

Dates subject to change, please contact our website for the most recent changes

Interpersonal Wellness Coaching (IWC) Certification Course

Choose one of the following dates:

Fundamentals of Coaching—Mod I

- Mar. 15, 2010 (8:30am-4:30pm) or
- April 5, 2010 (8:30am-4:30pm) or
- May 17, 2010 (8:30am-4:30pm) or
- Jun. 14, 2010 (8:30am-4:30pm)
- Evening-Start March 22 & 29, 2010 (6:00pm-9:00pm) 2 Mondays

Coaching Communication Styles—Mod II

- Mar. 16, 2010 (8:30am-4:30pm) or
- April 12, 2010 (8:30am-4:30pm) or
- May 24, 2010 (8:30am-4:30pm) or
- Evening-Start April 12 & 19, 2010 (6:00pm-9:00pm) 2 Mondays

Building Coaching Relationships—Mod III

- Mar. 17, 2010 (8:30am-4:30pm) or
- Apr. 19, 2010 (8:30am-4:30pm) or
- Jun 28, 2010 (8:30am-4:30pm) or
- Evening-Start May 3 & 10, 2010 (6:00pm-9:00pm) 2 Mondays

Core Coaching Skills—Mod IV

- Mar. 18, 2010 (8:30am-4:30pm) or
- May 3, 2010 (8:30am-4:30pm) or
- Evening-Start June 7 & 14, 2010 (6:00pm-9:00pm) 2 Mondays

Coaching Versus Managing—Mod V

- Feb.22, 2010 (8:30am-4:30pm) or
- Mar. 29, 2010 (8:30am-4:30pm)
- Jun. 7, 2010 (8:30am-4:30pm) or
- Evening-Start Date July 5 & 12, 2010 (6:00pm-9:00pm) 2 Mondays

Coaching in Diversity—Mod VI

- Jun. 21, 2010 (8:30am-4:30pm) or
- Jul. 5, 2010 (8:30am-4:30pm) or
- Evening-Start Sept 20 & 27, 2010 (6:00pm-9:00pm) 2 Mondays

Coaching and Collaboration-Mod VII

- Mar. 8, 2010 (8:30am-4:30pm) or
- Jun. 8, 2010 (8:30 am-4:30pm) or
- Jul. 12, 2010 (8:30am-4:30pm) or
- Evening-Start Date Oct 18 & 25, 2010 (6:00pm-9:00pm) 2 Mondays

Leadership Coaching—Mod VIII

- Jun. 9, 2010 (8:30am-4:30pm) or
- Jul. 19, 2010 (8:30am-4:30pm) or
- Evening-Start Date Nov 1 & 8, 2010 (6:00pm-9:00pm) 2 Mondays

Course follow Central Time Zone

Coaching Conflict Solutions—Mod IX

- Apr. 26, 2010 (8:30am-4:30pm) or
- Jun. 10, 2010 (8:30am-4:30pm) or
- May 31, 2010 (8:30am-4:30pm) or
- Evening-Start Nov 15, & 22,2010 (6:00pm-9:00pm) 2 Mondays

Advanced Coaching Skills—Mod X

- Jul 26, 2010 (8:30am-4:30pm) or
- Sept. 13, 2010 (8:30am-4:30pm) or
- Evening-Start Dec 6 & 13, 2010 (6:00pm-9:00pm) 2 Mondays

Developing Coaching Practice—Mod XI

- Sept. 20, 2010 (8:30am-4:30pm)

Using Assessment Tools—Mod XII

- Sept 27, 2010 (8:30am-4:30pm)

Goal Setting with Passion and Purpose-Mod XIII

- Oct 4, 2010 (8:30am-4:30pm)

Developing Power Tools—Mod XIV

- Oct 11, 2010 (8:30am-4:30pm)

The Reflective Coaching Practitioner—Mod XV

- Oct. 25, 2010 (8:30am-4:30pm)

Cost per Module: \$325.00 + GST

Modules I through IV are prerequisites for taking Modules V through XVI

Payment Options:

- Visa
 MasterCard
 Cash/Cheque

Name _____
Organization _____
Address _____
E-mail _____
Phone, Fax _____
Credit Card # _____ Exp. date _____
Signature _____

Mid-Afternoon Learning Series-2 hour long Cost: \$145.00 (1-3pm)

- Coaching Challenging Clients** Mar.-10th
 Accountability April 7th
 Collaborative Dialogue- May 12th
 Encouraging Change—June 16th
 Responsible Communication -Jul-14th
 Contribution and Blame July 28th
 Gaining Commitment Sept. 8th

Registration Options:

Step 1. Choose Your Course/Seminar.

