

# Leadership and Transformative Life Coaching Certificate

## Degree Type

Certificate

Students are awarded a Certificate of Completion in Leadership and Transformative Life Coaching (99 hours) upon successfully completing the Concentration in Leadership and Transformative Life Coaching. This certificate program is currently designated to meet the Level 1 criteria by the International Coaching Federation (ICF), the globally well-known gold standard organization for supporting coaches in all niches of coaching. Students' practicum experience—MTP 8800 Introduction to the Transformative Coaching Process (3), MTP8811 Professional Practicum in Transformative Coaching I (3), [MTP8812](#) Professional Practicum in Transformative Coaching II (3), [MTP8813](#) Advanced Practicum in Transformative Coaching (3), and [MTP9041](#) Transpersonal Integration Paper—must involve an aspect of coaching to be eligible for the Certificate.

Item #	Title	Credits
MTP7201B	Transitional Seminar	1.0
MTP8800	Introduction to the Transformative Coaching Process	3.0
MTP8805	Entrepreneurial Spirit	3.0
MTP8811	Practicum in Transformative Coaching I	3.0
MTP8812	Practicum in Transformative Coaching II	3.0
MTP8813	Advanced Practicum in Transformative Coaching	3.0
	MTP8399 or MTP8799 - Inquiry into Creative and Innovative Processes or Inquiry into Embodied Spirituality	3
MTP9041	Transpersonal Integration Paper	3.0
	Total Credits	22

## Notes

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## Stand Alone Certificate

### NTC 600 Leadership and Transformative Life Coaching Certificate

The Leadership and Transformative Life Coaching Certificate is based on the theoretical principles and practices of ontological coaching. Ontological coaching facilitates the emergence of personal and professional life by exploring how humans co-create reality and perception. It addresses both action and the transpersonal levels of awareness. The Concentration aims to prepare students for a career as a coach or another professional in a field that integrates and makes use of coaching practice such as spirituality, executive leadership, creativity, psychedelic integration, wellness and more. The Concentration prepares students to enter a professional coaching relationship with clients and to establish a specialized coaching practice.

This certificate is offered once or twice a year.

Students are awarded a Leadership and Transformative Life Coaching (99 hours) Certificate of Completion designated to meet the Level 1 criteria by the International Coaching Federation (ICF), the globally well-known gold standard organization for supporting coaches in all niches of coaching.

Students completing this certificate will have educational background necessary and fulfill several of the requirements in order to apply for an Associate Certified Coach (ACC) credential through ICF including 99 contact learning hours in synchronous and asynchronous format, observed live sessions, 7 group and 3 1:1 mentoring hours, recorded final coaching evaluation and independent coaching hours.

The program provides 20 weeks of coach practicum experience, including 34 hours of online teleconference group and individual learning sessions, online reading and media, co-heart discussions, and experiential mindfulness and self-awareness practices. An estimated average of 4.5 hours of study/coach practice and mentoring can be expected each week.

The training begins with a required 3-day online immersion in Week One. The course is divided into three (3) major areas: Weeks 1- 6: Setting the foundation and fundamentals for transformative coaching through a transpersonal lens; Weeks 7- 13: Deepening transformative experiences and transpersonal qualities of coaching; Weeks 14-18: Developing a strategic roadmap for coaching and leadership presence. Weeks 19 and 20 are devoted to completing final assessments and expressions of celebration.

The certificate is open to outside students and those in the Sofia Business and PhD programs.