



## **NEWFIELD in partnership with the University of Calgary COACH TRAINING PROGRAM**

### ***FREQUENTLY ASKED QUESTIONS***

#### **Who should attend the Newfield Coach Training Program?**

The Newfield Coach Training Program is designed for those committed to deep, transformational learning and becoming a competent coach. Most participants are seeking training as either an internal or external executive coach or personal coach. As a result, our programs are attended by both private individuals and those from corporations, non-profits and government agencies.

The Newfield Coach Training Program is accredited by the International Coach Federation (ICF). Upon successful completion of the program, you can leverage your learning by joining the ICF and becoming an ICF-credentialed coach.

#### **What are the prerequisites?**

People self-select into our coach training programs. The Newfield Coach Training Program is not the right program for you if you are trying to learn coaching quickly or superficially or without first examining your own beliefs, limitations, and assumptions. Our coaching certificate program is rigorous and requires you to spend approximately five to seven hours per week in course activities, including reading, reflection, working with study partners, and participating in teleconferences.

#### **What is your philosophy of coaching?**

The work of Newfield widens your capacity to learn and to take new actions consistent with what you care about. Through our programs, we engage you in conversations and practices that have you explore, discover, and revisit fundamental questions about how you view the world and how that impacts what you generate and achieve. As a result, you break old habits of thinking and acting, and you greatly increase your personal well-being, your ability to learn, and your capacity to take creative, new steps towards your own professional and personal goals.

Our programs are rigorous and multidisciplinary in scope, calling on the best thinking and application from the fields of philosophy, biology, various sciences, cosmology, organizational development, sociology, ontology, body movement studies (somatics), and more. We bring best practices from these fields and apply them to leading and living with greater effectiveness and greater well-being and satisfaction. Our attention to moods, emotions, and physiology and how these forces affect action and well-being is unique to our work.

### **How is the Newfield Coach Training Program structured?**

The program is comprised of two courses that include onsite conferences and a variety of learning activities in between the conferences. The first required course is entitled *Foundations*, in which you will focus on developing new perspectives and competencies in leading your own transitions and change and aligning your actions with what you care about. *Foundations* consists of two in-person conferences held at the University of Calgary over a four-month period of time.

In between these two, 3-day conferences are learning and practice assignments that include reading, reflection, tele-conferences, study group conversations with other participants, and individual coaching with your assigned Newfield trained and certified coach. As an essential part of our approach, we also ask you to teach what you're learning to a group of six to ten people who are not participants in the program. (If you choose, you may partner with one other participant to co-design and co-facilitate the group sessions.) Through this progressive process, you will gain experience in producing powerful results for yourself and your clients.

The second required course is *The Art and Practice of Ontological Coaching* in which you will learn how to utilize the new perspectives and competencies from *Foundations* to effectively coach others.

Course curricula include Newfield's unique, holistic and powerful coaching approach which teaches you how to integrate emotion, language, movement, consciousness theories, and integral thinking and practices in order to effectively coach others.

*The Art and Practice of Ontological Coaching* consists of two in-person conferences held at the University of Calgary over a four-month period of time. In between these two, 3-day conferences are learning and practice assignments that include reading, reflection, teleconferences, study group conversations with other participants, and observations and feedback on your coaching. You will also work with an ICF-accredited, Newfield Certified Ontological Coach® who will provide mentoring and feedback as you practice coaching others.

The conferences are highly interactive and incorporate conversations, exercises, somatics and play. There are many opportunities to ask questions, interact with others, and be coached. Experience shows us that these conferences are hallmark events for building and strengthening learning habits and developing long-term friendships and professional relationships.

A more detailed description of the learning activities is found on the last page of this document.

### **How much work is involved in the Newfield Coach Training Program?**

In addition to attendance at the conferences, you will need to dedicate time to reading, teleclasses, and telephone calls with your study group and coach. You should expect to spend five to seven hours weekly on these activities.

### **Who are the course leaders?**

All of our leaders have been trained by our founder, Julio Olalla, considered by many as one of the top executive coaches in the world and one of the founders of the coaching profession itself. Our leaders are passionate, life-long learners who work for Newfield all over the world to bring

our evolutionary/revolutionary concepts and learning approach to leadership and communication concerns.

**Do I get individual coaching in the Newfield Coach Training Program?**

You are assigned a Newfield coach to work with you in both courses. In the *Foundations* course, you receive six hours of coaching. In *The Art and Practice of Ontological Coaching* course, you receive mentoring and feedback on your coaching.

**Who are the coaches?**

Newfield Certified Coaches® and Newfield Certified Ontological Coaches® teach and facilitate this program. They are all certified graduates of the Newfield Coach Training Program and have worked with Newfield for years to complete advanced training.

The coaches play various roles. They facilitate the virtual coaching curriculum. They provide ongoing coaching and feedback. In the *Foundations* course, they provide personal coaching twice a month. In *The Art and Practice of Ontological Coaching*, they observe, assess, and provide feedback on your development as an ontological coach.

**How do I register?**

Register through the University of Calgary by calling 403.220.2988

**Who do I contact for more information?**

You can call Newfield's U.S. headquarters at +1.303.449.6117 to speak to Carol Shannon or you can email [carol.shannon@newfieldnetwork.com](mailto:carol.shannon@newfieldnetwork.com).

You can also inquire through the University of Calgary by calling 403.220.2988.

## **Program Activities:**

### **In Person Conferences**

You will attend four, 3-day conferences at the University of Calgary to complete this program.

### **Study Group Meetings**

At the first conference, you will form a study group with other participants. You and your study group will have conversations on a regular basis that support completion of the learning guide activities. We suggest you meet every two weeks via phone or in person, if logistics allow.

### **Learning Guides, reading and reflection assignments**

You will receive learning guides approximately every three to four weeks. In the learning guides you will find papers to read, along with exercises and practices to complete.

### **Teleclasses**

In addition to the in-person conferences, you will join fellow participants for 60 minute teleclasses. You will phone into these “learning conversations” held on our dedicated phone line (which originates in Denver, Colorado USA). Each session will cover key topics and allow for practice, discussion, and questions. They are scheduled on various days of the week and at various times to allow for multiple time zones, work, and family schedules. The sessions are led by a variety of Newfield Certified Coaches® and are an opportunity to deepen your understanding of the distinctions presented in the conferences and readings.

### **Learning groups**

In the *Foundations* course, you will organize a group of at least six people, outside of the program, to whom you will teach what you are learning. This will support your embedding your learning and making it relevant to your everyday life.

### **Practice and Observed Coaching**

In *The Art and Practice of Ontological Coaching*, you will begin coaching individuals and keeping track of your questions and concerns. You will also be observed by a Newfield Coach who will give you feedback and mentoring on your coaching.

### **Diploma & Certification**

When you have successfully completed the requirements of the program, you will receive your diploma of completion. You are then eligible to apply for your designation as a Newfield Certified Coach® at no additional charge.