The Q Coach Distance Training Program

The Q Coach Distance Training Program is designed to provide you with everything our in-person training program does. The distance program is perfect for busy professionals who find it challenging to travel for training, those who enjoy self-paced study, and those for whom travel costs put the program out of reach. The program offers over 35 hours of training for only $1475 USD! Save $275 and register for $1200 by December 15, 2016.

The Q Coach Distance Training Program is delivered in three parts*as shown below:

1. **Part 1: Self-Paced Study of Six Content Modules** (Video, Notes, Online Testing)
   - Students watch 6 video modules and read the accompanying notes. Videos run from 1 – 1.5 hours.
   - Students complete an online test to support their learning following each video module.

2. **Part 2: The Q Process Course & Coaching** (Video, Phone Calls)
   - Students watch The Q Process Workshop Video (2 three-hour sessions) and read the course script.
   - Students will complete the 21-day cycle of The Q Process and attend three group phone coaching sessions.

3. **Part 3: Online ZOOM Video Conferencing** (Live Video Meetings, Notes)
   - Students attend 3 three-hour ZOOM meetings to practice coaching techniques, and read coaching notes.
   - Students attend a final three-hour ZOOM wrap up session during which they will present their “story.”

*Students will not be fully certified until they complete the mentoring portion of the program. Additional fee applies. See final page for details.
Schedule at a Glance (all times in US Central Time)

PART 1: VIDEO MODULES (Self-Paced January 13 – 26, 2016)

January 16: All video modules open
- Understanding the Shadow
- Adult Development Theory and The Way of The Mystic
- Brain Research & The Advent of Interpersonal Neurobiology
- Understanding the Role of the Body and Heart
- Authentic Action and Use of Ritual in Healing
- Watch The Q Process Course: Two 3-hour videos
- Read Course Script

PART 2: THE Q PROCESS 21-DAY PRACTICE (Blended January 26 – February 16, 2016)

January 26 – Feb 16:
Thursday, Jan 26: Opening Call 6-8 p.m.

Thursday, Feb 2: Phase One Coaching Session 6-7:30 p.m.
Thursday, Feb 9: Phase Two Coaching Session 6-7:30 p.m.
Thursday, Feb 16: Phase Three Coaching Session 6-7:30 p.m.

PART 3: THE Q PROCESS COACHING PRACTICUM (Live February 20 – March 2, 2016)

Monday, February 20: Coaching Practice 1 - Via ZOOM 6- 9 p.m.
Thursday, February 23: Coaching Practice 2 - Via ZOOM 6- 9 p.m.
Monday, February 27: Coaching Practice 3 - Via ZOOM 6- 9 p.m.
Thursday, March 2: Presenting Your Story & Conclusion - Via ZOOM 6- 9 p.m.

PLEASE NOTE: Students will not be fully certified until they complete the mentoring portion of the program. Mentoring takes place during the 12 months that follow. Additional fee applies. See final page for details.
# Details & Dates for Q Coach Training Part 1

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<tr>
<th>SELF-PACED SESSIONS</th>
<th>Test Completion Date</th>
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| Hours: 1.5          | January 13 – 26, 2017| Bonario, R. Pages 1-16| **Module 1: Understanding the Shadow Video**  
Introduction and brief overview of program. Students are introduced to the Jungian concept of The Shadow. Examples of shadow dynamics are discussed as well as how and why they must be addressed for clients to move beyond old patterns of thought and behavior. |
| Hours: 1.5          | January 13 – 26, 2017| Simmons, J. Pages 17-26| **Module 2: Adult Development Theory and The Way of The Mystic Video**  
Students are introduced to Adult Cognitive, Social, Ego and Cultural Development Theories - understanding how adults develop throughout life using Kegan’s stages of development, and Spiral Dynamics group development. |
| Hours: 1.5          | January 13 – 26, 2017| Bonario, R. Pages 27-45| **Module 3: Brain Research & The Advent of Interpersonal Neurobiology Video**  
Students are introduced to the latest brain research in interpersonal neurobiology, specifically the work of Daniel J. Siegel, M.D. A scientifically grounded, integrated view of human development for mental health practitioners, educators, organizational leaders. |
| Hours: 1.5          | January 13 – 26, 2017| Bonario, R. Simmons, J. Pages 45-64| **Module 4: Understanding the Role of the Body and Heart Video**  
Students are introduced to Trauma First Aid (TFA) protocols and HeartMath® for processing emotions using the body to quickly center ourselves and keep the self-reflective higher-thinking neo-cortex online. |
| Hours: 1.5          | January 13 – 26, 2017| Bonario, R. Simmons, J. Pages| **Module 5: Authentic Action and Use of Ritual in Healing Video**  
Students are introduced to Authentic Action, what it is and what it isn’t, as well as the healing power of rituals. |
| 7                   | January 13 – 26, 2017| Pages 65-69 Pages 70-81| **Self-Paced Study**  
Watch The Q Process Course Video (2 three-hour videos)  
Read Course Script  
Read Coaching Notes |
### Dates for Q Coach Training Part 2

