THE somatic SCHOOL

Coach with the Body in Mind

COURSE GUIDE



- **Returning to our senses, remembering the roots of our humanity,** reconnecting to our place amongst all things, and receiving the gift of this moment.
- **An Experiential Learning Journey** Designed for Coaches.
- **The world's first somatic coach training** to be awarded a Level 2 accreditation by the International Coaching Federation.
- **Body-Oriented Coaching** is an integrative framework. It's the unity of knowledge and practice from a number of well-established and respected modalities. And coaching is the glue that holds it all together.
- **Working with the body's intelligence** both online and in-person.
- It's not just about becoming a body-oriented coach, it's about finding **new ways of being in the world,** being with others, and being with yourself.

thesomaticschool.com

A WORD FROM NATHAN BLAIR

Journey of Reconnection



We are moving from a consciousness of separation to one of integration, shaped in part by climate change, the internet, growing awareness of systemic oppression, and a global pandemic.

Our lack of attunement to self, others, and the environment means we're becoming increasingly disembodied, our systems are collapsing, and the planet is suffering.

But this attunement isn't completely lost to us. Many Indigenous cultures still have an acute sense of their connection to all things, and while we may not be able to fully know for ourselves the depth of this kind of attunement, we can begin to move closer to it.

It's not about attaining a superpower or transcending reality, rather it's about remembering the roots of our humanity.

Additionally, it's not about reaching for an idea of whom we want to be, or whom we think we should be; it's about being who we are.

Feet on the ground, feeling this body, breathing this air, living on this planet. Our experience of ourselves, just as we are, is the doorway to real and lasting change.

Now, more than ever, this is what we are being called to, not only for our species but also for our planet.

The Somatic School exists to create opportunities for experiencing attunement to ourselves, each other, and the environment, and in doing so - embrace our wholeness.

Nathan Blair,

FOUNDER

"The curious paradox is that when I accept myself just as I am, then I can change."

CARL ROGERS

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Course Structure



The Accredited Diploma in Body-Oriented Coaching comprises four different types of training: Modules and Integration Calls, the Webinar Series, and Practicums.

The Modules and Integration Calls are at the very core of the training. These are the experiential two-day training sessions and follow-up calls where you will learn the core skills and the meta-competencies of Body-Oriented Coaching.

There are two certification paths through the Diploma. Path 1 is for certification as a Body-oriented Coach; and Path 2 is for full certification at Level 2.

The Accredited Diploma in Body-Oriented Coaching is accredited by the ICF for 171.5 program hours of coach-specific education and training.

Certifying through Path 2 (Level 2) means you will then be able to more easily apply to the ICF for a higher level of certification – an ICF credential – at either ACC or PCC.

ICF Level 2 ICF-Accredited Coaching Education ICF Coaching Education

DISTINGUISHEDCOACHINGEDUCATIONPROVIDER: HONOURABLEMENTION.

ICF Coaching Impact Awards 2024

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TRUE TO **COACHING** AND TRUE TO ***SOMATICS.***

Modules

MODULE 1
Foundations

MODULE 2
Presence & Sense

MODULE 3
Resource & Regulate

MODULE 4
Attune & Resonate

MODULE 5
Contact & Constellate

MODULE 6
Embody & Integrate

Body-Oriented Coaching is intended to be fully modular with your current practice.

This means you are free to integrate as little or as much of the skills and competencies into your way of working as you like, depending on what is called for in the moment.

Module 1: Foundations

These are the Foundations upon which we will build your competency as a Body-Oriented Coach. Enabling you to:

- Simplify your client work and ground your practice in coaching essentials
- Meet your clients exactly where they're at
- Navigate coaching conversations with ease
- Understand the distinction between conceptual self-awareness and embodied self-awareness
- Facilitate effective Body-Oriented Coaching interventions
- Develop a network understanding of the bodymind to support successful coaching outcomes

Module 2: Presence & Sense

Draw on biology, anatomy and interpersonal neurobiology to develop your understanding of the body mind. Through the use of subtle and non-intrusive methods, learn how to help your clients come into contact with the body, as sensed in the present moment. Enabling you to:

- Help your clients re-sensitize and identify their "felt sense"; their inherent capacity for self-discovery
- What to do if your client doesn't feel "anything" or feels "too much"
- Learn about the three classes of embodied perception (Interoception, Exteroception, and Proprioception) and their role in coaching

