

SPRING 2020 Q Coach Training Program: February 26 – May 20, 2020, 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 2.5 month program offers more than 45 hours of training for only \$1975 USD! Save \$250 and register early for one payment of \$1725 (ends December 31, 2019). **Payment Plans Available:** 5 Payments of \$345 (available until December 31, 2019), or 3 payments of \$675 (available until January 15, 2020)

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

1

**Part 1: Self-Paced Study
Seven Content Modules**
(Video, Notes, Online Testing)

Students watch 7 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, ZOOM Conference)

Students watch The Q Process Workshop Video (two 3-hour sessions) and read the course script.

Students complete the 21-day cycle of The Q Process and attend three group ZOOM video conference coaching sessions.



3

**Part 3: Online ZOOM
Video Conferencing**
(Notes, ZOOM Conference)

Students read coaching notes and attend three 3-hour ZOOM video conference meetings to practice coaching techniques.

Students attend final 3-hour ZOOM video conference wrap up session to 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 February 26 – April 1, 2020)

February 26: ZOOM Opening Video Call 6:30–8 p.m. Central
First set of 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

March 11: ZOOM Second Video Call 6:30–8 p.m. Central
Second set of modules open

- Authentic Action and Use of Ritual in Healing
- Self-Compassion and The Q Process
- 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 – April 1 – April 22, 2020)

The Q Process Individual Practice & Coaching

All via Zoom Video Conferencing

Wednesday, April 1: The Q Process Launch 6:30-8 p.m.

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

Wed. April 15: Phase Two Coaching Session 6:30-8 p.m.

Wed. April 22: Phase Three Coaching Session 6:30-8 p.m.

PART 3: THE Q PROCESS COACHING PRACTICUM (On Zoom April 29, May 6, 13 & 20, 2020)

Wednesday, April 29: Coaching Practice 1 - Via ZOOM 6- 9 p.m. Central

Wednesday, May 6: Coaching Practice 2 - Via ZOOM 6- 9 p.m. Central

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

Saturday, May 20: Presenting Your Story & Conclusion - Via ZOOM 6- 9 p.m. Central

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 FEBRUARY 26, 2020 | | | |
|---|------------------------|-----------------------------|---|
| Hours | Completion Date | Instructor(s)/ Notes | Description |
| 1.5 | Feb 26 | 1st Zoom Call | Join in the Course Kick-Off & Orientation ZOOM Meeting with Gary, Jane & Rima |
| 1.5 | Feb 27 | 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 to move beyond old patterns of thought and behavior. |
| 1.5 | Feb 27 | 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 | Feb 27 | 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 | March 11 | 2 nd Zoom Call | Self-Study Mid-Point ZOOM Call: Discuss your experience with the first three modules. |
| 1.5 | March 11 | 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 | March 11 | Video Pages 65-69 | Module 5: Self-Compassion and The Q Process Students are introduced to the power of self-compassion and its role in The Q Process. In addition, students will practice a self-compassion exercise. |
| 1.5 | March 11 | Video Pages 70-81 | Module 6: 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 | March 11 | Video | Watch The Q Process Course Video (2 three-hour videos) Read Script & Coaching Notes |

Dates for Q Coach Training Part 2

| ZOOM VIDEO CONFERENCE SESSIONS – Begin April 1 | | | |
|---|--|---|---|
| Hours | Completion Date / Time | Instructor(s)/ Notes | Description |
| 1.5 | Wednesday, April 1 6:30 – 8 p.m. Central Time | Bonario, R. Simmons, J. Simmons, G. | Third Video Conference: Discuss final self-paced videos and prepare for The Q Process Students will meet by video conference to discuss their experience of the self-paced material. 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, April 8 6:30 – 8 p.m. Central Time | Bonario, R. Simmons, J. Simmons, G. | The Q Process™ Phase One Zoom Video Conference 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, April 15 6:30 – 8 p.m. Central Time | Bonario, R. Simmons, J. Simmons, G. | The Q Process Phase Two Zoom Video Conference 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, April 22 6:30 – 8 p.m. Central Time | Bonario, R. Simmons, J. Simmons, G. | The Q Process Phase Three Zoom Video Conference 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. |

Dates for Q Coach Training Part 3

| ZOOM COACHING PRACTICE ONE: Wed., April 29 , from 6 – 9 p.m. US Central Time | | | |
|---|--|--|---|
| Hours | Date and Time | Instructor(s) | Description |
| 4 | Wed. April 29 6 – 9 pm US Central Time | Bonario, R. Simmons, J. Simmons, G. Two Videos: 1. Overview 2. Using the Phase 1 Debrief Guide | Welcome & Group Check-In: Setting the space with ritual. Overview Coaching Dynamics, Structure of Coaching Process, Tips & Strategies, Phase 1 Students are introduced to Q Process coaching protocol for Phase 1, 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 1 & Reflections Students will practice using the protocol for coaching clients through Phase 1 of The Q Process in small groups, followed by reflective processing with group members and coaches. Reflection and Closing Following the practice round, students return to the larger group for sharing and reflections. |
| ZOOM COACHING PRACTICE TWO: Wed., May 6, from 6 – 9 p.m. US Central Time | | | |
| Hours | Date and Time | Instructor(s) | Description |
| 4 | Wed. May 6 6 – 9 pm US Central Time | Bonario, R. Simmons, J. Simmons, G. Video: Using the Phase 2 Debrief Guide | Group Check-In and Reflections: Setting the space with ritual. Coaching Dynamics, Structure of Coaching Process, Tips & Strategies, Phase 2 Students are introduced to Q Process coaching protocol for Phase 2, 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 2 & Reflections Students will practice using the protocol for coaching clients through Phase 2 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. |

SPRING 2020 Q Coach Training Program Schedule

| ZOOM COACHING PRACTICE THREE: Wed., May 13, from 6 – 9 p.m. US Central Time | | | |
|--|--|---|--|
| Hours | Time | Instructor(s) | Description |
| 4 | Wed. May 13 6 – 9 pm US Central Time | Bonario, R. Simmons, J. Simmons, G. Video: Using the Phase 3 Debrief Guide | <p>Group Check-In and Reflections Setting the space with ritual.</p> <p>Coaching Dynamics, Structure of Coaching Process, Tips & Strategies, Phase 3 Students are introduced to Q Process coaching protocol for Phase 3, 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 3 & Reflections Students will practice using the protocol for coaching clients through Phase 3 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 May 16 | Video Pages 7-8 Page 139 | <p>Module 7: 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 – Wed., May 20, from 6 – 9 p.m. US Central Time | | | |
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| Hours | Time | Instructor(s) | Description |
| 3 | Wed. May 20 6 – 9 pm 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 debriefing session (your mentor will help you prepare to coach your first debriefing).
- After your first debriefing session (your mentor will listen to your recorded debriefing and give you feedback).
- After your third debriefing session (the mentor will listen to your recorded debriefing and give you feedback).

We also ask that you record and listen to your second debriefing session 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 debriefings.

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.

