

WOMEN'S INNER LEADERSHIP

PROFESSIONAL COACHING TRAINING (2022)

A TWO-YEAR PROGRAMME IN 9-MODULE CYCLES

The first part of the training (Modules 1-5) is a personal journey to be centred in a powerful way in your identity as a woman. Only when this process is complete do we move onto professional development (modules 6-9 and Year 2), where we provide you with the skills and knowledge needed to work with clients with high standards and integrity, with the areas covered in modules 1-5.

Personal process and professional development are separated into different modules. By having gone through the process ourselves, we become able to hold an intentional field of transmission for the client and can mirror them from a place of embodied presence. In this way we empower the client to find their own resources, as opposed to having authority and power over them. We hold a nurturing space, one that encourages and grows inner resources, and supports clients to change their difficult experiences by themselves.

OVERVIEW FULL TRAINING

YEAR 1 - 9 modules

All 9 modules are 3 days with roughly 6 weeks intervals

Modules 1-4 & 6-9 are online

Module 5 is an in person Vision Quest retreat in the UK.

- **PRE-MODULE INTRODUCTION** (2-hour session)

- **PART 1: PERSONAL DEVELOPMENT**
 - Module 1: LOVE
 - Module 2: SEX
 - Module 3: MONEY
 - Module 4: POWER
 - Module 5: CONSCIOUSNESS (In person Vision Quest retreat, UK)

- **PART 2: PROFESSIONAL DEVELOPMENT & SUPERVISION**
 - Module 6: PRO 1

- Module 7: PRO 2
- Module 8: PRO 3
- Module 9: PRO 4
- Supervision: 2-hour group sessions per PRO module

YEAR 2 - 2 x 9 single classes

- **PART 3: PROFESSIONAL PRACTICE & SUPERVISION**
 - Professional practice: 2-hour sessions at monthly intervals
 - Supervision: 2-hour group sessions at monthly intervals

YEAR 1: MODULES & DATES

The pre-module introduction runs 10.00-12.00pm
 Modules run 10.00am-12.00pm and 1.30pm-4.00pm
 All UK time.

PRE-MODULE INTRODUCTION (5 February 2022)

We lay out the evolutionary calling to Women's Inner Leadership as a response to the changing paradigm and the way of feminine consciousness. Welcome, orientation and connection.

PART 1: PERSONAL DEVELOPMENT

Module 1: LOVE (18-20 February 2022)

As we explore the evolutionary, psychospiritual potential of love we also look at the roots of our attachment patterns and how they potentially interfere with our innate knowing. We look at women's social engagement systems and our habitual ways of searching for, responding to and protecting against Love and we learn to step into a new perspective. Loving from an embodied, boundaried and resourced place.

Module 2: Sex (25-27 March 2022)

Looking at our relationship to sex, we explore the multiple emotional agendas we subconsciously attach to our sexual expression. How do we sexualise or desexualise ourselves? What are our fears and our adaptive responses? How is the state of our nervous

system connected to our experience of either numbness, pain or pleasure? Learn to rewrite your sexual script so that it's aligned with your inner truth.

Module 3: Money (6-8 May 2022)

We work on deconstructing our subconscious conditioning around money, to replace it with an intentionally healthy, intelligent and sustainable relationship. We look at the self worth/net worth connection, our nervous system response and the way it impacts our micro and macro choices. By applying feminine consciousness we can begin to move beyond the shadows of the global financial paradigm and into a responsible relationship of reciprocity and freedom.

Module 4: Power (17-20 June 2022)

Women's power is about knowing at deep levels who we are, beyond the cultural and paradigmatic conditioning we've inherited. We need to be able to feel and embody the cyclical nature of our deep being. For each of us it requires a heroine's journey at different stages of our life, as we move through Maiden, Mother and Crone, in a continuous life – death – life cycle. While embracing the gifts we also uncover the shadows of what women do to stay in power and the seductive orbit of the narcissist.

Module 5: Consciousness: Vision Quest. Residential in the UK (5-7 August 2022)

In this module we come together as a group, to experience the field of feminine consciousness. Immersed in nature we work with the elements as mirrors of our own, inner nature. We will sharpen our intuition and develop a sense of embodied inner knowing, while creating a web of consciousness between us. This will solidify our experience of Women's Inner Leadership as a model for being and acting in the world.

PART 2: PROFESSIONAL DEVELOPMENT

Here we provide you with the theoretical knowledge and practical skills to be able to work as a coach with the topics of module 1-5. You will start working with practice clients between the modules.

