

Transpersonal Coach Training

with

Sir John Whitmore & Hetty Einzig

Do you realise the power and effectiveness of who you really are?

Do you want to help others discover their full potential and reach higher levels of performance?

Transpersonal coaching is an empowering process which helps people discover the power and effectiveness of who they really are. It uses a range of transpersonal tools and techniques which are invaluable in helping people to reach higher levels of performance and fulfil their potential and especially to achieve in leadership positions.

Transpersonal means beyond the personal. It achieves this through a whole system approach to coaching which recognises the interconnect- edness of individuals, families, communities and organisations and actively engages our deeper awareness of this.

The transpersonal recognises and works with our yearning, ingrained in the human psyche, for something beyond the personal, beyond the material and the everyday.

This core source of our deepest values and qualities, is a well-spring of real strength, creativity and actualisation.



"The 'microwave' effect is occurring and I feel myself sizzling with realisations and thoughts after a highly stimulating two days with you and the group. I recall a Zulu proverb, 'A person is a person through other people', and I find myself having been enriched by your presence."
Course participant



This 2-day transpersonal coach training programme will introduce you to a study of the fundamental dimensions of human experience, the personal and the transpersonal, and its application to coaching as well as allowing you to experience and learn how to use a range of valuable transpersonal coaching tools and techniques. It will enable you to:

- ◆ gain an in-depth knowledge of the application of 'emotional intelligence' to self and to the coaching relationship
- ◆ evaluate and conceptualise the experience of self-regulation, self-awareness and self-motivation in professional practice
- ◆ initiate a study of the multiplicity of the personality and its effect on personal and professional performance
- ◆ gain an understanding of the importance of a stable sense of identity and inner freedom
- ◆ develop an understanding of the centrality of the 'will' and the importance of motivation, choice, personal responsibility and individual empowerment.

By developing your own 'spiritual intelligence' and a model of the transpersonal, you will be able to take your coaching skills to the next level.

For more information, please contact **Tamsin Langrishe** on:
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