Module 3: Resource & Regulate

Ensure both coach and clientare able to work at somatic depth, without feeling out of their depth. Apply interventions that are resourcing, responsive and responsible. Enabling you to:

- Apply Polyvagal Theory within sessions for safe, nervous-system conscious coaching
- Create and maintain co-regulation in every session
- Draw on embodied acting and Improv principles and the neurobiology of play
- Support yourself and your clients into easeful, resourceful states

Module 4: Attune & Resonate

Learn how to use your whole self as an instrument so that you can adjust to your client and come into resonance with them. Bring habitual behaviours to the client's consciousness and unlock their meaning and impact on their experience. Enabling you to:

- Discover how to attune to verbal and non-verbal communication
- Maximise the capacities of your awareness and your attention
- Co-create and participate in mindful Experiments that evoke unconscious reactions for self-exploration
- Work with your biological resonance circuitry to enhance your intuition

Module 5: Contact & Constellate

Work with intentional self-contact in a way that is safe, supportive and in service of your clients. What if we could explore options, make plans, and form strategies from a more embodied place? Enabling you to:

- Understand the generative application of "non-doing" touch
- Use physical experiments to open up the client's process by engaging their whole body through posture, shape and form
- Discover the remarkable clarity made available in even the most complex of problems through Constellation work
- Facilitate 1:1 Systemic Constellations for a top-down-bottom-up approach to planning, strategising, exploring options and plotting ways forward

Module 6: Embody & Integrate

Tap into the aliveness of the bodyand learn how to help clients take conscious action. Support your clients to install positive states as enduring traits through the deliberate internalisation of positive experiences in implicit memory. Enabling you to:

- Createaspace in which clients can increase self-awareness and insight through movement
- Consciously utilise mirror neurons to effect change
- Offer clients an experiential way to work out their issues and help them explore ways to use their newly acquired knowledge
- Bring clients into alignment through nourishing experiences and neural integration

Please note, all modules within the Diploma are required to be attended live.

INCLUDED IN

Your Learning Journey

Welcome and Completion Sessions

Holding and supporting you as you begin and complete your learning journey.

Practicums

Facilitated Practicums every month, providing opportunities to practice the skills learnt on the Modules and receive live feedback from the Trainer and fellow Somanauts. It is impossible to overstate the value of having your coaching observed by those who want to see you soar.

Five Additional Interactive Webinars

Focused Webinars support your burgeoning Body-Oriented Coaching practice, including: Contracting for Body-Oriented Coaching, Power & Empowerment, Trauma & the Boundaries of Body-Oriented Coaching, Self-care for Coaches, and Cultivating Embodied Self-awareness.

Integration Sessions

Each Module comes with an Integration Call afterwards to help consolidate and integrate the learning.

ICF Mentor Coaching

A deep dive into the International Coaching Federation (ICF) Core Competencies and Code of Ethics. Practice sessions during your Core Modules and six 90 minute 1:1 sessions make up the 10 hours of ICF Mentoring required for you to apply for your ACC Credentials with the ICF.

Regulation Station

A series of interactive sessions to learn simple practices for self-regulation for nervous system health and resilience.

Wellness Pod

Available during all Modules. A supportive, non-judgmental space to pause, reflect, and reconnect before rejoining the group.

Our Paid Graduate Programmes

Ongoing Learning Journey

Certificate in Body-Oriented Group Coaching

A three-day immersive training for coaches, facilitators, and practitioners looking to integrate somatics into group work.

The certificate offers an experiential exploration of the skills needed to create, hold, and guide powerful group experiences. You'll learn how to apply somatic interventions such as Structured Constellations, Verbal Experiments, and Social Presencing Theatre by Theory U. With a focus on presence, resourcing, and intentional design, you'll leave equipped with a practical skillset to facilitate your own Body-Oriented group programmes.

The Accelerator

An experiential refresh of key skills from the 6 Core Modules and an incubator to accelerate your coaching practice—held twice monthly over three months.

Practise with fellow Somanauts and receive tailored feedback from your course facilitator in a supportive space. By the end of the programme you will have activated your voice as a Body-Oriented Coach

1:1 Supervision

Develop your unique coaching identity rooted in Body-Oriented approaches. You will explore client sessions through a strengths-based, somatic lens, and receive ethical grounding and guidance when navigating complex or sticky situations.

Across four hour-long 1:1 sessions, supervision is for those looking to refine interventions, process energetic residue from sessions, reflect on dynamics with clients and reconnect with your deeper why.

