**Certified Emotional Intelligence Coach Training**

**20 Hour Coach Training**

**Instructors**

*Dr. Sylvia Hart Frejd, MCC, NBC-HWC*

*Dr. Catherine Hart Weber, Ph.D., ACC*

Healthy Emotional awareness and management influence everything: learning, decision making, relationships, physical and mental health, happiness, resilience, creativity, and performance. The wise use of our emotions is especially important to our overall wellbeing and success.

Google recently found in a major study of its hiring process, that its top employees possess empathy, emotional intelligence, and emotional safety (at the top of the list). These “soft skills” have now become the basis for what company’s desire most in their leaders. We all want to work with and live with people who have high Emotional Intelligence (EQ).

In this course you will learn how to coach using the core principles of Emotional Intelligence (EQ) which are Self-Awareness, Self-Management, Other-Awareness and Relationship Management.

Learn how to coach your client to manage their thoughts, and in turn understand their emotions and manage their responses in positive ways to raise their EQ.

**Textbooks:**

**Required:**

* ***Emotional Intelligence*** *2.*0 by Dr. Travis Bradberry and Dr. Jean Greaves purchase on Amazon.
* ***Coach the Person Not the Problem*** by Dr. Marcia Reynolds purchase on Amazon.
* ***The Professional Life Coach Training Manual***by Dr. Sylvia Hart Frejd download from course.
* Assigned readings, exercises, and inventories

**Recommended:**

* Emotionally Healthy Spirituality

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**Lesson 1 Biblical and Theological Foundations** ICF Core Competencies

**Session Overview:**

* Introductions
* God’s desire for our Emotional Relational Spiritual Maturity
* EQ and Spiritual Formation
* ICF Core Competencies
* ICF Code of Ethics
* The Coaching Process Model

**Before our Session Read:**

* ***Emotional Intelligence 2.0*** - Chapter 1, and 2
* ***Coach the Person not the Problem*** – Chapter 1
* ***Christian Teaching and Emotional Intelligence*** *- Article*
* ***The Professional Life Coach Training Manual*** *–* Chapter 1

**Recommended Reading:**

* ***Biblical ABC’s of Emotions*** *– Article*

**Watch Video:**

* **The Coaching Model** with Dr. Sylvia Hart Frejd, MCC

**Download:**

* **The Coaching Process Model**

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**Lesson 2: Overview of Emotional Intelligence** ICF Core Competencies: *Demonstrates Ethical Practice and Establishes and Maintains Agreements.*

**Session Overview**

* Overview of the components of Emotional Intelligence
* The Neurology and Physical Pathway for Emotional Intelligence
* Discuss The Emotional Intelligence Appraisal
* Your Brain on Coaching
* Reflective Inquiry
* T.H.I.N.K.S. Coaching Model
* The PCC Markers

**Before our Session Read:**

* ***Emotional Intelligence 2.0*** – Chapter 3, and 4
* ***Coach the Person not the Problem*** – Chapter 2
* ***Anatomy of Emotional Hijacking PDF***
* ***The Professional Life Coach Training Manual –***Chapter 2

**Complete:**

* ***The Emotional Intelligence Appraisal*** at the back of the *Emotional Intelligence 2.0 book.*

**Download:**

* **THINKS Coaching Model**
* **Listen to Coaching Demo 1**

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**Lesson 3:** **Coaching for Self-Awareness** ICF Core Competencies: *Demonstrates Ethical Practice and Embodies a Coaching Mindset.*

**Session Overview:**

* Understanding Self-Awareness
* Review of Coaching Resources

**Before Session Read:**

* ***Emotional Intelligence 2.0*** – Chapter 5
* ***Coach the Person not the Problem*** – Chapter 3
* ***The Professional Life Coach Training Manual*** *–* Chapter 3

**Download the Coaching Resources:**

* Self-Awareness Strategies
* The Iceberg Chart
* The Dragons Exercise
* Primary Emotion Graphic
* The Flourishing Mindset Model
* My Gratitude and Lament Journal
* **Listen to Coaching Demo 2**

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**Lesson 4: Coaching for Self-Management** ICF Core Competency: *Establishes and Maintains Agreements*

**Session Overview:**

* Understanding Self-Management
* Triggers and Emotional High jackings
* Review Coaching Resources

**Before Session Read:**

* ***Emotional Intelligence 2.0*** – Chapter 6
* ***Coach the Person not the Problem*** – Chapter 4
* ***Amygdala Hijack and the Fight or Flight Response*** *Article*
* ***The Professional Life Coach Training Manual*** *–*Chapter 4

**Download the Coaching Resources:**

* **Self-Management Strategies**
* **The Flourishing Life Wheel**
* **Emotional Intelligence Assessment**
* **Where Emotions are Felt in the Body**
* **Listen to Coaching Demo 3**

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**Lesson 5: Coaching for Social Awareness** ICF Core Competency: *Cultivates Trust and Safety*

**Session Overview:**

* Understanding Social Awareness
* Social Awareness Strategies
* Listening to your client’s stories
* Active Replay: Playing Back the Pivotal Pieces for Review