Module 6: PRO 1 (9-11 September 2022)

Using the tri-focal vision of emerging potential, real life challenge and practical coaching steps you learn to approach a client from a place of resource and possibility. You learn essential therapeutic tools of projection, transference and counter-transference, and to

distinguish 1st wave and 2nd wave experiences. This enables you to do a thorough client intake session. Ethical Coaching Framework (1-3)

Module 7: PRO 2 (14-16 October 2022)

Introducing the concept of the triune brain you learn about the ladder of nervous system response, our adaptive responses and the sub-personalities we develop in self-protection. This will give the theoretical framework to unpacking the ways in which we express ourselves in all the areas of love, sex, money, power and consciousness. Ethical Coaching Framework (4-6)

Module 8: PRO 3 (25-27 November 2022)

Brain plasticity is one of the most exciting findings of neuroscience. By looking at our default mode network and learning how to create new neural networks by using a body/mind/consciousness approach, we get a powerful tool for transformation. We work with gestalt, embodiment and completion of time pockets. Ethical Coaching Framework (7-9)

Module 9: PRO 4 (14-16 January 2023)

Following on our knowledge about the nervous system response, we add the essential Polyvagal theory that encompasses vagal tone, vagal brake and blended states. Attunement, co-regulation and self-regulation are vital tools you will learn for resourcing and containing emotional affect and trauma. We also cover the neurological pathways of memory and ways of reframing memory.

Small group supervision (x4): dates are to be agreed with your supervisor at the start of the course.

Right Relations

An integrated part of the training are the regular 2-hour Right Relations sessions at the end of each module, where we explore the interpersonal dynamics in the group and bring it back to the professional learning.

YEAR 2: CLASSES & DATES

PART 3: PROFESSIONAL PRACTICE & SUPERVISION

We will support you on your journey to become a professional coach with high integrity. You will learn how to conduct a professional practice, and will be supported by supervision to reflect critically on your client work.

TEACHING UNIT DATES:

Content is focused on setting up and running an ethical, professional coaching practice with clear goals and measurement of progress, including internationally accredited AC coaching competences and ethical guidelines.

Classes run only Friday's at 10.00-12.00pm

Module 1: 31 March 2023

Module 2: 28 April 2023

Module 3: 26 May 2023

Module 4: 23 June 2023

Module 5: 21 July 2023

Module 6: 18 August 2023

Module 7: 15 September 2023

Module 8: 13 October 2023

Module 9: 10 November 2023

Small group supervision (x9): dates are to be agreed with your supervisor at the start of the course

STUDENT REQUIREMENTS

In order to qualify, students must fulfil the following requirements throughout the training:

YEAR 1: PERSONAL & PROFESSIONAL DEVELOPMENT

- **Personal Coaching/Therapy** (min 10 hrs)
Each student is required to attend personal coaching/therapy.
- **Self Study** (min 5 hrs / month)
This will mostly take the form of wider reading from the reading list.
- **Coaching Practice** (16 sessions, 16 hrs)
You will see 4 practice clients for a 1 hour session, each of the 4 PRO modules.
- **Supervision** (4 sessions, 8 hrs)
You will be designated a supervisor and required to attend 4 group sessions to support your developing professional practice.
- **Essay**
You write an essay describing your personal insights and how they translate to your personal coaching approach, developed over the duration of the course.

YEAR 2: PROFESSIONAL PRACTICE & SUPERVISION

- **Supervision** (9 sessions, 18 hrs)
You will be designated a supervisor and required to attend 9 group sessions to support your developing professional practice.
- **Personal Coaching/Therapy** (min 9 hrs)
Each student is required to attend personal coaching/therapy.
- **Self Study** (min 5 hrs / month)
This will mostly take the form of wider reading from the reading list.
- **Coaching Practice** (36 sessions, 36 hrs)
You will see 4 practice clients for a 1 hour session, each of the 9 modules.
- **Written Case Study**
Within your 36 coaching practice sessions, you choose one client with whom you have at least 8 sessions as a base to write your case study. A minimum of three of these sessions must be recorded for assessment.

Overall you are expected to keep a diary to support the development of your self reflective practice. In support of this, the course is structured for you to give and receive peer support. The modules also invite and encourage student input in reflective group discussion.

