



*Transforming*  
**LIVES**

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**ENERGY LEADERSHIP™**

***Exponentially raising the consciousness of the world.***

# Our Commitment to DE&I

## Incorporating Coaching for Difference in Our Programs

A diverse, equitable and inclusive community is our highest ideal – the essence of our core. Our mission is to raise the consciousness of the world, one person at a time. As a conscious company, we exist to create a world where we all recognize, celebrate, and honor our shared humanity.

Our philosophy is built on our longstanding principles for high-conscious living which sustain our commitment to diversity, equity and inclusion:

- **We experience the world through our own filters and lenses.**

We believe that conscious awareness and empathy for the experiences, beliefs and perspectives of others is the cornerstone of inclusion.

- **We are connected to everything and everyone.**

We experience life in relation to others directly and indirectly. We believe that what happens to any one of us, happens to every one of us. We are One.

- **We are each uniquely and intrinsically perfect.**

We affirm the beauty of our humanity by honoring diversity of thoughts, experiences and perspectives.

iPEC is committed to developing inclusion-informed coaches - coaches that have an awareness and sensitivity to the existence of cultural norms and an understanding of bias and the impact it may have on people and themselves. Our coaches are equipped with skills to lead and coach across difference, ensuring that diversity does not serve as a barrier to connection and performance, but rather could be leveraged as an amplifier for success.

### ***Diversity, Equity & Inclusion Learning is Fully Integrated into Our Curriculum***

iPEC Coach Training Programs have been enhanced to include the following Diversity, Equity & Inclusion topics:

- Key Elements of Diversity, Equity, Inclusion, Belonging, and Justice
- The 7 Levels of Energy and DEI
- Coaching Skills & Approaches in the Context of DEI
- Developing an Inclusive Coaching Mindset and Presence
- Resources for DEI and Cultural Competency

# CORE ENERGY COACHING™

## PROGRAM OVERVIEW

### OBJECTIVE:

Upon completion of the program, participants leave prepared to lead in a powerful and sustainable way leveraging their understanding of the Energy Leadership Framework™ and Core Energy Dynamics™.

After attending this program, participants will be able to shift energy (their own, the team's, the organization's) so that they can now say:

- I have the confidence and skill set to coach a diverse set of clients on a wide range of topics.
- I am equipped to set the stage for sustainable transformation.
- I have a powerful vision for the kind of person and leader I desire to be.
- I am confident in my ability to shift the energy of—and positively influence—myself, my clients, my team, my organization..
- I use coaching to empower others to be the agents of change in their own lives.
- I understand the various energetic factors that cause inner blocks or limiting beliefs, and I can use my coaching skills and tools to create proactive solutions.

### DESCRIPTION:

Our signature Coach Training Program provides 320 hours of ICF ACTP approved content, providing attendees with the essential accredited training hours needed up to and including the MCC level application. Our live program is structured around three modules coupled with peer coaching and group sessions and live webinars.

This program awards three different certifications: Certified Professional Coach, Energy Leadership Index Master Practitioner to deliver our unique attitudinal assessment and Core Energy Dynamics™, our advanced degree in coaching

Rooted in over 30 years of science-backed research and tested methodologies, our curricula produce life-changing results. Every ingredient of how we deliver the learning - our trainers, their presentation, hands-on learning, realtime relevant practice, and carefully curated takeaways for immediate use - comes together to create one cohesive, exceptional learning environment and experience.

# CORE ENERGY COACHING™ CURRICULUM

## MODULE I: Life & Leadership Potentials Training

Life & Leadership Potentials Training gives participants the opportunity to experience the power of the Core Energy Coaching™ process first hand and provides practical knowledge about how to utilize its potential in many aspects of work and life. To help participants “walk the talk,” we’ve designed a program that not only teaches transformational coaching skills that can be used with oneself and others, but also significantly advances personal and professional growth.

## MODULE II: Core Transformation

Module II builds upon everything you learned in the first module. The second module covers many of the most common client concerns, questions, and issues that you might encounter during your coaching experiences. Through a variety of practices and experiential exercises, coaching skills are developed, enhanced, challenged, and refined.

## MODULE III: Breakthrough Coaching

As you progress through this advanced module, new and deeper opportunities emerge for you to demonstrate and apply life-changing empowerment skills within a variety of coaching settings and circumstances. Participants also become experts in The Energy Leadership Index Assessment™ in this module and begin their ELI certification process.

## POST MODULE III: COR.E DYNAMICS™

COR.E Dynamics™ is an on-demand follow-up program that graduates can use to earn a third certification in a niche-specific area. COR.E Dynamics™ is a comprehensive approach for raising energy and maximizing performance in four specific areas: **Leadership, Performance, Transitions, and Wellbeing.**

## Peer Coaching Sessions, Peer Group Sessions, and Live Webinars

Each module is followed by 12 peer coaching sessions, 6 peer group sessions, and 2 mentor coaching sessions where the learnings of the modules are practiced and integrated. These sessions are held virtually. The mentor coaching sessions are by an ICF -certified trainer, who will provide very clear and targeted feedback to the participants.

# Testimonials

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## HEAR WHAT OUR STUDENTS HAVE TO SAY!

"iPEC training has no equal. It is conducted with the utmost commitment to excellence. It is the only choice for anyone who is truly interested in coaching as a profession." - **Carol Walker**, *iPEC Graduate*

"This is the skill set being discussed in publications like Forbes, Harvard Business Review, the New York Times, and more recently, the Today Show. iPEC's training is brilliant. I highly recommend that every single person, from homemakers to top executives, take this training." - **Tom Hess**, *iPEC Graduate*

"iPEC's methodology has enabled me to help my clients discover what's blocking their personal development, so they can be unstoppable." - **Erika Ferenczi**, *iPEC Graduate*

"Through iPEC, I learned how to apply coaching techniques to my organization's leadership development training, helping me cultivate stronger leaders and drive meaningful change." - **Pasquale Bisecco**, *iPEC Graduate*

"Helping my clients get through their own struggles by using iPEC's tools, skills, and asking the empowering questions...it's so rewarding." - **Gina Costa**, *iPEC Graduate*

"The journey was unbelievable. What I learned at iPEC gave me permission to live the life that I want to live. Now, my job is to give these gifts to other people, and I love doing it. I see my clients transform as they relax and start to follow their own intuition." - **Claire Kluever**, *iPEC Graduate*

"COR.E Performance Dynamics helped me take my business to the next level, not only how I am able to work with my clients, but also in the new opportunities that are opening up to me. It has differentiated me from other coaches because I have a very powerful set of tools as a coach that has tremendous benefits for my clients."

- **Paul Monahan**, *iPEC Graduate & COR.E Performance Dynamics Specialist*