Opportunity to Practise

Practicums

Join monthly Practicums to hone your Body-Oriented Coaching skills. Get live feedback from Trainers and peers as you practice techniques from each Module. As a member of community, you can attend Practicums from other intakes, giving you more chances to refine your skills and connect with fellow coaches.

Demos

Coaching demos are woven throughout the training, showcasing real, imperfect processes over polished outcomes. Embrace each breakout session without the pressure to 'get it right.' Every demo is a learning opportunity.



ICF Mentoring

Experience 10 hours of ICF Mentor Coaching included for free in your course! Enjoy six 90 minute 1:1 sessions with an ICF Mentor to deepen your skills and boost your confidence.

Path One

CERTIFICATION REQUIREMENTS

- Module 1 (Foundations) Module 1
- Integration Call Module 2
- (Presence & Sense)
- Module 2 Integration Call
- Module 3 (Resource & Regulate)
- Module 3 Integration Call
- Module 4 (Attune & Resonate)
- Module 4 Integration Call
- Module 5 (Contact & Constellate)
- Module 5 Integration Call
- Module 6 (Embody & Integrate)
- Module 6 Integration Call
- Unification Session
- Completion Session
- 5x Practicums
- Regulation Station Course
- 5x Webinars Completion
- Completion Questions submitted
- Real World Enquiry posted on Circle
- 30 Body-Oriented Coaching hours completed (peer and paid)

Path Two

CERTIFICATION REQUIREMENTS

- All Path One Requirements
- ICF 1:1 Calls
- Performance Evaluation submitted
- Performance Evaluation resubmitted (if appropriate)
- Performance Evaluation returned and passed



ICF Mentoring and Accreditation

The world's first somatic coach training to be awarded a Level 2 accreditation by the International Coaching Federation

Graduates from Level 2 education and training programmes may apply for the Professional Certified Coach (PCC) Credential using the Level 2 application path if they meet the credentialing requirements. This course also meets the requirements for ACC and can be used to fulfil your CCE needs if you are already a credential holder with the ICF.

10 hours of ICF Mentor Coaching are included as part of the course. They are structured as six 90 minute 1:1 sessions.

The ICF Mentor Coaching sessions are a training ground for participants to sharpen their coaching skills, integrate and embody different dimensions of classical coaching, hone their craft and generally move to mastery. You will be assigned an accredited ICF Mentor and provided with their booking link to book your six 1:1s. All mentor coaching hours need to be completed within 12 months of the start of your course.

A Level 2 accreditation with the International Coaching Federation (ICF) refers to a coach training program that meets the rigorous standards set by the ICF for providing advanced coaching skills and knowledge.

Our Diploma covers the requisite 171.5 hours of formal training and it includes the mentoring hours you will need to apply for the ACC (Associate Certified Coach) or PCC (Professional Certified Coach) credentials. This level of certification demonstrates a high level of competence in coaching and is globally recognised as a professional standard in the field.

Online Community and Knowledge Base

Lifetime Access

Lifetime access to the recordings of your live training, materials and crib sheets, a comprehensive library of Body-Oriented Coaching demos, the Body-Oriented Coaching Business Series, community events and much more.

Circle Community

Circle Spaces for celebrating your achievements, reaching out to the community to ask questions, pitching your latest project and feeding back to the school.

SomaSocieties

Peer-led societies on Somatic & Coaching topics. Bringing together like-minded students looking to collaborate, discuss and knowledge share on Body-Oriented Coaching themes.

Radio Somanaut

Dedicated student podcast where Somanauts are interviewed about how they apply the Body-Oriented Coaching modality out in the world.



"As a bonus I've also met wonderful human beings and still have access to the Circle online community to connect with other coaches, find support and resources."

MAYERLING MAYA MARQUEZ

Resources

Articles

Regularly published articles and 'how to guides' on the craft of somatic coaching available.

Business Series

Want to run your business the body-oriented way? You'll have access to our Business Webinar Series and library of resources from the Embodied Business Symposium.

Replays

All training sessions are recorded and will be added to your dedicated area on Circle.

Demo Library

Exclusive access to a rich demo library, showcasing powerful somatic coaching techniques in action.

Events

Periodically run community wide events including 'Ask Me Anything' with Founder Nathan Blair, 'Meet the Trainers' giving you access to the faculty and resourceful interactive conferences like our 'Embodied Business Symposium'.

