



The Meta-Coach™ Training System

The Ultimate Coach Training

ICF Coach Specific Training Chart

Class Description	Class Description	ICF Core Competencies	SCLH
Module 1 Coaching Essentials	Day 1 - Communication Essentials Overview of Meta-Coach Training System Coaching Definition & Professional Boundaries NLP Model of Communication NLP Presuppositions Tracking Representational Systems Calibration Advanced Listening Skills Coaching Pacing skills for Rapport Coaching States Accessing Wisdom through Perceptual Positions	1. Meeting Ethical Guidelines & Professional Standards 3. Establishing Trust and Intimacy with the Client 4. Coaching Presence 5. Active Listening 7. Direct Communication	9 hours
Module 1 Coaching Essentials	Day 2 – Communication Flexibility Precision Questioning (Meta-Model) Score Coaching Model	6. Powerful Questioning 7. Direct Communication 8. Creating Awareness 9. Designing Actions 10. Planning and Goal Setting	9 hours
Module 1 Coaching Essentials	Day 3 – Perceptive Communication Figuring Out People – Developing Behavioural flexibility using Meta-Programs Putting it all together	5. Active Listening 6. Powerful Questioning 7. Direct Communication 8. Creating Awareness	9 hours



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Module 2 Coaching Genius	Day 1 - Welcome to the Matrix of Your Mind Meta-States Model Logical Levels 26 Meta-Questions (Advanced Questioning) * Meta-Stating Coaching Pattern * Learning Coaching Pattern * Texturing of States Coaching Pattern * Ownership of Power Zone Coaching Pattern * Meta-Stating Self Coaching Pattern * Meta-Yesing and Meta-Noing Coaching Pattern * Pleasuring Coaching Pattern * De-Pleasuring Coaching Pattern	3. Establishing Trust and Intimacy with the Client 4. Coaching Presence 5. Active Listening 8. Creating Awareness 6. Powerful Questioning	9 hours
Module 2 Coaching Genius	Day 2 – Clearing the Path Neuro-Semantic Coaching Terminology Coaching Meta-States - Key Concepts * Meta-Stating Concepts Coaching Pattern * Meta-Stating Emotions Coaching Pattern * Dragon Slaying Coaching Pattern * Miracle Question: Possibility thinking Pattern * Mind-to-Muscle: Coaching Pattern	3. Establishing Trust and Intimacy with the Client 4. Coaching Presence 5. Active Listening 8. Creating Awareness 6. Powerful Questioning 9. Designing Actions 10. Planning and Goal Setting	9 hours
Module 2 Coaching Genius	Day 3 - Coaching Genius Meta-States and Coaching Culture Meta-Stating Attractor Frames * Meta-Stating Intentionality Coaching Pattern * Accessing Personal Genius Coaching Pattern * Meta-Stating “Excuses” Coaching Pattern * Spinning Icons (Dealing with Conflict) Pattern * Meta-Alignment Coaching Pattern	3. Establishing Trust and Intimacy with the Client 4. Coaching Presence 5. Active Listening 8. Creating Awareness 6. Powerful Questioning 9. Designing Actions 10. Planning and Goal Setting	9 hours



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Module 3 – Coaching Mastery (ACMC)	Day 1 – Coaching Outcomes Expanded Definition of Coaching Managing Professional Boundaries Introduction to 26 Meta-Coaching Skills Introduction to Benchmarking Model Levels of Change Overview of the Axes of Change Coaching Model Axis of Change I – Motivation Creating Well Formed Outcomes (WFO) for a Coaching Program and Coaching Session and for Contracting with Clients * 45min Coaching Session practice WFO	1. Meeting Ethical Guidelines & Professional Standards 2. Establishing the Coaching Agreement 3. Establishing Trust and Intimacy with the Client 5. Active Listening 6. Powerful Questioning 10. Planning and Goal Setting 11. Managing Progress and Accountability	12 hours
Module 3 – Coaching Mastery (ACMC)	Day 2 – Matrix Coaching Overview of the Matrix Model (Holistic & systemic Coaching Model) Coaching Emotions (State Matrix) Coaching Intentionality (Intention Matrix) Using Feedback for awareness and shaping behaviour Panel Discussion with 3 Expert Coaches on the Business of Coaching * 45min Coaching Session practice & Feedback (Benchmarked against 7 Essential Coaching Skills by Assist Trainer)	1. Meeting Ethical Guidelines & Professional Standards 3. Establishing Trust and Intimacy with the Client 4. Coaching Presence 5. Active Listening 6. Powerful Questioning 7. Direct Communication 8. Creating Awareness	12 hours