PRICE & PAYMENT

PRICE

Year 1: £4,200 + 20% VAT (£840) = £5,040

Year 2: £2,050 + 20 % VAT (£410) = £2,460

Includes: all modules, teaching & supervision

To be paid separately:

- Travel and accommodation to attend Module 5 (Vision Quest in the UK)
- 19 hours personal coaching sessions

PAYMENT

Deposit: a deposit of £540 is due on acceptance of the programme.

Year 1: choose your payment option

- Pay in full before February 1st, 2022 and receive a £140 discount
- Pay in 9 monthly instalments of £500, starting in February, 2022.

Year 2: choose your payment option

- Pay in full by March 1st, 2023 and receive a £60 discount
- Pay in 4 monthly instalments of £500, starting in March, 2023 and then a final payment in July, 2023 of £460.

APPLICATION PROCESS STEPS

Step 1: Request your application form by email to womensinnerleadership@gmail.com

Step 2: Fill in and send back

Step 3: Attend a Zoom interview with the faculty

TRAINERS & SUPERVISORS

LOUISE MAZANTI

Louise's work is based on her experience as a woman responding to an inner calling that has led her to face the depths of her own being. She has left behind a marriage and a whole life twice, when her soul was guiding her towards deeper truth.

Her work reflects this journey and holds the depth of human psychology and spirituality that invites all levels of human experience, held together by the structured framework of her academic background.

She has a PhD degree and was a professor in art theory. After a spiritual awakening she retrained to become a psychosynthesis counsellor and has added a diploma in 5DL leadership and organisational coaching. She has studied esoteric philosophy, breathwork techniques, consciousness studies, and she's currently training as a transpersonal and integrative supervisor. The women's coaching program is a continuation of having co-developed and trained professional coaches for a number of years. She runs a private coaching and therapy practice and has run workshops internationally, from Esalen Institute in California to Moscow. She leads an online group exploring the healing potential of group consciousness and occasionally she works with factual entertainment and public service TV.

She is the mother of two beautiful young men and is expressing her love with them, with her friends and through her work. She loves all-year outdoor nature swimming and her interests are avid in exploring new ways of expressing and facilitating feminine consciousness.

www.louisemazanti.com

VANESSA DE SMET

Vanessa has a deep passion for life and all its potential. She has built her profession in service to those wanting to come home within themselves, reconnect with their unique path, and speak their authentic voice. She is known for guiding people through challenging topics with her warm and humor-filled, yet 'no bullshit' approach.

Growing up amidst a range of adverse childhood experiences, she left home at 17 and went in search of her place in the world. She was a nomad for 20 years, living in Mongolia, China, and Spain and made a documentary on illegal deforestation in Cambodia. She had a near death experience that had her learn how to walk again during a road trip across Australia. The latter was a clear invitation for a new life. She slowed down, reconnected to her body and returned home to set roots in Belgium.

She went on to train in psychosomatics therapy, holistic pelvic health, arvigo therapy and wheel of consent. In addition to her private practice, giving lectures, workshops and online courses, she co-founded an organisation that brings these embodiment elements into the healthcare industry.

Since becoming a mother in 2020, her focus has increasingly been on empowering new mothers to make informed and embodied choices regarding birth and postpartum care. She set up an educational postpartum platform and started writing her first book on embodied

mothering. Next to her projects she enjoys the daily wondrous simplicities with her beloved and their toddler Elvis.

www.vanessadesmet.com

SARA BHAVANI

Bhavani is grounded, passionate, playful. As a child she could usually be found dancing or out somewhere in nature, often both at the same time.

Her early adult life was characterised by European travel, hedonistic parties and chaotic living. It wasn't until she returned to the UK in her early twenties that she realised she'd been running from trauma in her childhood and her healing journey truly began.

Bhavani has followed many paths, having a career in finance whilst exploring her deeper self through learning and teaching practices such as; macrobiotic cooking and philosophy, Osho active meditation techniques, bioenergetics, rebirthing, women's circles, tantra, relationship anarchy and Zen Accounting.

In her private practice she works to resolve sex and intimacy issues, through psychosexual somatics and relationship therapy. She is currently studying for a professional diploma in integrative supervision and intends to further train in neurosomatic psychotherapy. She also runs an online vaginal steaming group and is researching how this practice can help ease vaginal pain through activation of the vagus nerve.

Bhavani has been married and divorced and raised her two sons into their early adulthood primarily as a single parent. Her extended family now includes her partner and his four sons. Being surrounded by so much masculine energy, and as she approaches her menopause and her juicy crone years, she greatly values the time spent sitting in circle with other women, giving and receiving feminine wisdom.

www.sarabhavani.uk