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|                   | 2     | Thurs. Jan 26 6:00 p.m. - 8:00 p.m. US Central Time | Bonario, R. | **Opening Call**  
Students will meet by phone to open the live portion of the training program. Instructors give an overview of the 21-day Q Process, the steps of each phase, and answer questions about completing the three phases. |
|                   | 1.5   | Thurs. Feb. 2 6:00 p.m. - 7:30 p.m. US Central Time | Bonario, R. | **The Q Process™ Phase One Coaching Session**  
Students complete the first week of The Q Process. Instructors model how to debrief clients who have completed the first week of The Q Process. |
|                   | 1.5   | Thurs. Feb. 9 6:00 p.m. - 7:30 p.m. US Central Time | Bonario, R. | **The Q Process Phase Two Coaching Session**  
Students complete the second week of The Q Process. Instructors model how to debrief clients who have completed the second week of The Q Process. |
|                   | 1.5   | Thurs. Feb. 16 6:00 p.m. - 7:30 p.m. US Central Time | Bonario, R. | **The Q Process Phase Three Coaching Session**  
Students complete the second week of The Q Process. Instructors model how to debrief clients who have completed the second week of The Q Process. |
## Dates for Q Coach Training Part 3

### ZOOM COACHING PRACTICE ONE: Monday, June 20th 6 p.m. – 9 p.m. US Central Time

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<tr>
<td>3</td>
<td>February 20 6:00 p.m. - 9:00 p.m. US Central Time</td>
<td>Bonario, R.</td>
<td><strong>Welcome &amp; Group Check-In</strong>&lt;br&gt;Setting the space with ritual. Overview&lt;br&gt;<strong>Coaching Dynamics, Structure of Coaching Process, Tips &amp; Strategies, Phases I</strong>&lt;br&gt;Students are introduced to Q Process coaching protocol for Phases I, in a step-by-step explanation that draws attention to critical moments to identify and leverage, as well as nuances to tease out with clients, as they move through the coaching process.&lt;br&gt;<strong>Q Coaching Practice Sessions, Phase I &amp; Reflections</strong>&lt;br&gt;Students will practice using the protocol for coaching clients through Phase II of The Q Process in small groups, followed by reflective processing with group members and coaches.&lt;br&gt;<strong>Reflection and Closing</strong>&lt;br&gt;Following the practice round, students return to the larger group for sharing and reflections.</td>
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### ZOOM COACHING PRACTICE TWO: Thursday, June 23th 6 – 9 p.m. US Central Time