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Module 3 – Coaching Mastery (ACMC)	Day 3 – Meaningful Coaching Defining the Kinds of Coaching Self Actualization Models Coaching Premises and Principles Coaching Identity (Self Matrix) Identity of a Coach Axes of Change II – Decision Systemic Coaching with the Matrix Panel Discussion with 3 Expert Coaches on the Business of Coaching * 45min Coaching Session practice & Feedback (Benchmarked against 7 Essential Coaching Skills by Assist Trainer)	4. Coaching Presence 5. Active Listening 6. Powerful Questioning 7. Direct Communication 8. Creating Awareness	12 hours
Module 3 – Coaching Mastery (ACMC)	Day 4 – Coaching Congruency Using Metaphor and analogy Taking Feedback to the next level Framing and reframing Coaching skills and behaviours (Power Matrix) Working on Coaching Business Plan Group Benchmarking Modeling Interview with Expert Personal Coach Panel Discussion with 3 Expert Coaches on the Business of Coaching * 45min Coaching Session practice & Feedback (Benchmarked against 7 Essential Coaching Skills by Assist Trainer)	4. Coaching Presence 5. Active Listening 6. Powerful Questioning 7. Direct Communication 8. Creating Awareness	12 hours





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Module 3 – Coaching Mastery (ACMC)	Day 5 – Developmental Coaching Axis of Change III – Creation Tasking & Setting Action Plans Coaching Stretch Goals Demonstration of a Full Coaching Session by Expert Coach (filmed for future debrief) Modeling Interview with Expert Group & Team Coach Panel Discussion with 3 Expert Coaches on the Business of Coaching Relationship & Team Coaching (Others Matrix) * 45min Coaching Session practice & Feedback (Benchmarked against 7 Essential Coaching Skills by Assist Trainer)	4. Coaching Presence 5. Active Listening 6. Powerful Questioning 7. Direct Communication 8. Creating Awareness 9. Designing Actions 10. Managing Progress and Accountability	12 hours
Module 3 – Coaching Mastery (ACMC)	Day 6 – Coaching Business Axes of Change IV – Solidification Business Coaching (The World Matrix) Modeling Interview with Expert Coach Panel Discussion with 3 Expert Coaches on the Business of Coaching Analysis of team and group dynamics * 45min Coaching Session practice & Feedback (Benchmarked against 7 Essential Coaching Skills by Assist Trainer)	4. Coaching Presence 5. Active Listening 6. Powerful Questioning 7. Direct Communication 8. Creating Awareness 9. Designing Actions 10. Managing Progress and Accountability	9 hours





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Module 3 - Coaching Mastery (ACMC)	Day 7 – Coaching Implementation Video debrief of full Coaching Session Demo The World Matrix – The Coaching Field - ICF - MCF Coaching Ethics and Obligations Self Actualisation Quadrants Panel Discussion with 3 Expert Coaches on the Business of Coaching * 45min Coaching Session practice & Feedback (Benchmarked against 7 Essential Coaching Skills by Assist Trainer)	1. Meeting Ethical Guidelines & Professional Standards 2. Establishing the Coaching Agreement 5. Active Listening 8. Creating Awareness	12 hours
Module 3 - Coaching Mastery (ACMC)	Day 8 – Coaching Implementation Modeling Interview with Expert Coach Reviewing the Matrix Model Integrating Matrix Model and Axes of Change Coaching Time (Time Matrix) Group Feedback process Certification Ceremony	5. Active Listening 6. Powerful Questioning 8. Creating Awareness 7. Direct Communication	12 hours
		Total Hours	147 hours