content will be covered in the program.

STEP THREE

Record 1 Coaching session (in Romanian) and submit them to ICF together with their transcript in order to show your integration of the core ICF Coaching Competencies.

FACILITATORS

We`ve been running this program bi-yearly starting 2015. We build learning and development solutions using the newest concepts in neuroscience, positive and developmental psychology.

Through transformational learning experiences, we aim to help increase leaders' levels of consciousness of personal wisdom. This way, we firmly believe that they can build more ethical, sustainable businesses for future generations.

Ultimately, we aspire to build a community of conscious leaders who can change their organizations and join hands in tackling the larger challenges of business and society today.



ALECSANDRA LIȚU - ACC

I am a consultant, trainer and coach, focusing on human development and fascinated by the potential for transformation that people, groups and organizations have. For the past 15 years I have created spaces and environments in which people could find gates towards themselves and others, build healthier teams and flourishing organizations.

During this time I have worked with more than 7.000 people in 80 organizations, delivering more than 12.000 hours of training and 450 one-to-one sessions.

15 years ago I started my growth journey by exploring Jaques Salomeé's ESPERE Method. 10 years ago I dived deep into coaching with John Whitmore's Performance Consultants in London and the MindLearner's Coaching School. Going even deeper with Robert Moss's Dream Teaching, I learned how to connect with our unconscious selves and guide others on their journey. I am currently deepening my training in the human mind and soul by training as a Jungian Psychotherapist.

I am also a part-time nerd that loves books and strolling through museums.



CARMEN SIDON - MCC

I am a coach, a trainer, a facilitator of transformative experiences, both at individual and at team and organization level. My mission is to create safe spaces where people can get to know themselves better, to find their huge inner strength, to access the resources they need and to take the necessary steps to turn their objectives and intentions into reality, in a natural and stress free way.

I have 13 years of experience in leadership positions, out of which 6 years of leading large teams (over 150 employees). I have over 5 years of experience as a trainer, developing and implementing leadership development and coaching programs and over 2000 coaching hours with individual people and groups from multinational organizations at all levels, freelancers and start-up owners, based in over 10 countries.

I have a bachelor's degree in Sociology and certifications as Professional Certified Coach (ICF) Neuro-Linguistic Programming Master, Evolutionary Coach and Culture Transformation Consultant. I am currently pursuing a degree in psychology and integrative psychotherapy.

I respect the unique and personal rhythm of every person I coach, having full faith in his/her ability to discover, with me as a guide, the very best way to tackle any issue in due time. I ask questions - I open doors to new perspectives.



HOW IT ALL STARTED



ALIS ANAGNOSTAKIS, PCC

Alis believes that people grow very much like caterpillars turning into butterflies - they do not change, they transform. Since 2007, she has made it her mission to accompany others in this fascinating, liberating and often painful process of personal metamorphosis. As a leadership development facilitator and executive coach, she has worked with thousands of managers in companies and coached hundreds of individual clients.

Alis is accredited by the International Coaching Federation at Professional Certified Coach (PCC) level. She holds an Executive Masters Degree in “Positive Leadership and Strategy” with IE University in Madrid, Spain, and is currently undertaking postgraduate research around the topic of transformational leadership at the University of the Sunshine Coast, Queensland, Australia.

In 2011 she founded Mind Learners, a training and coaching company specializing in creating science-based leadership development programs that support leaders in developing self-awareness and inspire them to adopt more conscious leadership approaches.

In 2015, Alis created the Mind Learners Transformational Coaching Program as a way of planting seeds of higher consciousness in companies. Through training key leaders to become professional coaches, the program has been supporting organizations to transform from the inside out.

In 2019, Alis has moved to Australia, continuing to work with companies and leaders and researching adult development.

Beyond her passion for people development, Alis loves good books, enjoys the great meals cooked by her chef husband and is always up for play and laughter with her daughter, perpetually fascinated by the pure, unadulterated joy and wisdom of childhood.



ADMISSION

The programa entry **involves a detailed discussion with one of the facilitators.** We do this to determine the fit with the program and the intention and motivation of potential participants to enter this learning journey.

We aim to keep the groups small, so the admission process will also support getting the right fit with the rest of the group and with the mission and vision of this program.

Admissions are done on a rolling basis and will be closed once the program is full. For this reason, please advise us of your interest as soon as possible. Payment terms are discussed with each participant and set into a contract to be signed upon admission.

To express your interest, or seek more information, contact:

alecs@mindlearners.ro
carmen@mindlearners.ro
mindlearners.ro



If you want to read more about our alumni, their coaching missions, and how they could support you or your organizations, [click here.](#)

INVESTMENT

The trust you invest in us is essential, and we want to equip you with all the skills, knowledge, and competencies to be an authentic and trained coach.

To do this, beyond the whole experience of the school, we offer you supervision and mentoring as part of the package because we know how crucial support can be in the beginning. Here's what we include:

- *A 4 months course, 130 hours of training, and 160 hours of study overall.*
- *The guidance of both facilitators throughout the whole experience.*
- *Access to high-end knowledge in our digital library.*
- *2 mentoring sessions to prepare for your ICF accreditation.*
- *1 group mentoring session, 4 to 6 months after graduation.*

*The total investment for our program is **3.800 EUR + VAT.***



TESTIMONIALS

My first “love” was clinical psychology and psychotherapy. However, since the beginning of my career I have worked in training and different business environments. I always perceived coaching to be a kind of a middle ground between individual therapy and the business environment, so I followed the Mind Learners certification program to become a Transformational Coach.

It was a transformational journey in itself, the perfect way to learn how to be a coach. I experienced coaching from the coachee’s perspective, I felt the change, I laughed and I cried and I found myself once again. All this, while “pausing” the reality now and then to pin-point some excellent coaching instruments and their use.

My thinker/researcher side was also really happy because all info was really theory-based, grounded in recent studies, in neuropsychology and had a substantial references list.

All in all, I encourage you to embark in this journey, it might just change a couple of lives (yours and others’ through you).

*Diana Todeancă
(Psychologist, trainer,
coach)*

Mind Learners Transformational Coaching program was a milestone long wanted. It took me 4 years to finally fulfill this dream.

It is a journey of self-discovery so gentle and full of love. The materials are consistent and cover topics from Neuroscience to spirituality, throughout the program I learned how to actively listen to others and myself.

All my life I struggled to fit in and the Mind Learners classes were the perfect opportunity for me to become who I really am and to accept my authenticity. I learned what is like to belong in my life, with myself. Made me realized and feel, the benefic and the magic power of the community.

For me Mind Learners Transformational Coaching school is not only about how to become a coach, is also about having a conscious life.

*Cosmina Cojocar
(HRBP & Coach at Ubisoft)*

Truly transformative, Mind Learners tackles the mind, the body and the heart, offering the right tools to be an effective coach. All with presence, patience, and knowledge.

I thank Carmen, Alecs and Alis for the very generous scholarship and I strongly encourage those from the NGO field to apply for a scholarship, and then transfer this knowledge back to their home organizations!

*Simona Adam
(NGO Scholarship
recipient)*

[If you want to read more testimonials from people that went through the experience of our school, click here.](#)



MIND LEARNERS

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