

PROGRAM OVERVIEW

Toolbox modules are paired together and the four remaining Face-to-Face Intensives are each five days long (Mon-Fri). These are offered every 3 months. The program takes 12 months to complete, but can be drawn out over 24 months.

How the Modules are blended (see descriptions below) Foundations 1-4; Gestalt/PartsWork; Brain 1/Guiding Through Trauma; Brain 2/Working With Grief; Long-Term Coaching/PartsWork 2

NCC CURRICULUM

Foundation Modules

Foundation One: Immersion, Relationship & Connection

This module kicks off the training program by focusing on nature-connection and the immediate healing benefits found in our relationship with the natural world. Additionally, we will seek, through contact with the natural world, an understanding of the essential requirements of our professional relationships with our clients.



- Understand and deepen your relationship to nature
- Explore Deep Listening and Attunement skills, and become aware of your unique “Coaching Presence”
- Understand the definition of coaching
- Learn about ICF Coaching Ethics and Core Competencies
- Begin to experiment with collaboration with the natural world to create transformational and illuminating experiences for others

Foundation Two: Ecopsychology and Creating the Nature-Connected Coaching Container

Ecopsychology offers a perspective with a body of research and practice that can support our work as Nature Connected Coaches. Through reading and online discussion we explore the tenets and various applications of ecopsychology and ecotherapy, so we can decide if and how they apply to our interests as healers and guides. In this program you will learn a powerful three-stage format for facilitating a nature-connected session with clients. This second Foundation Module Focuses on the first stage.

- Explore the stages of nature-based ceremony and how they provide structure to the Coaching Container.
- The Art of Questioning and Powerful Questions.
- Setting intentions and session specific “contracts”
- Intro to Deep Listening
- Strengthening your Coaching Presences

NCC CURRICULUM - CONTINUED

Foundation Three: Crossing the Threshold - The Unknown and Deep Listening

In this module we begin the exploration of how to facilitate the learning and awareness building that occurs soon after the guide and the client determine the focus of the session. As we dive more completely into the concept of Deep Listening, the experience of working in the unknown inherently brings out your unique coaching presence and creativity, and requires you to establish a collaborative relationship with both Nature and your client. This is where we begin to witness the awe-inspiring power of Nature as a the True Healer in our client's quest for wholeness, direction, inner-harmony, health and connection.

- Working with the Unknown
- Collaborative-Coaching with Nature
- Levels of Deep Listening
- Strengthening your Coaching Presence

Foundation Four: Creating Awareness and Facilitating Integration

Arguably one of the most important and most challenging aspect of Nature-Connected Coaching is how we as coaches support our clients to be successful in reaching their goals in between our sessions with them. Honing the skills and concepts practiced in this module will significantly increase your effectiveness and place you above the rest as coach. This Face-to-Face intensive completes the foundational training for nature-connected coaching. At this point you will have enough training to begin working professionally with clients (which is encouraged). What follows in the ToolBox Modules will build off these Foundational concepts and providing you with plenty of practice and unique, cutting-edge perspectives, methods and tools that will greatly increase your confidence and skill.



- Creating Awareness through experimentation, questions and interventions
- Integration and creating next steps
- Following - up and Accountability
- Guiding a complete Nature-Connected Coaching experience

NCC CURRICULUM - CONTINUED

ToolBox Modules

ToolBox Module: Using Gestalt Therapy Principals in Nature-Connected Coaching

The core principles of Gestalt Therapy offer Nature-Connected Coaches a powerful set of tools for enhancing coaching awareness, listening, presence, and questioning skills. Principles such as boundary defenses, contact, and presence strengthen your listening skills, helping you to see more clearly beneath the surface in a way that can establish a deep sense of trust between you and your client. Understanding how to facilitate a “Gestalt - based experiment” will directly improve your ability to facilitate learning, and results as a Nature Connected Coach.

- How basic Gestalt principles enhance the your coaching presence, client awareness, your active listening skills, and support trust and intimacy with your client
- Tracking subtleties and understanding “contact”
- The power of the present moment and the “cycle of experience”
- Gestalt experiments in nature NCC Curriculum, Continue

ToolBox Module: PartsWork

Have you ever heard someone say, “a part of me feels ...?” In coaching and psychology, the concept of “multiplicity” – multiple parts of one’s personality – is not a new concept. However, Dr. Roger Strachan from the Center for Creative Choice has developed a working model for PartsWork that is incredibly effective, intuitive, rooted in wilderness work, and grounded in research. PartsWork will quickly become a powerful Active Listening tool for your coaching work. In this module you will learn the basic process of PartsWork and how to apply it to Nature-Connected Coaching.



