



Transpersonal Coach and Facilitator Training

"Inspirational ... This course calls forth our deepest yearning – finding meaning in the expression of our higher purpose through our daily contribution. This experience underscored the importance of continuing to work on our own consciousness, transcending ego to be fully available to others in a coaching capacity. The possibilities this connectedness invokes in relationship, both personal and professional will be sustained over time. I unreservedly recommend this course to those wishing to develop their leadership and coaching skills." - John Collingwood, Director, Global Organization Development, Medtronic International Trading

Designed for coaches, managers, leaders and HR professionals who want to take leadership development, coaching and facilitation to a new level, this programme empowers individuals and organisations to move to a place of sustained excellence and maximum performance.

Transpersonal Coach and Facilitator Training, based on Transpersonal Psychology, actively engages with an individual's Spiritual Intelligence to enable deeper and broader perspectives on the challenges we face today. It demonstrates how understanding self-mastery, multiplicity, authenticity and whole systems are paramount to achieving higher performance in one's self and others as well as to creating authentic leadership.

Programme Overview

Transpersonal means beyond the personal. It works with our yearning, ingrained in the human psyche, for something beyond the personal, beyond the material and the everyday to the collective, the spiritual and the universal. It is a whole system approach to coaching and facilitation, which recognises the inter-connectedness of individuals, communities and organisations and actively engages our ability to work with and develop the systemic potential of these networks.

In recent years those working in the modern industrial world are waking up to the transpersonal within themselves through the emerging need to find meaning and purpose in their lives and to work in the service of something beyond profits and loss. As a robust values-based model and coherent set of practical tools free of dogma, transpersonal coaching and facilitation is increasingly being seen as a powerful approach to re-engage personal responsibility and positive leadership in work and life.

The 2-day Transpersonal Coach and Facilitator Training programme is designed for managers and leaders, independent consultants, coaches, facilitators and HR professionals – for those who work with individuals or groups. It will introduce you to a study of the fundamental dimensions of human experience, the personal and the transpersonal, and its relevance to coaching and facilitation. It allows you to experience and learn how to use a range of valuable transpersonal tools and techniques. It will take your coaching and facilitation skills to the next level. It will enable you, your clients and the organisation to gain deeper and



broader perspectives on the economic, environmental and social challenges we face today, and to achieve higher performance and authentic leadership.

Programme Objectives

- Gain an in-depth understanding of the practical application of spiritual intelligence to one's self and clients.
- Receive an introduction to spiritual intelligence and a model of the transpersonal.
- Evaluate and conceptualise the experience of self-regulation, self-awareness and self-motivation in professional practice.
- Explore the two dimensions of growth as a diagnostic tool.
- Initiate a study of the multiplicity of the personality and its effect on personal and professional performance.
- Gain an understanding of the importance of a stable sense of identity and inner freedom – a sense of I.
- Develop an understanding of the centrality of the Will and the importance of motivation, choice, personal responsibility and individual empowerment.
- Understand and start working with the creative potential inherent within problems, challenges and crises and the concept of emerging purpose.

This programme introduces these and other skills to those who wish to develop their ability to coach and facilitate at the leading edge. In pairs, small groups and plenary discussion participants will work practically with a variety of transpersonal methods to expand their coaching and facilitation capability and toolkit.

Programme Provider

The Institute of Human Excellence (IHE) was founded to serve organisations who wish to develop their people to the highest levels of performance at work, to have greater fulfilment in their personal lives and to make a contribution to the wider community. IHE taps into collective wisdom and natural systems to accelerate people development and organisational transformation. We are seldom prescriptive for we prefer to facilitate our clients to discover their own sustainable solutions. In doing so, we place ourselves in the best position to serve others to uncover their innate potential for greater good, to nurture their latent creativities for transformation, and to foster their hidden courage for collaborative leadership.

As a leading institute for coaching and facilitation development, IHE provides in-house programmes, open public programmes as well as one-to-one programmes around the world throughout the year.

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