

2019 Q Coach Training Program: January 16 – March 16, all distance

The Q Coach Training Program is designed to support you in creating transformation in the lives of those you serve. Complete the course entirely as a distance course. This two-month program offers more than 40 hours of training for only \$1775 USD! Save \$350 and register for one payment of \$1425 by November 15, 2019.

Payment Plans Available: 5 Payments of \$297 before Nov. 15 or 3 payments of \$625 after Nov. 15.

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: Online ZOOM Video Conferencing
(or choose In-Person Option)

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 Video Viewing January 16 – February 13, 2019)

January 16: Opening call from 6:30 – 8 p.m. Central on ZOOM

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 Workshop: Two 3-hour videos
- Read Workshop Script

PART 2: THE Q PROCESS 21-DAY PRACTICE (Master Coaching Sessions on Zoom February 13 – March 6, 2019)

The Q Process individual practice & Coaching

All via Zoom

Wednesday, February 13: The Q Process Launch 6:30-8 p.m.

Wed, Feb 20: Phase One Coaching Session 6:30-8 p.m.

Wed. Feb 27: Phase Two Coaching Session 6:30-8 p.m.

Wed. March 6: Phase Three Coaching Session 6:30-8 p.m.

PART 3: THE Q PROCESS COACHING PRACTICUM (Distance May 5, 7, 10 & 12)

Wednesday, March 9: Coaching Practice 1 - Via ZOOM 6- 9 p.m.

Saturday, March 11: Coaching Practice 2 - Via ZOOM 9:30 a.m. – 12:30 p.m.

Wednesday, March 13: Coaching Practice 3 - Via ZOOM 6- 9 p.m.

Saturday, March 16: Presenting Your Story & Conclusion - Via ZOOM 9:30 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 of \$375 applies. See final page for details.

Details & Dates for Q Coach Training Part 1

SELF-PACED SESSIONS OPEN JANUARY 16, 2019			
Hours	Completion Date	Instructor(s)/ Notes	Description
1.5	January 16	Opening Call	Join in the Course Kick-Off & Orientation ZOOM Meeting with Gary, Jane & Rima
1.5	February 13	Video 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	February 13	Video 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	February 13	Video 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	February 13	Video 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	February 13	Video. 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	February 16	Video 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

ZOOM VIDEO CONFERENCE SESSIONS			
Hours	Completion Date / Time	Instructor(s)/ Notes	Description
1.5	Wednesday, February 13 6:30 - 8p.m. Central Time	Bonario, R. Simmons, J. Simmons, G.	The Q Process Kick Off 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	Wednesday, February 20 6:30 - 8p.m. Central Time	Bonario, R. Simmons, J. Simmons, G.	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	Wednesday, February 27 6:30 - 8p.m. Central Time	Bonario, R. Simmons, J. Simmons, G.	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	Wednesday, March 6 6:30 - 8p.m. Central Time	Bonario, R. Simmons, J. Simmons, G.	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.

Distance Dates for Q Coach Training Part 3

ZOOM COACHING PRACTICE ONE: Wed., March 9, 6 – 9 p.m. Central Time			
Hours	Date and Time	Instructor(s)	Description
3	March 9 6:00 p.m. - 9:00 p.m. US Central Time	Bonario, R. Simmons, J. Simmons, G.	<p>Welcome & Group Check-In Setting the space with ritual. Overview</p> <p>Coaching Dynamics, Structure of Coaching Process, Tips & Strategies, Phases I 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.</p> <p>Q Coaching Practice Sessions, Phase I & 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.</p> <p>Reflection and Closing Following the practice round, students return to the larger group for sharing and reflections</p>
ZOOM COACHING PRACTICE TWO: Sat., March 11, 10:30 a.m. – 1:30 p.m. Central Time			
Hours	Date and Time	Instructor(s)	Description
3	March 11 10:30 a.m. - 1:30 p.m. US Central Time	Bonario, R. Simmons, J. Simmons, G.	<p>Group Check-In and Reflections Setting the space with ritual.</p> <p>Coaching Dynamics, Structure of Coaching Process, Tips & Strategies, Phases II 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.</p> <p>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.</p> <p>Reflection and Closing Following the practice round, students return to the larger group for sharing and reflections.</p>

ZOOM COACHING PRACTICE THREE Wed., March 13, 6 – 9 p.m. US Central Time			
Hours	Time	Instructor(s)	Description
3	March 13 6:00 p.m. - 9:00 p.m. US Central Time	Bonario, R. Simmons, J. Simmons, G.	<p>Group Check-In and Reflections Setting the space with ritual.</p> <p>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.</p> <p>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.</p> <p>Reflection and Closing Following the practice round, students return to the larger group for sharing and reflections.</p>
1.5	Before March 16	Video	<p>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)</p>

Stories and Course Completion – Sat., March 16, 10:30 a.m. – 1:30 p.m. Central Time			
Hours	Time	Instructor(s)	Description
3	March 16 10:30 a.m. - 1:30 p.m. US Central Time	Bonario, R. Simmons, J. Simmons, G.	<p>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.</p> <p>Your Role as a Q Coach – How to interact with The Q Effect Going forward: Mentoring Requirements & Staying Connected.</p> <p>Wrap Up - Reflections and Closing</p>

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 and PowerPoint slide 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: \$375 USD

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.

