

# Certification of Embodiment Coaching Course 2023 - Session Schedule

NB: This may be subject to minor changes. You will be able to see the latest information on the learning platform - if there are things to be changed afterwards you'll get notified.

The new week opens on the learning portal on the Fridays before the respective live webinars on Tuesday.

Webinars are happening twice on Tuesdays, **9-10am, 6-7pm** and (next morning) **2-3am UK time** for 1h, so you can join during the time that suits you best. To join each of these calls, please bookmark this zoom link

The ones marked with \* are core content and essential to attend live, if you aim for successful certification. At the end of each semester you should have watched the recordings of all missed sessions, including the ones from Guest Teachers.

On Thursdays, nearly always at 6pm UK time, you are welcome to join our bonus sessions where you will meet Guest Teachers, have the chance to get your questions answered and to mingle with other FEC & CEC students.

## 2nd Semester - Getting into Embodiment Coaching

Week 10: CEC Opening & Ethics in Embodiment Coaching\*

11.04.2022, 9am / 6pm / 2am UK time

Bonus - Thursday, 13.04.2023, 6pm UK time - open Q&A / social hangout with Mark

Week 11: Establishing the coaching relationship, goal setting & centring technique\*

18.04.2023, 9am / 6pm / 2am UK time

Bonus - Thursday, 20.04.2023, 6pm UK time - Marketing basics with Mark

## Week 12: Listening & questioning skills\*

25.04.2023, 9am / 6pm / 2am UK time

Bonus - Thursday, 27.04.2023, 6pm UK time - Q&A on coaching basics with Alina

## Week 13: Teaching Awareness Pointing Technique\*

02.05.2023, 9am / 6pm / 2am UK time

Bonus - Thursday, 04.05.2023, 6pm UK time - Personal Toolkit top-up with Karin to use for your personal practise (highly recommended)

## Week 14: Practicing Centring & Awareness Pointing Technique\*

09.05.2023, 9am / 6pm / 2am UK time

Bonus - Thursday, 11.05.2023, **4pm** UK time - Coaching Demo with Aboodi Shabi  
+ 6pm UK time - open Q&A / social hangout with Mark

## Week 15: Teaching 4 Elements Bodystorming in Coaching\*

16.05.2023, 9am / 6pm / 2am UK time

Bonus - Thursday, 18.05.2023, 6pm UK time - open Q&A / social hangout with Mark

## Week 16: Teaching Embodied Toolkit in Coaching\*

23.05.2023, 9am / 6pm / 2am UK time

Bonus - Thursday, 25.05.2023, 6pm UK time - tba

## Week 17: Practicing 4 Elements Bodystorming & Embodied Toolkit in Coaching\*

30.05.2023, 9am / 6pm / 2am UK time

Bonus - Thursday, 01.06.2023, 6pm UK time - Trauma & Coaching Q&A with Mark

## Week 18: Integration and Rest week

06.06.2023, no sessions this week

## 3rd Semester - Advanced Embodiment Coaching

Week 19: Teaching Leader-Follower in Coaching\*

13.06.2023, 9am / 6pm / 2am UK time

Bonus - Thursday, 15.06.2023, 6pm UK time **for 1,5h** - Embodiment, Leadership and Resonance with Ginny Whitelaw

Week 20: Teaching Distinction Coaching\* [Supervision Week]

20.06.2023, 9am / 6pm / 2am UK time

Bonus - Thursday, 22.06.2023, 6pm UK time - Fun Matrix Coaching session with Christina

Week 21: Practicing Leader-Follower & Distinction Coaching\*  
[Supervision Week]

27.06.2023, 9am / 6pm / 2am UK time

Bonus - Thursday, 29.06.2023, 6pm UK time - Coaching demos with Mark

Week 22: Cycles, Design & finding the right practice for your client\*

04.07.2023, 9am / 6pm / 2am UK time

Bonus - Thursday, 06.07.2023, 6pm UK time - open Q&A/ social hangout with Mark and Assistants

Week 23: Group Coaching Applications\*

11.07.2023, 9am / 6pm / 2am UK time

Bonus - Thursday, 13.07.2023, 6pm UK time - Connecting with mainstream groups with Mark (might be subject to change)

Week 24: Advanced Embodiment Principles\*

18.07.2023, 9am / 6pm / 2am UK time

Bonus - Thursday, 20.07.2023, 6pm UK time - Cultural adaptation with Mark

## Week 25: Trauma & Self-Care for Coaches\*

25.07.2023, 9am / 6pm / 2am UK time

Bonus - Thursday, 27.07.2023, 6pm UK time - open Q&A with Christina

## Week 26: Graduation\* (note this session is ~1,5h long)

01.08.2023, 9am / 6pm / 2am UK time