



Master II – The Awareness Process II (ACTP)

Where Master I opens up a whole new world of possibilities for you, Master II expands on them; going deeper, stretching wider and building on the solid foundations laid out in Master I. It offers advanced consciousness development and coaching training, with a four-day course, followed by two months of coaching practice. This includes six personal coaching sessions with a certified Expert Consciousness Coach® (ECC).

Master II empowers you with:

- **Advanced consciousness development**
Here you are challenged and trained in the art of creation. By 'creation' we mean you acquire the power to create the life you love to live. You actively apply the distinctions you attained in Master I and get to examine, integrate and apply new practical tools.
- **Learning to become a master at communication**
Master II teaches you the basics in the art of coaching. By 'coaching' we mean the ability to conduct relationship interactions in such a way that both parties are left empowered, uplifted and a little more enlightened. These interactions could be in your love relationship, with your children, boss, colleagues or professional coaching clients.
- **Professionally accredited coach training**
Master II is the first step towards becoming an accredited Personal / Life Coach or Business / Executive Coach. By applying leading-edge communication skills and unlimited success through the power of Consciousness Coaching®, you will witness how your life transforms in front of your eyes as you engage in transforming the lives of others. Start realising your dreams with Consciousness (and) Coaching® as a new way of living!

Master II – The Awareness Process II equips you with:

- Basics in the art of coaching:
- The concept of coaching and how it is distinguished from consulting, therapy and training
- Understanding and choosing the right coaching model
- Ethics of coaching according to Consciousness Coaching® and the International Coach Federation (ICF)
- The eight golden Consciousness Coaching® rules
- Structure, preparation and delivery of coaching sessions
- The Consciousness Coaching® model and protocol
- Practical training in delivering coaching
- Competence development in essential communication skills:
 - questioning
 - listening
 - feedback
 - sharing



Course content

Advanced consciousness training:

- The Ladder of Power™ – transforming complaints into victories
- The meaning and practice of integrity and authenticity
- Your consciousness inventory
- Compassion
- Vision and mission – discovery, definition and design
- Advanced distinctions:
 - getting
 - listening
 - forgiving
 - completion

Entry Requirements

- Master I – A New State of Consciousness (The Awareness Process I)

Course Components

- Creative Consciousness workbook
- six coaching sessions with a certified Expert Consciousness Coach® (ECC) during the self-study time, face-to-face or over the phone (you are free to define the coaching objective)
- a daily frame programme (optional) to support your holistic development
- access to the Consciousness Coaching graduate network and website

Course Delivery modality

- Classroom-based with optional personal awareness exercises outside
 - Experiential, interactive and group-based interaction, group and peer work
 - Consciousness Coaching methodology and philosophy
- External (home-based), self-study after the training

Course Duration

- Classroom component:
 - 4 days
 - 41 hours
- Self-study component:
 - 6 weeks of self-study, coaching and practice