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<td>3</td>
<td>February 23 6:00 p.m. - 9:00 p.m. US Central Time</td>
<td>Bonario, R.</td>
<td><strong>Group Check-In and Reflections</strong>&lt;br&gt;Setting the space with ritual.&lt;br&gt;<strong>Coaching Dynamics, Structure of Coaching Process, Tips &amp; Strategies, Phases II</strong>&lt;br&gt;Students are introduced to Q Process coaching protocol for Phases II, in a step-by-step explanation that draws attention to critical moments to identify and leverage, as well as nuances to tease out with clients, as they move through the coaching process.&lt;br&gt;<strong>Q Coaching Practice Sessions, Phase II &amp; Reflections</strong>&lt;br&gt;Students will practice using the protocol for coaching clients through Phase II of The Q Process in small groups, followed by reflective processing with group members and coaches. Following the practice round, students return to the larger group for sharing and reflections.&lt;br&gt;<strong>Reflection and Closing</strong>&lt;br&gt;Following the practice round, students return to the larger group for sharing and reflections.</td>
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### ZOOM COACHING PRACTICE THREE: Monday, June 27th 6 – 9 p.m. US Central Time

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| 3     | February 27 6:00 p.m. - 9:00 p.m. US Central Time | Bonario, R. | **Group Check-In and Reflections**  
Setting the space with ritual.  
**Coaching Dynamics, Structure of Coaching Process, Tips & Strategies, Phases III**  
Students are introduced to Q Process coaching protocol for Phases III, in a step-by-step explanation that draws attention to critical moments to identify and leverage, as well as nuances to tease out with clients, as they move through the coaching process.  
**Q Coaching Practice Sessions, Phase II & Reflections**  
Students will practice using the protocol for coaching clients through Phase III of The Q Process in small groups, followed by reflective processing with group members and coaches. Following the practice round, students return to the larger group for sharing and reflections.  
**Reflection and Closing**  
Following the practice round, students return to the larger group for sharing and reflections. |
| 1.5   | Before March 2 | Bonario, R. Pages | **Module 6: Aware-apy vs. Therapy / Guidelines for Preparing “Your Story”**  
Students are introduced to ethical considerations when using The Q Process, specifically the importance of understanding the boundary between therapeutic interventions versus assisting people in their own self-discovery. (Homework – prepare story) |

### Stories and Course Completion – Thursday, June 30th 6 – 9 p.m. US Central Time

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| 3     | March 2 6:00 p.m. - 9:00 p.m. US Central Time | Bonario, R. | **Presenting “Your Story”**  
Students present a personal story of their own healing and transformation as a result of using The Q Process to the large group.  
**Your Role as a Q Coach – How to interact with The Q Effect**  
Going forward: Mentoring Requirements & Staying Connected.  
**Wrap Up**  
Reflections and Closing |

Also included in the program is The Q Coach Manual which will be mailed to you. The manual includes all the notes needed for the training, the script for the course, instructions for coaching, and more. BONUS: Access to additional content recordings exclusively for certified Q Coaches.

**NOT INCLUDED:** All students will select a mentor to work with to complete certification. See mentoring information below.
Q Coach Certification Mentoring Requirement

Once you have completed the distance and onsite training sessions and demonstrated mastery of the concepts, you are licensed to use the Q Effect materials to present your first workshop and to coach your first group through the Q Process™.

In order to complete the certification process, you will need to schedule and hold your first teaching and coaching sessions within one year of the training completion date.

The final step to complete your certification includes choosing a mentor and setting up a mentoring experience with him or her. There are two options available:

Basic Mentoring: $275
With this option, you will have four 30-minute phone calls with your mentor. These are as follows:
- The week before you teach the workshop/class (your mentor will help you prepare to teach the course content).
- After the workshop/class and before your first coaching call (your mentor will help you prepare to coach your first call).
- After your first coaching call (your mentor will listen to your recorded call and give you feedback).
- After your third coaching call (the mentor will listen to your recorded call and give you feedback).

We also ask that you record and listen to your second coaching call and note for yourself what areas you see for clarification or improvement.

Private Coaching: cost is negotiated with your mentor
This is a more in-depth coaching experience. Private coaching prepares you for teaching and provides you with detailed coaching feedback. For this option you will need to make a video recording of your workshop presentation or have the mentor sit in and observe. You will also record all group coaching calls.

You will schedule your mentoring calls with your mentor and make payment directly to him or her. Certification is finalized once The Q Effect, LLC receives confirmation of your mastery from your mentor.

Please note: It is possible that additional mentoring may be suggested by your mentor.