

Fall 2017 Q Coach Training Program

The Q Coach Training Program is designed to provide you with everything you need to successfully present the Q Process course material and coach your students/clients through the 21-day process. This program includes various elements of self-paced online study as well as 2.5 days of in-person training. The program offers over 40 hours of training for only \$1325 USD (After July 15th \$1575).

The Q Coach 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: In Person Training
(Live Coaching, Notes)

Students attend a 2.5-day live training event to practice coaching techniques, and receive coaching instruction.

Before departing, students will craft and present their “story” to be used during the course presentation.



Schedule at a Glance (all times in US Central Time)

PART 1: VIDEO MODULES (Self-Paced August 3 – 24, 2017)

Two modules per week become available August 3, 10 & 17

- 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
- Aware-apy vs. Therapy / Guidelines for Preparing “Your Story”

PART 2: THE Q PROCESS WORKSHOP & 21-DAY PRACTICE (Blended August 24 – September 14, 2017)

August 24-31: Self-Paced Study

- Watch The Q Process Course: Two 3-hour videos
- Read Course Script

Friday, September 1: Opening Call 6-7:30 p.m.

Thursday, Sept. 7: Phase One Coaching Session 6-7:30 p.m.

Thursday, Sept. 14: Phase Two Coaching Session 6-7:30 p.m.

Phase Three Coaching Session happens at the live event

PART 3: THE Q PROCESS COACHING PRACTICUM (Live Event September 22-24, 2017)

Friday, September 22, 9:00 a.m. – 5:00 p.m.

Saturday, September 23, 8:00 a.m. – 5:45 p.m.

Sunday, September 24, 8:00 a.m. – 12:30 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

SELF-PACED SESSIONS			
Hours	Dates	Instructor(s)/ Notes	Description
1	August 2, 2017 6 – 7:00 p.m.	Bonario, R. Simmons, J. Simmons G.	Students will meet by video conference to open the training program. Instructors and students introduce themselves. Instructors give an overview of the program and the online interface. Q & A to follow.
1.5	Available August 3, 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.
1.5	Available August 3, 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.
1.5	Available August 10, 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.
1.5	Available August 10, 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 Aide (TFA) protocols and HeartMath® for processing emotions using the body to quickly center ourselves and keep the self-reflective higher-thinking neo-cortex online.
1.5	Available August 17, 2017	Bonario, R. Simmons, J. Pages TBD	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.
1.5	Available August 17, 2017	Bonario, R. Pages TBD	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)

Dates for Q Coach Training Part 2

BLENDED SESSIONS			
Hours	Completion Date / Time	Notes	Description
7	August 24-31	Pages 65-69 Pages 70-81	Self-Paced Study Watch The Q Process Course Video (Choice of videos) Read Course Script Read Coaching Notes
1.5	September 1 6:00 p.m. - 7:30 p.m. US Central Time		Q Process Kick Off 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	September 7 6:00 p.m. - 7:30 p.m. US Central Time		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	September 14 6:00 p.m. - 7:30 p.m. US Central Time		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.

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RESIDENCY: DAY ONE – FRIDAY, SEPTEMBER 22		
Hours	Time	Description
.5	9:00 a.m. – 9:30 a.m.	Welcome & Group Check-In Setting the space with ritual. Pull Cards. Q/Shadow Card Introductions. Overview
.5	9:30 a.m. – 10:00 a.m.	Heart Math Practice / Break Participants will practice with HeartMath software and then take a break when complete.
1.75	10:00 a.m. – 11:45 a.m.	The Q Process Phase Three Coaching Session Students complete the third week of The Q Process. Instructors model how to debrief clients who have completed the third week of The Q Process.
LUNCH BREAK – 1 Hour 15 minutes		
.45	1:00 p.m. – 1:45 p.m.	Coaching Dynamics, Structure of Coaching Process, Tips & Strategies, Phase I Students are introduced to Q Process coaching protocol for Phase 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.
1.5	1:45 p.m. – 3:15 p.m.	Q Coaching Practice Sessions, Phase I & Reflections Students will practice using the protocol for coaching clients through Phase I 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.
AFTERNOON BREAK – 15 minutes		
1.5	3:30 p.m. – 5:00 p.m.	Understanding the Workshop Dynamics – Part 1 Students are walked through the Art & Practice of Living with Nothing and No One Against You workshop with explanations for how each aspect of the presentation prepares participants to complete the 21-day Q Process Worksheets.
DISMISSAL		

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RESIDENCY: DAY TWO – SATURDAY, SEPTEMBER 23		
Hours	Time	Description
8:00 – 8:30 a.m. Q Movement		
.5	8:30 a.m. – 9:00 a.m.	Group Check-In and Reflections Setting the space with ritual. Pull Cards.
.5	9:00 a.m. – 9:30 a.m.	Body Based Practice / Review Students will practice TFA and HeartMath® techniques and reflect on use throughout the day.
.5	9:30 a.m. – 10:00 a.m.	Coaching Dynamics, Structure of Coaching Process, Tips & Strategies, Phase II Students are introduced to Q Process coaching protocol for Phase 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.
MORNING BREAK – 15 minutes		
1.5	10:15 p.m. – 11:45 p.m.	Q Coaching Practice Sessions, Phase II & Reflections 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.
LUNCH BREAK – 1 Hour 15 minutes		
1.5	1:00 p.m. – 2:30 p.m.	Understanding the Workshop Dynamics – Part 2 Students are walked through the Art & Practice of Living with Nothing and No One Against You workshop with explanations for how each aspect of the presentation prepares participants to complete the 21-day Q Process Worksheets.
2	2:30 p.m. – 4:30 p.m.	The Use of Ritual in Authentic Action Students will discuss authentic action and experience a healing ritual with the steps of release and replace.
AFTERNOON BREAK – 15 minutes		
1	4:45 p.m. – 5:45 p.m.	Tips for Creating your Story – Story Practice Students review the tips and guidelines given for preparing their story. Those prepared and ready to present can offer their story and get coaching/feedback if they desire.

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RESIDENCY: DAY THREE – SUNDAY, SEPTEMBER 24		
Hours	Time	Description
.25	8:00 a.m. – 8:15 a.m.	Group Check-In and Reflections Setting space with ritual. Pull Cards.
.5	8:15 a.m. – 8:30 a.m.	Coaching Dynamics, Structure of Coaching Process, Tips & Strategies, Phase III Students are introduced to Q Process Phase III coaching protocol and dynamics.
2	8:30 a.m. – 9:30 a.m.	Q Coaching Practice Sessions, Phase III & 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.
MORNING BREAK: 15 Minutes		
45	10:45 a.m. – 11:30 p.m.	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.
1	11:30 p.m. – 12:30 p.m.	Wrap Up & Closing Reflections, Going forward, Staying Connected, Graduating
DISMISSAL		

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 on the next page.

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: \$325

With this option, you will have **four** 45-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.

