

Transformative Coaching - Level 1

An ICF-Accredited Pathway to the ACC Credential

Where your coaching journey begins... and your way of being shifts.



*Monarch Coaching
& Training*



Brain Based Coaching & Training

To learn more about this program, go to:
<https://monarchcoachingllc.com/icf-acc-level-1>

Welcome

There comes a moment when something inside you quietly says, there's more here...

More depth in conversation. More meaning in how you show up with others. More possibility in how people come alive when they feel truly seen.

This program is an invitation into that moment. Not to become someone else, but to become more fully who you already are.

What This Program Is

Transformative Coaching Level 1 is a 67.5-hour ICF-accredited program designed to support you in becoming a professional coach on the path toward the ACC credential.

An ICF-accredited pathway that surrounds the developing coach with education, live practice, mentor coaching, supervision, professional development, and ongoing support.

This program is ICF-accredited, meaning it meets rigorous, global standards for professional coaching education, including:

- mentor coaching
- observed sessions
- performance evaluation

But more than that...it is a space where coaching becomes something you embody, not just something you learn.

What You'll Experience

- A grounded foundation in ICF Core Competencies
- Deep listening that goes beyond words
- Somatic awareness and nervous system understanding
- Reflective writing and integration practices
- Live coaching labs and feedback
- A learning environment that values presence over performance

Over time, something begins to shift.

You may notice:

- You pause more naturally
- You listen without rushing to make it better
- You trust silence and sit comfortably in it *with* your client
- You sense what is beneath the surface

And others begin to feel it too.

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What Makes This Different

This is not a program that teaches you what to say. It helps you understand how to be.

Because coaching is not built on advice... it is built on presence.

Coaching vs. Therapy

A gentle distinction

Both coaching and therapy are deeply meaningful, valuable paths of support. They serve people in different ways.

Therapy often...

- Supports healing and understanding of past or present experiences
- Helps people make sense of emotional or psychological pain
- May include diagnosis, treatment, or symptom relief

Coaching, as we practice it here...

- Meets the person as already whole
- Creates space for forward movement and new possibility
- Listens for what is emerging, not just what has been
- Supports people in accessing their own insight and direction

Coaching does not replace therapy. It offers a different kind of space for people who are ready to explore growth, possibility, and what comes next.

Many professionals, especially therapists, pursue coaching training to:

- deepen their presence and way of listening
- step out of diagnosis and into discovery
- meet people in a space of growth, not just healing

The Heart of Coaching

At the center of this work is a simple, powerful belief:

People are living systems, with intelligence, patterns, protection, creativity, and capacity. And when the right space is created... that intelligence begins to speak.

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Your Level 1 Journey Includes

This is more than a sequence of classes. The program is designed to surround you with opportunities to practice, reflect, receive feedback, and begin building a life in coaching while you are still in the program. You receive 8 hours of private one-to-one support woven throughout your journey.

Professional Coach Education

- 67.5 hours of ICF-accredited coach education
- 21 core teaching sessions
- 7 live Coaching Labs
- 3 group Recording Review Analysis Sessions of passing recordings
- ICF Core Competencies woven throughout the learning experience
- Somatic awareness and nervous system understanding integrated into the work
- A private 2-hour “Get to Know Your Nervous System” session focused on understanding your own patterns, signals, and responses

Mentoring, Feedback & Supervision

- 17 hours of mentor coaching, extending the developmental journey across multiple months
- 3 private one-to-one mentor coaching evaluation sessions using your own coaching recordings
- Live coaching practice followed by supportive feedback and shared learning
- Group supervision training
- 2 group coaching supervision experiences with a certified coaching supervisor

Places to Practice Outside of Class

- Buddy coaching outside instructional course hours, scheduled directly between students
- An opportunity to build real coaching experience and begin accumulating qualifying coaching hours toward your ACC credential
- Up to 4 hours of Coaching Dojo access each month for additional practice, observation, and learning

Building Your Coaching Practice

- 3 private one-to-one coaching sessions focused on setting up your coaching business
- A Coach’s Toolkit with sample emails, a sample coaching agreement, and practical resources for beginning your practice
- An AI Toolkit designed to help AI get to know you as a coach so it can support you with your website, pricing, messaging, understanding your ideal client, and other business-building work

Resources That Continue With You

- Module 1 Integration Handout
- Module 2 Integration Handout
- Session recaps based on what actually happened in each class
- PDF copies of the Miro board so the learning stays accessible after class

Why This Journey Matters

Students often find that this work doesn't stay inside coaching sessions. It begins to ripple outward.

- Conversations deepen
- Relationships soften
- People begin to feel safer being fully themselves
- Listening becomes a way of life

You don't just learn coaching. You begin to experience the world differently.

Program Structure

- Weekly live sessions
- Coaching Labs & Recording Review & Analysis Sessions
- Mentor coaching that unfolds across multiple months
- Buddy coaching and ongoing Coaching Dojo practice opportunities
- Built-in space for rest and integration
- Small cohort for meaningful connection

Who This Is For

This program may resonate if:

- You feel called to support others in meaningful ways
- You sense there is more beneath the surface of conversations
- You want to become a professional coach (ICF pathway)
- You are ready to grow—not just in skill, but in presence

An Invitation

If something in you recognizes this... even quietly... You're welcome here. This is a space where:

- You don't have to perform
- You don't have to have it all figured out
- You don't have to become someone else

You simply begin.

Ready to Learn More?

Explore the program details or schedule a conversation:

<https://monarchcoachingllc.com/icf-acc-level-1>

If you feel called, you're welcome to reach out

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[Click to schedule a call](#)