



# ShadowLight

G L O B A L

## CREATE CLEAR CHANGE™ COACH TRAINING ICF Accredited Level 1 – Enrolment Details

**LEVEL 1  
SUMMARY**





ShadowLight  
COACHING

**WELCOME!**

Thank you for your interest in ShadowLight's Level 1 CREATE CLEAR Change™ (CCC) Coach Training. This training will support you to learn, apply, and experience methodologies that are built on foundational principles derived from the fields of leadership, change, learning, psychology, and neuroscience.

Our ICF Level 1 Accredited Program was developed to help you become a coach who supports your team members or clients for sustained change, stronger communication, and improved personal performance by learning and experiencing coaching skills.

ShadowLight Global's CREATE CLEAR Change™ coaching model is anchored in the framework of Whole Person intelligence™, an embodied and trauma-informed approach to coaching. Through our proprietary process, you will use a consistent methodology of discovery that safely supports an individual to move from where they are now to where they want to be.

I am thrilled to be a partner with you in your learning journey!

*Lisa Strogal.*

Lisa Strogal, Master Certified Coach, MBA  
CEO & Director of Education  
ShadowLight Global

# CREATE CLEAR Change™ Coach Training Program

## LEVEL 1

**THE LEVEL 1 CREATE CLEAR CHANGE™ COACH TRAINING WILL PREPARE PARTICIPANTS TO COACH AT THE INDIVIDUAL AND LEADERSHIP LEVELS.**

### **INDIVIDUALS WHO ENROL IN THE LEVEL 1 TRAINING:**

- Want to bring coaching skills to support an existing career either in an organization or as an entrepreneur
- Have a desire to integrate coaching skills into their existing expertise
- Are motivated to expand their leadership skills and coach individuals on their team by creating stronger relationships and facilitating positive change within an organization
- Are interested in Professional Accreditation through the ICF
- Want to partner with individuals to facilitate whole person change, support improved relationships, and drive greater success, both personally and professionally

### **PARTICIPANTS WHO COMPLETE THIS PROGRAM CAN EXPECT TO:**

- Feel confident to coach at the Associate Certified Coach (ACC) level and understand how to use these skills on a daily basis either for coaching sessions or organizational change
- Coach successfully with the CREATE CLEAR Change™ model to facilitate change and accountability
- Articulate the value of coaching in their field of choice
- Experience increased self awareness, personal leadership, and communication skills

### **PARTICIPANTS WHO COMPLETE THIS PROGRAM\* CAN LEAVE WITH:**

- A minimum of 100 hours of coaching practice based on designation level
- The Associate CREATE CLEAR Change™ Coach designation from ShadowLight
- The CREATE CLEAR Change™ Coaching Skills certificate from ShadowLight
- The opportunity to certify at the ACC Level with the International Coaching Federation\* (depending on coaching hours and performance evaluation)

[See FAQs in Level 1 full program brochure for more details.](#)

# WHAT TO EXPECT

**At the end of this training, you will be an Associate CREATE CLEAR Change™ Coach!** To achieve this designation, you will have completed all course work and passed a Performance Evaluation at the ICF ACC level, plus 100 outside coaching hours that meet ICF requirements.

- 66 hours of instructor-led Learning
- 17 hours self-led learning hours to anchor coaching fundamentals
- 13.5 hours of Mentor & Observed Coaching
- A minimum of 100 hours that meet the ICF eligible coaching hours

In addition, you will have the opportunity to apply for the ICF credential of ACC depending on the number of coaching hours completed and evaluation results.

## LEARNING PATH & TIMING

**December 1 - 6, 2023:** Pre-Launch (self-led preparation)

**December 7, 8, 9; 11, 12, 13, 2023:** CREATE CLEAR Change™ Launch (instructor-led learning)

- Key Methodologies, CREATE CLEAR Change™ Coaching and Group Mentor Coaching

**December 15, 2023 - January 31, 2024:** Individual & Observed Mentor Coaching

- Submit two recorded coaching sessions for feedback
- Complete two individual coaching sessions with your mentor coach
- Meet two times with your peer learning group for coaching practice

**February 1 -2, 2024:** Competency Deep Dive (instructor-led learning)

- International Coaching Federation competency spotlight review
- Whole Person intelligence™ application
- Evaluation preparation

**February 3 - 29, 2024:** Individual & Observed Mentor Coaching

- Submit one (final) recorded coaching session for feedback
- Complete one (final) individual coaching session with your mentor coach
- Meet one (final) time with your peer learning group for coaching practice

**March 1, 2024:** Celebration & Wrap-Up (instructor-led learning)

**December 31, 2024:** Practical Application

- Complete 100 coaching hours

## PROGRAM COST

**PROGRAM COST: \$6,500 CAD+GST (\$4815 USD)**

Invoice available on request by emailing [accounting@shadowlightglobal.com](mailto:accounting@shadowlightglobal.com)