Step 2. Fill out Registration.

Step 3. Submit via fax/email/mail

- Mod I Mod VI Mod XI
 Mod II Mod VII Mod XII
 Mod III Mod VIII Mod XIII
 Mod IV Mod IX Mod XIV
 Mod V Mod X Mod XV

Mid-Afternoon Learning Series

Interpersonal Wellness Coaching (IWC) Certification Course

**Fundamentals of Coaching—
Module I**

Are you an educator, mentor, supervisor, parent or social services professional? This course offers theory and practice on coaching principles, processes, styles & techniques that establish a foundation for coaching. Take this course to enhance your professional coaching, as well as learn coaching ethics, styles and techniques for successful coaching!

**Coaching & Communication
Styles—Module II**

Do you use coaching techniques in your work with clients or colleagues? Does your coaching approach match your communication style strengths? Are you attaining your coaching outcomes? Do you know your client's style? Don't coach from the hip! This course will help you use your personal style for maximum impact. We will use an easy, comprehensive and affordable assessment instrument that can be integrated into your coaching practice with clients.

Building Coaching Relationships—Module III

Do you want to build and maintain an effective coaching relationship with students, clients, colleagues and/or your children? This course will provide theory and practice on building coaching relationships. It will build on the previous course modules to identify personal core values in order to enhance mutual trust, respect and to address challenges in creating a successful coaching relationship.

Core Coaching Skills—Module IV

This course will provide theory and practice on coaching skills such as attending, listening, questioning and enthusing in order to examine the core coaching skills and help to fully engage the coachee in the coaching process. Enhance your motivational and effective

feedback skills to improve your client's critical thinking and decision making skills.

**Coaching versus Managing—
Module V**

This course will provide theory and practice on the 'manager as coach' model, with an emphasis on mapping and expanding. Managers, supervisors, coaches and educators alike will benefit from the goal setting, enthusing and motivational strategies in this course as they shift their style and set their intention to receive more powerful results in their work with clients.

Coaching in Diversity—Module VI

This course will provide theory and practice on the dynamics involved in coaching diverse relationships. It provides a view of coaching from various lenses and frames of reference to help coaches bridge gaps and allow clients to better respond to diversity challenges in interpersonal relationships.

**Coaching and Collaboration—
Module VII**

This course will provide theory and practice on the collaborative principles of coaching and will help coaches develop their collaborative skills to gain more synergy and success. Collaborative dialogue, interdependence and alignment will be emphasized.

Leadership Coaching—Module VIII

This course will provide theory and practice on leadership coaching. 'Leading through coaching' skills will be the focus. Coaches, managers and leaders in organizations or groups will benefit greatly from this leadership coaching perspective. Develop your own personal leadership plan and the support necessary to achieve your personal success.

**Coaching Conflict Solutions—
Module IX**

This course will provide theory and practice on conflict management coaching strategies to help put clients in the driver seat of resolving their conflicts. It provides coaching tools and strategies like reframing, inquiry, acknowledgement and responsibility which help individuals to learn about themselves in conflict situations and to take responsibility for contributing to the conflict solution.

**Advanced Coaching Skills—
Module X**

This course will provide interaction, practice and new perspectives and concepts for both new and already seasoned coaches to further advance their coaching skills. Coaches will have an opportunity to engage in masterful coaching techniques and strategies.

Contract Training

Call our office to discuss how you can arrange tailored training or presentations on any of the topics below:

- Preserving Mental Wellness
- Respect & Harassment at Work
- Coaching & Mentoring
- Interpersonal Wellness®
- Responding to Change
- Preventing Violence & Bullying
- Collaborative Management
- Diversity-Culture & Generations