- Discovering the Mandala of Self
- PartsWork as a tool for client self - awareness, self - acceptance, integration and forward thinking
- Basic PartsWork facilitation
- Deep Listening

NCC CURRICULUM - CONTINUED

ToolBox Module: Brain and Change 1

This Module is the first of a two-part series that is packed full of inspiring information about the science of change. As guides, we learn to be creative and work with what arises in the moment. Having a scientific understanding of what is happening for your client and why, will help you develop a xray-like vision and laser-like focus. Understanding the science of change will help you meet your clients exactly where they are and increase your confidence in the choices you make and the questions you ask. Additionally, educating your clients on the science of change can be incredibly empowering for them.

- Basic Neuroscience of change
- The Mind
- Story, Myth and Ritual- the science behind ceremony
- The process of change

ToolBox Module: Brain and Change 2

This second module on the science of change expands the application of previous module. We will introduce new scientific perspectives that will greatly enhance your understanding of the concepts, and fine-tune your approach for supporting your clients to reach their goals. We also look into neuroscience of relationships to better understand the effects the Natural World has on our nervous system so our choices of landscape, outdoor experiences, and even our words can intentionally support our clients growth.



- Story, Myth and Ritual, Continued
- Brain waves, resonance and relationship
- Intention, Integration and the Self-Image
- The conscious and the unconscious

NCC CURRICULUM - CONTINUED

ToolBox Module: Long-Term Coaching and Transformational Change Models

This module looks closely at long-term coaching and supporting a client through a change/growth process that may take 8-months to a year, or longer. Building off the coaching format we established in the Foundation Modules, you will learn how to hold a long-term perspective with your client that maintains a nature-connected point of view. Different from the Stages of Change and the Four-Shields, discussed in other modules, this perspective uses the goals and intentions of the clients as the starting point as you guide them through a long-term process, rather than their current mental state. In other words, the Transformational Learning Model is not a diagnostic tool, like some of the other models, it simply provides a natural, long-term structure to follow that compliments that NCC approach.

- Transformational Learning Model
- Nature-connection rituals
- Four-Shields
- Intention, visualization, and “reprogramming”
- Immunity to Change

ToolBox Module: Guiding through Trauma and Strong Emotions

In a coaching session it is not uncommon for a client to re-live a painful memory, face a painful truth or belief about themselves, or express strong emotions. The extreme side of this is often related to trauma.

Understanding what trauma is, how to identify it, and how to “ground, sequence, and come back to the present moment,” so you can maintain your coaching goals, is essential to the nature-connected coaching process. This valuable set of coaching skills is rooted in neuroscience and body-centered therapy. While it is not a part of the coaching relationship to provide trauma therapy, this module will help you identify deeper issues that might ethically require the support of a therapist. Ultimately, these skills allow the nature connected coach to become more present with clients in the moment, rather than shying away.

- Understand what trauma is and how it affects the nervous system.
- Learn how to use your presence as a coach to help your client move through strong emotions and stay focused on goals and outcomes while learning more about their own nervous system and how to regulate it.
- Mindfulness
- Body-Centered Therapy



NCC CURRICULUM - CONTINUED

ToolBox Module: Working with Grief and Loss

Grief is a universal human experience. Depending upon the situation, the strong emotions that can emerge are different from emotional trauma. In this module, we will dedicate time to understanding the grieving process so that we may identify it and learn how to weave it in to our coaching agreements with clients, thereby ethically supporting our clients to get the help they need. This module will also focus on program review and provide you with ample opportunity to practice Nature - Connected Coaching techniques and get supportive feedback.

- Understand the cycles of grief and loss and recognize their presence in clients.
- Practice collaborating with Nature to incorporate a client's loss and grief.
- Learn how to create nature-based ceremonies and tools for supporting grief and loss.

ToolBox Module: Bringing it all together and PartsWork 2

This module has a more open-ended agenda allowing for your instructors to focus more on your questions and areas of interest. Practice and supportive feedback will be a big part of this module

