



INSIDE OUT

ADVANCED COACH TRAINING.

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THE FUNDAMENTALS OF BEING AN INSIDE OUT COACH

(How we differ and what our values are)

1. We recognise and base our practice on the understanding that both the challenges and the solutions exist within us, and not in an external situation, experience, person or goal.
2. We see every client for the potential that they are, and not for the problems that they appear to present.
3. We lead by lived example of the work. Integrity is key.
4. We are familiar with and work with the conscious and un/subconscious mind, archetypes and shadow work.
5. We coach with nakedness as our greatest ally. An open and receptive heart and a clear and empty mind.
6. We are dedicated to our own ongoing personal evolution. As we learn, we grow, and as we grow, we learn.
7. Humility, compassion and kindness are our basic values/ground.
8. We are aware of and have worked through/become more conscious of our own power dynamics as a means of staying in integrity within the coach/client relationship.
9. We have an awareness of and understanding of projection and endeavor to take full responsibility for our wounding.
10. We recognise each client as an aspect of ourselves, seen and unseen, and work with the principles of oneness in mind and heart.

Who's it for?

This coach training is for people who want to be in service to the world, and have either not trained yet, or have felt unsatisfied with the levels of training that they have already received, and want to go much deeper in their understanding and direct experience of the transformational potential of deep level coaching, to have a greater impact in the world.

It's designed for people who have been on their own personal journey of development and awakening, or who with to, and feel a calling to be in service to others evolution as a coach in the same way. It's for people looking to learn more about the journey to true and lasting fulfillment learning about the psyche, our human potential, and to re-define what a being coach actually is.

It's for people who want to deepen into their own personal journey out of the mind and into the heart, body, and consciousness of their true selves, and to learn how to facilitate fundamental transformation from the inside out.

What we are

Inside out coaches are leading by their own lived experience from their own growth. They have walked the walk, and are working from a place of authentic leadership. It's like the lotus flower who has emerged from the dirt and is no afraid of the mud. She will happily go back inside the ground because she knows the goodness that the soil brings.

Our philosophy is 'Inside Out'.

It's the only way.

What this training entails.

This training is intended to give you an in depth understanding of what it is to truly be with and support another human beings evolution process.

It will support you to be the catalyst for the dissolution of the conditioning and the true emergence of self as love, essence or soul.

How long is it for?

The course is 7 months long, with optional modules and a recommended 12 weeks of mentoring to support transitioning into a business. There will be live sessions with Sophia every two weeks, and teaching materials pre-recorded that you can watch in between sessions and at a pace that feels comfortable for you.

How much is it?

In 2024, this comprehensive training will be £10,500 with additional modules offered at £500 each. Given that this is the first training the June 2023 start will be £6,500 and you will receive an official certificate of completion after all coach training hours are complete.

You will receive lifetime access to the material.

What we cover?

Module 1- The myths of happiness and why the traditional coaching models don't work

What is it we humans really want in life?

Laying the foundation for the coaching journey and resolving misunderstandings we can subconsciously be holding within the mind of the coach

We will address and discuss the ultimate cause of all suffering.

We briefly look at why this course was set up.

Talk about traditional GROW coaching models, and why they are a tail end rather than first point of the journey to happiness for people.

Introducing the CARE model.

Module 2- What every coach needs to know before becoming a coach!

A basic understanding of what makes us human, and how we become conditioned through caregivers and our environment. How does that affect our experience?

We will look how we create our beliefs and value structures and systems, which through the course of the training, we will slowly start to break down.

Discuss the 3 core common wounds that every human is carrying.

Exploring the mother and father wound which through the process we will start to bring to awareness and resolve within the psyche.

An overview of attachment theory and why its important to understand.

We also will be looking at the inner relationships within the trainee coach.

Module 3- Preparing the (inner and outer) space for the sessions. The healing power of presence.

Grounding and Centering.

Exploring the importance of coming into the body to create a stable and safe container. Exercises and practical tools.

A discussion on the nervous system and co-regulation/self regulation.

The importance of self-awareness in the coaching dynamic and in life

Taking full Self – Responsibility. What does it mean?

