



## What is Consciousness Coaching?

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### **A Revolution in Consciousness**

Consciousness Coaching® is an advanced methodology of coaching that creates shifts in your consciousness, empowering you to influence your destiny and create the future you choose to design.

As a human being, you are inherently resourceful and have within you all the tools you need to be successful, to be powerful, to be happy and to generate prosperity. Our methodology asks the right questions from a place of wisdom, rather than promoting second-hand knowledge.

Consciousness Coaching® is powerful in that it allows you to create the life that you want. It worked for me and inspired me to create anything and everything in my life. I feel powerful and I feel completely liberated. – Rayhaana Davis, Consciousness Coach

### How does it work?

Marc Steinberg explains Consciousness Coaching® by using the analogy of growing mangoes. Mangoes grow better in Tahiti than in Iceland. Why? For mangoes to grow, they need the right conditions: the right climate, soil, temperature, etc. In Tahiti, where the conditions are right, the seed grows naturally, without extra effort.



A mango tree in Iceland, even with all the positive thinking or visualizing, could not grow unless it was given the right context, or environment – it would need a greenhouse! For ‘positive thinking’ to work in human beings, it must occur in the right mental and emotional conditions. Consciousness Coaching® creates those conditions.

Consciousness Coaching® believes that only those changes that come about by themselves (organically or naturally) can become an integral part of your consciousness and therefore will have a lasting effect. Consciousness Coaching® sessions and seminars are structured to provide you with a context in which awareness, growth and change can happen effortlessly. When you learn through experience, your ego is able to accept and integrate the change.

Consciousness Coaching® is the most powerful methodology for transformation that I’ve experienced. With Consciousness Coaching®, you can be sure that you can achieve everything you set out to achieve in your life. It makes it all possible and creates the perfect environment in your consciousness for the achievement of your goals. – Neil Bierbaum, Consciousness Coach.

## **Where would Consciousness Coaching® fit into YOUR life?**

### **Here are the options:**

If you are looking for a spiritual level-up and feel the calling to shift your life and make a real difference, you may want to explore the possibility of taking one or more of our Consciousness Coaching® courses. These are designed not only for future coaches but also for anyone wishing to live life to their fullest potential and learn to relate in ways that inspire and empower all parties involved.

For those who want to make coaching their career, the Creative Consciousness® Master curriculum is the way to go. Fully accredited internationally by the International Coach Federation (ICF), the Master curriculum lets you qualify as a Professional Coach with the added dimension of Consciousness Coaching®.



Creative Consciousness® programs for corporate's are guaranteed to revolutionize the way people think, live and act in business. Whether it is through attending the Master curriculum or through a corporate product designed to suit a business's needs, or a combination of both, one can expect increased levels of productivity, improved efficiency and effectiveness, inspired communication and 8a unified team. For people from all walks of life, the dialogue with Consciousness Coaches® opens up a whole new way of seeing the world and 'living outside the box'. Walls of limitation give way to vast realms of possibility. Professionals use Consciousness Coaching® to become the best in their fields by sharpening their intuition and honing their communication skills. Whether you want life coaching or executive coaching, meet some of our coaches and take the first step towards the life you would love to live!

## **Coaching as a career**

Coaching is part of the personal development and training industry, which now earns over US\$100 billion a year. As a stand-alone profession, coaching has come into its own worldwide in the last few years, and the South African market is no exception.

The Canadian and Australian press have described life coaching as the second-fastest growth industry in the USA; the fastest being information technology. Five years ago there were only a handful of coaches. Estimates in 2007 stood at 10 000 in the US alone; today the ICF has over 15 000 members; many more coaches worldwide are practicing without this accreditation.

Consciousness Coaching® offers an internationally accredited coach training curriculum that will support you in embarking on a new career pass.

***To become a professional Consciousness Coach® you need to complete Master I, II and III.***

Upon completion of the curriculum you can look forward to:

- starting and managing your own licensed coaching business full or part-time
- financial security and career independence
- immediate return on investment
- walking the talk with passion and energy!
- exceptionally high earning potential

### **Beginning with:**

**Master I – A New State of Consciousness (The Awareness Process I)™.** This foundational module gives you a significant increase in awareness and insight into the nature of human consciousness. This course can stand on its own and is a prerequisite to all of the other courses offered by Creative Consciousness. Master I is a tremendous wake-up call, designed to get the delegate to acquire the powers to create awareness and unlimited success using Consciousness Coaching®.

**Master II – The Awareness Process II** introduces you to the Consciousness Coaching® protocol and toolbox and includes 6 Consciousness Coaching® sessions, in order for you to experience being coached by a professional Consciousness Coach® and measure the benefits yourself. Master II equips its delegates with the basics in the art of coaching, deepens awareness and consciousness development, and provides you with tools to practice that which you developed an understanding of in Master I.

**Master III** is the advanced coach training, split into two parts, with a 6 week break in between. This gives all those wishing to develop their consciousness and coaching skills at the Master III level to complete the training together. In order to obtain either the Professional Coaching Diploma (ICF qualification) and/or the Consciousness Coaching Diploma (ICF accredited) you need to complete 6 observed coaching sessions and a written exam. Master III takes the delegate to the level of ‘Diploma in Professional Coaching’ and completes the mastery of communication and empowerment skills.

## **Coaching qualifications**

On completion of Master II and Master III, you can take a two-part assessment, including written exams, observed coaching session and the submission of coaching notes, to be awarded the two-part, ICF accredited diploma:

- The Professional Consciousness Coaching® Diploma (PCD)
- The Consciousness Coaching® Diploma (CCD)

If you choose to take only the first of the assessments, which is administered on behalf of the ICF, you can be awarded the Professional Coach Diploma, as a stand-alone, and be a qualified coach with international accreditation and recognition. The PCD is a prerequisite for the Consciousness Coaching® Diploma, which carries the same ICF recognition plus the added dimension of Consciousness Coaching®.

## **Qualifications and accreditations**

Consciousness Coaching® courses are ICF accredited!

Founded in 1995, the International Coach Federation (ICF) is the leading global organization dedicated to advancing the coaching profession by setting high standards, providing independent certification, and building a worldwide network of credentialed coaches. With more than 15,000 professional personal and business coaches representing over 90 countries, the ICF is the voice of the global coaching profession.

Consciousness Coaching® was the first South African coaching curriculum to achieve the ICF's highest accreditation – the ACTP (Accredited Coaching Training Program). The ACTP accreditation is awarded to programmes that follow the ICF definition of coaching, code of ethics and core competencies, and that meet the professional standards set and monitored by the ICF.