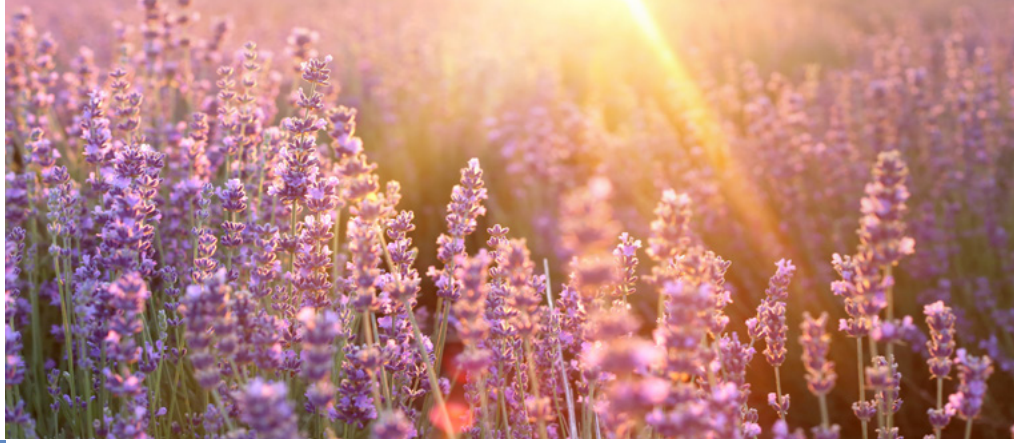




Enhance your  
**presence**  
as a coach

# Personal Growth and Wellbeing

## A Certificate in Personal Growth for Coaches

Improving the effectiveness of coaching  
through self-care

### Programme dates

Programme 1 (13.00-16.00 BST):

6 x Wednesdays

20th and 27th April 2022

4th, 11th, 18th and 25th May 2022

Programme 2 (09.00-12.00 BST):

6 x Fridays

10th, 17th and 24th June 2022

1st, 8th and 15th July 2022

### Delivery

Via Zoom

### Price

£1,800 + VAT

For in-house programmes in organisations,  
please enquire about rates.

### For further information

please contact:

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### Academy of Executive Coaching

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### About the programme

Where can you find inner peace and stability when life storms shake the foundations of your existence? How can you confidently support others in moments of stress while remaining grounded and present?

Coaches can only support their clients effectively and sustainably if they can listen deeply to their own needs. In fact, self-care is the basis of the capacity to evoke awareness in others. But how can this be realised?

In this bespoke programme of six half-day sessions, you will explore what grounds and balances you well. You will discover the potential of presence, the practice of embodied awareness, and identify the resources of resilience that lay within you to facilitate client growth in an authentic and effective way.

### What you will learn

This programme aligns with core competencies as defined by the professional coaching bodies.

In addition, on this wellbeing journey we will learn how to use body, breathing, and attentive mind to find grounding in the present moment. We will discover our personal 'Inner Island of Self' that will serve as a refuge when needed. We will explore and unleash our core strengths, and gain insight through various self assessment tools. We will find inspiration in various modalities and spiritual traditions to engage in this inner adventure.

There will be space to reflect and exchange. Together we will develop a strategy to transform the learnings into action and integrate them into our daily lives.

Each session will include moments of guided meditation, and no prior experience is required. The programme is inclusive and draws on diverse perspectives and resources.

## Learning outcomes

- Understanding the impact of presence on the coaching relationship
- Connection to your sense of deeper purpose
- Development of strategies to transform learnings into action and sustain your coaching practice
- Enhanced awareness and leverage of character strengths
- Clarification of your personal needs and ability to set healthy boundaries
- Appreciation of the value of personal work to facilitate client growth

## Who this programme is for

The Personal Growth and Wellbeing programme is for practising coaches who wish to align their inner and outer world to improve the effectiveness of their coaching practice. Participation will enhance your self-awareness and support you to evoke awareness in your clients. If you would like to discuss the programme, please feel free to get in touch.

## How you learn

You will be introduced to diverse teachings and new scientific findings on wellbeing and enhanced presence.

In a small group of participants, you will engage on an experiential learning journey where you will gain new insights into mental health and wellbeing in an interactive way. You will discover powerful tools to support personal growth, both for yourself and your clients.

You will be supported in your self-management by devising your own strategy to become a more fulfilled and resilient version of yourself. You will learn to listen deeply to your personal needs, set healthy boundaries around them, and communicate effectively about it.

The programme comprises six half-day sessions spread over six weeks. You will need to plan one extra hour per week for homework between the sessions. This programme will also require you to engage hands-on in your own wellbeing experiment and be ready to share your findings with your cohort.

## Delivery method

All six sessions of this programme will run virtually via Zoom, as we wish to maximise accessibility for participants worldwide.

The Personal Growth and Wellbeing programme is also available in-house for organisations wishing to support their staff in their professional development. Please contact us for further information.

## Programme faculty

The programme has been developed by Bart Weetjens, Zen monk, celebrated social entrepreneur and personal growth coach. Bart will be facilitating all six sessions.

## Bart Weetjens

Zen Buddhist monk and social entrepreneur



*"Occasionally one meets a person to whom one feels an attraction on the spiritual level. I am so thrilled we met. So honoured to be a friend. You inspire me."*

Dr. Jane Goodall

## Benefits of the programme



An experiential learning journey to enhance your coaching presence



Resource yourself and your coaching practice



Provides six half-day sessions of personal and professional development

## Accreditation



This is a certificate level programme; on completion you will receive a certificate of attendance from the AoEC



Accredited with the International Coaching Federation (ICF) for 24 CCEUs (Continuing Coach Education Units) - 17 Core Competencies and 7 Resource Development.



[www.aoec.com](http://www.aoec.com)