Working with your body to guide the session.

Working with the silence rather than the mind to lead the way.

Module 4- Laying the ground for the coaching relationship.

Working with interdependence, and individuation. Discussing why both are an important part of the healing process.

Falling into the co-dependent trap.

Creating a safe ground for yourself and your client.

Understanding boundaries, projection and power plays.

Working with the relationship of client/coach to evolve yourselves and work with the reflections offered as a means of continuing your own evolution/development.

Module 5- Listening deeper than the mind. Knowing your client beyond thought.

Learning to listen beyond the mind.

Asking the 'right' questions.

Why the capacity to be still will enable opening and healing through the duration of the coaching journey.

Gauging the client's strengths, and using the knowledge to support your coaching facilitation.

Meeting the client in the space.

Being a clear reflection.

Module 6- Coaching Objectives

Discussing the dissolution of agendas, and the rise of presence, compassion and love as a gateway to transformation.

Working with the CARE model; Compassion, Acceptance, Receivership, Emptiness.

The role of coach and the possible projections we bring to the client.

How do we stay clear and detached enough from their story to support them, whilst still bringing a compassionate open heart?

Being in response to life in sessions.

Coaching in balance with the masculine and feminine energies.

Structuring sessions (covered in detail in next module).

Module 7- (longest module and split into 3 parts)

The 3 stages of the 'Inside Out' coaching process – A structure to get you started.

a) A deeper understanding of thought, emotion and the behaviours that follow. We look at how each one affects the other.

b) Working with the subconscious and unconscious mind– Seeing and hearing deeper than words. Being aware of what sits beneath the surface. Becoming aware of the subtlety of energy, movements, and what lies beneath the words.

c) Coming back to the moment. Somatic awareness. Breaking down stories, by bringing present moment awareness back into the session. Using sensations as an anchor point for safety and transformation in real time.

Module 8- Intensity and Emotional Release.

How to navigate intensity and strong emotions with your clients, and recognizing and signs of trauma and distress.

This will include the basics and importance of the nervous system set up and tendencies, a general understanding of PTSD/Flashbacks, and tools to bring your clients back into a sense of safety when things get wobbly.

I will teach my own version of EFT, Meditation, Somatic release, and grounding techniques.

How to recognize your own capacity, and knowing when to ask for help.

Module 9 – Shadow and Archetypes.

Having a basic understanding of what is meant by 'shadow' work, and looking at and working with the energies of various archetypes and inner child structures within the psyche. Rescuer/savior/martyr, judge, doer.

Understanding the psychology, biology and energetics behind parts work.

Merging, versus, being identified with the wounds.

Supporting your clients to dis-identify and unhook from these collective energies with compassion and kindness.

Module 10- Energy 101

Energy hygiene before/after the sessions.

Outline of the energy system.

Why its important to keep the energy moving. What can happen if energy becomes stagnant.

Clearing the physical space. Working with tools like yoga, dance, sound, movement, smudge sticks, bells, drums, chi gung or Tai Chi.

Understanding and working with energetic 'debris'.

Recognizing the interconnected nature of all things.

Taking care of yourself through the coaching process, and letting go of taking responsibility for your clients healing process.

Module 11- Practicalities of setting up your business.

Discovering your unique gift.

Defining who you are.

Setting your business up online, and getting clients in the door.

Knowing what to charge. How to self promote. Discovering your ICA. How to market yourself on FB, YouTube and IG.

Defining your voice.

Getting your first clients and what to charge.

Module 12- Summary

Summary of the last 7months.

Reflecting and Q&A.

Answering any unresolved points of confusion.

Going deeper.

What next?

Additional and optional modules to go even deeper:

Each module £500

Working with trauma

Working with energy, deepening your ability to intuit.

Working with Sound

Working with Breath

Working with Movement.

Reiki attunements

What else you get when you buy the coach training?

It is my very strong recommendation that before becoming a coach (particularly this level of coach), you go through my personal coaching program to evolve yourself personally. With this course, you get my original and complete online foundational coaching program at half price.