**Before Session Read:**

* ***Emotional Intelligence 2.0*** – Chapter 7
* ***Coach the Person not the Problem*** – Chapter 5
* ***Article - Emotional Intelligence in Leaders*** by Daniel Goleman
* ***The Professional Life Coach Training Manual –*** Chapter 5
* **Listen to Coaching Demo 4**

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**Lesson 6: Coaching for Relationship Management** ICF Core Competency: *Maintains Presence*

**Session Overview:**

* Understanding Relationship Management
* Relationship Management Strategies
* Becoming a Safe, Secure, Non-Anxious Presence
* Healthy Boundaries and Assertiveness
* Conflict Resolution
* Brain Hacking: Finding the Treasures in the Box

**Before Session Read:**

* ***Emotional Intelligence 2.0*** – Chapter 8
* ***Coach the Person not the Problem*** – Chapter 7
* ***Healthy Boundary Tips*** – Article
* ***The Professional Life Coach Training Manual –*** Chapter 6

**Recommended Reading:**

* ***Facebook Low EQ*** - Article
* ***What are Personal Boundaries*** - Article
* **Listen to Coaching Demo 5**

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**Lesson 7: 7 Ways to Raise Your EQ** ICF Core Competency:*Facilitates Client Growth*

**Session Overview:**

* Discuss the 7 Ways to Raise Your EQ
* Raise Your (LQ) Likability Quotient
* Receive (Don’t Just Listen)

**Before Session Read:**

* ***Coach the Person not the Problem*** – Chapter 9
* ***The Professional Life Coach Training Manual –*** Chapter 7
* **Watch Coaching Demo 6**

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**Lesson 8: Emotional, Mental and Spiritual Resilience** ICF Core Competency: *Evokes Awareness*

**Session Overview:**

* Learn ways to improve your mental, emotional, and spiritual resilience
* Holy Habits and Practices for Whole Brain Wellbeing
* Coach as Change Agent

**Before Session Read:**

* ***Coach the Person not the Problem*** – Chapter 8
* ***The Professional Life Coach Training Manual –*** Chapter 8

**Download:**

* **Brain Mind Change Exercise**
* **Pocket Prayers**

**Recommended:**

* **Pause App 31 Days to Resilience John Eldredge –** App
* **Emotionally Healthy Spirituality – Pete Scazzero**
* **Watch Coaching Demo 7**

**Before Session Read:**

* ***Coach the Person not the Problem*** – Chapter 10
* ***The Professional Life Coach Training Manual –*** Chapter 9 and 10

**RESOURCE LIST**

**Suggested Reading**

**Emotional Intelligence**

* *Emotional Intelligence: Why it Can Matter More Than IQ* byDaniel Goleman
* *Primal Leadership: Unleashing the Power of Emotional Intelligence* byDaniel Goleman, Richard Boyatzis, Annie McKee.
* *The Emotionally Intelligent Manager* by David R. Caruso, Peter Salovey
* *At the Heart of Leadership: How to Get Results with Emotional Intelligence* by Joshua Freedman
* *Emotionally Healthy Discipleship* by Pete Scazzero
* MEIQ – Ab (Multi-dimensional Emotional Intelligence Quotient Assessment)
* ECI 360 – Daniel Goleman
* EQ-360 by Reuven Bar-On and Rich Handley

**Coaching**

* The Heart of Laser- Focused Coaching – Marion Franklin
* Co-Active Coaching – Karen Kimsey House
* The Discomfort Zone – Marcia Reynolds
* Effective Group Coaching – Jennifer J. Britton
* The Life Coaching Handbook – Curly Martin

**Instructors**

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Description automatically generated with low confidenceDr. Sylvia Hart Frejd MCC, NBC-HWC**

Dr. Sylvia Hart Frejd is a published author, and a (MCC), Master Certified Coach with the International Coaching Federation and a (NBC-HWC), National Board-Certified Health and Wellness Coach. Her work has been featured in the New York Times, Mashable, Focus on the Family, The Christian Post and Fox News and Friends. She serves as the Founder and Director of Coach Education at Flourish Wellbeing University where she provides coaching, coach training and mentor coaching to help people live the flourishing life.

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**A person smiling for the camera

Description automatically generated with low confidence Dr. Catherine Hart Weber, Ph.D., ACC**

Dr. Catherine Hart Weber is psychotherapist, spiritual director and life coach, leading groups, intensives, and Flourish retreats.

She integrates the best of current science, neurobiology, and Christian Spiritual Formation, writing and researching steadily over the years on Human Flourishing. She has been adjunct professor at Life Pacific University, Azusa Pacific University and Fuller Seminary. She has authored several books, articles, contributed to books, magazines and appeared in media.

Dr. Catherine received a Ph.D. and Master’s degree in Marriage and Family Therapy from Fuller Theological Seminary School of Psychology, a Master’s degree in Theology from Fuller Theological Seminary. She is an ACC ICF Certified Life Coach.

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