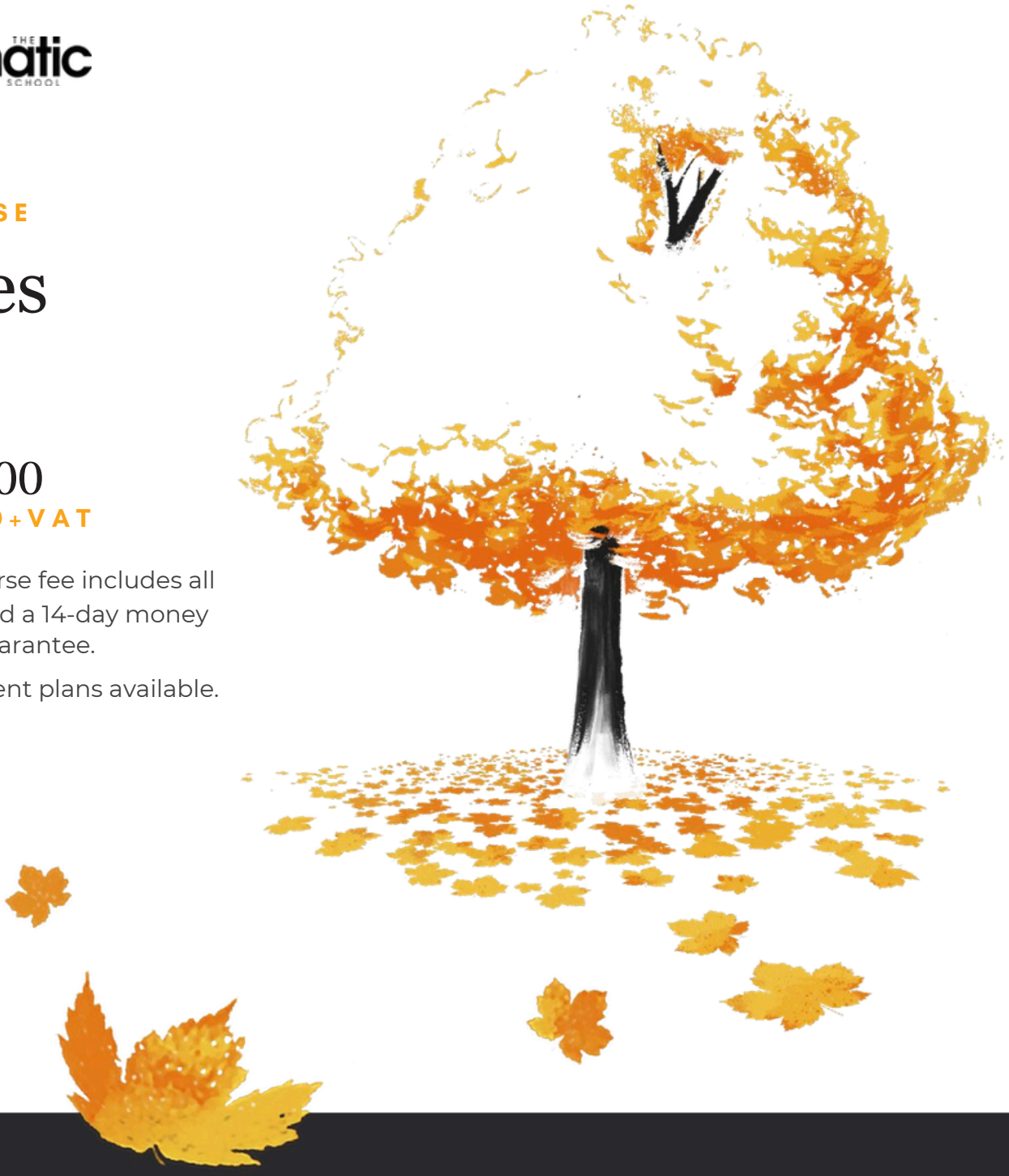
Values

- **JoyinService**
  In Giving, We Receive
- **Generosity of Spirit**
  In Receiving, We Give
- **Humility**
  Beginner's Mind
- **Professionalism**
  Three Ps in a Pod
- **Response-ability**
  If it isn't resonant, it isn't right
- **Inclusion**
  No Person(or part) Left Out
- **Simplicity**
  When it stops being simple, stop.
- **Permission to Play**
  Messy, Magic, Human

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COURSE

Fees



£ 7800

£6500+VAT

The course fee includes all costs and a 14-day money back guarantee.

Instalment plans available.

Next Step

Attend our free Taster Session here:

http://www.thesomaticschool.com/introductionevening