



Advanced Coach Training

An Unusual Opportunity to Attend Advanced Workshops on Shadow Coaching®

Shadow Coaching is an approach and technique created by Donna Karlin, the renowned coach of heads of state, ambassadors, CEO's Physicians, and corporate and non-profit leaders and professionals around the world. It relies on in-the-moment observation and coaching to build skills, adjust habits, dive deep into individual barriers and 'Shadows' and help key people in organizations by using laser coaching to quickly identify what they are doing as they are doing it. It leverages clients' strengths more effectively and it helps leaders shape their teams and cultures to deal with immediate challenges and address opportunities as they emerge.

This methodology will move your coaching to be more immediate, more based on direct observation, more practical and focused, and more applied with leaders who can change their workplaces and, in turn, their communities and the world as a whole.

Overview

"Perspective is both the angle you see yourself and your life as well as the viewing height. The higher the perspective, the clearer the view. Shadow Coaching helps clients increase their perspective by helping them see what they're not paying attention to. By asking illuminating questions, introducing paradoxes, and co-creating stimulating arenas and environments, Shadow Coaching will expand their thinking, as their world unfolds." - Donna Karlin

Nothing is as perfect as you can imagine it, nor as horrible. Intangibles such as fantasies, beliefs, ideas and concepts may last and influence the choices we make in our lives. You can help shift how people think; how they see themselves and how they view the world. That is how you can be a catalyst for change in the world. Master the skills you need to get beyond your own limitations and help transform lives, leaders and the organizations and communities they serve. Make it safe for people to reveal, identify and embrace their shadows and become all of who they are.

There is a shadow-like energy that exists which is mostly hidden from the conscious mind yet contributes to the overall shape of one's personality. According to Carl Jung, the shadow is that part of the personality one chooses not to see. Usually something one is ashamed of, the shadow is comprised of whatever one cannot accept in one's idea of oneself. Not being integrated or even acknowledged by conscious mind, the shadow sits and waits in the unconscious. If it's not acknowledged, it doesn't disappear, it goes under the surface, continuing to influence the person. The solution is not to repress the client's shadow but to shine a light on it, help them acknowledge it and learn to incorporate it into daily life. If not acknowledged, the shadow will take on a life of its own and block critical energy. However, once one starts to acknowledge their shadows, integration begins and incredible positive energy returns.

Coaching a client around their shadows allows that energy to be accepted and bring a greater balance to their lives. The shadow must be neither repressed nor fully exploited but, through coaching, to transform it into

appropriate channels, bringing it into balance with the conscious personality. Sometimes it is not the darker aspects of the unconscious but the very best parts, the hidden talents and strengths that emerge. Acknowledging the presence of previously unrealized gifts takes courage as, integrating them, demands a change in lifestyle. Through Laser Coaching®, we will shine a light on these unconscious gifts, helping clients create change by choice and evolve into their level of excellence.

Our work is to help clients find the balance between the conscious and unconscious, shadows and light.

If you are interested learning practical techniques of gathering actionable data for in-the-moment leadership and professional development, then don't miss this workshop. It will evolve you and your practice exponentially.

****** 14 International Coach Federation CCEU credits awarded upon completion of Level I training******

In addition to her in-depth Level I training Donna will be bringing her Level II training to those who have completed Level I.

Shadow Coaching Level II Intensive: A 1-day Advanced Intensive Workshop – Mastering & fine-tuning your Shadow Coaching skills - for practitioners who have completed Level I

This is a one-day intensive, deep-dive into Shadow Coaching where you will immerse yourself into Shadow Coaching work of cases within intense environments. Learn the nuances and intricacies of this methodology, using complex cases as models and frameworks to move your coaching to a cutting-edge approach. We will use all the models and frameworks learned in Level I, look at their applicability, impact and results. This is a way to cement all the previous learning through these current case studies.

****** 7 International Coach Federation CCEU credits awarded upon completion of Level II training******