

Curriculum for **Professional Power Coach[®] Level (PC IV)** "Health and Relationships"

Via **Distance Learning** this level is comprised of 17 sessions which takes approximately 9 weeks to complete. If you have chosen **On-Site Training**, you will complete four days in intense training which will be followed by 7 telementoring sessions. A Power Coach[®] at level four is ready to have a deeper understanding of how our physiology affects our psychology and vice versa.

A PC IV Coach, upon completion of this level, is more able to readily identify a client's challenges and blindfolds. He/she can determine root causes of major roadblocks with greater ease. This Coach is able to assist their client putting together a plan for superior health on all four levels: emotionally, mentally, spiritually and physically and in both their personal and professional lives. Clients who use PC IV methodologies work quickly to achieve their goals.

Theory

Science has proven that "what we think" is "what we can become in our body". Awakening our clients to the power of our thinking and how it affects our own body is a necessary discussion as a Whole Life Coach.

Power Coaches may find themselves working with whole families. Children take on their parent's patterns, constructive and unconstructive. They experience the same joys as their parents and they can experience the same pain. Children respond quickly to Mind-Kinetics[®] work. By working with the whole family, a Coach can assist them in coming to a place of greater harmony. This is truly rewarding work.

- * The energy of the mind.
- * Healing the psychology to positively affect our physiology and vice versa.
- * Healing the most complex of relationships at home and at work.
- * Working with children and families.
- * Letting go of attachments to a person, place or thing.

Methodologies

The tools, instruments and processes in this level are the most sophisticated in terms of identifying the *real* issue and in supporting the client in developing solutions. The Coach learns in-depth processes for assisting couples and groups of people to move past roadblocks and achieve their goals. We study the healing power of foods.

- Diamond Teacher
- The Brain Walk[®] - 'To better health'
- Healing Relationships
- Open-Hearted Listening and Open-Hearted Conversation between Two People
- Discovery
- Physical Wellness
- Natural Processing for 7 Areas of our Lives

Note: **Practicum to become certified as a PPC, Professional Power Coach[®], follows this level.**