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COACHING
MASTERY
SYLLABUS

INSTITUTE FOR
COACHING MASTERY

Institute for Coaching Mastery Syllabus

Modules will be released on the member site each Friday except for implementation weeks.

Call Times:

- Wednesday Coaching Calls with Alyssa:
 - 10am or 5pm PST - 90 minutes
 - You Stay in the Same Call for the Program.
- Thursday Practice Sessions / Peer Coaching:
 - 10am or 5pm PST, 90 minutes long
 - You Choose Your Time Slot Each Week.
- Friday [optional for additional support] Small Group Cohorts:
 - 10am or 5pm PST, 60 minutes long
 - You'll get placed into a group with your Mentor Coach.

**If you are not choosing the certification route, you participate to the degree you desire. If you are going for certification, you need to show up 85% of the program including the Wednesday and Thursday calls.*

Facilitation Schedule

Pre-Course Module

- Welcome
- What Is a Mastery Method Coach
- Program Overview
- How To Get The Most Out Of Your Program
- Faculty Intros
- Busting Through Resistance
- Managing Your Time + Energy
- Co-creating The Community
- Requirements For Certification

Module 1: The Model For Coaching Mastery

Week of January 25th

January 27th - Wednesday Coaching Call With Alyssa

January 28th - Thursday Practice Session/Peer Coaching

Module 2: The Coaching Relationship + Vision, Values + Intentions

Week of February 1st

February 3rd - Wednesday Coaching Call With Alyssa

February 4th - Thursday Practice Session/Peer Coaching

February 5th - Friday Wisdom Circle with a Mentor (optional)



Module 3: Identity + Wholeness and Wisdom of The Enneagram For Coaches

Week of February 8th

February 10th - Wednesday Coaching Call With Alyssa

February 11th - Thursday Practice Session/Peer Coaching

February 12th - Friday Wisdom Circle with a Mentor (optional)

Module 4: Awareness Overview + The Secret Success Hack: Mindset

Week of February 15th

February 17th - Wednesday Coaching Call With Alyssa

February 18th - Thursday Practice Session/Peer Coaching

February 19th - Friday Wisdom Circle with a Mentor (optional)

Week of February 22nd Implementation Week

Module 5: How To Work With Blocks To Achieve Success

Week of March 1st

March 3rd - Wednesday Coaching Call With Alyssa

March 4th - Thursday Practice Session/Peer Coaching

March 5th - Friday Wisdom Circle with a Mentor (optional)

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Module 6: Principle of Projections + Positive Projections

Week of March 8th

March 10th - Wednesday Coaching Call With Alyssa

March 11th - Thursday Practice Session/Peer Coaching

March 12th - Friday Wisdom Circle with a Mentor (optional)

Module 7: Integrating Your Shadow + Personal Power

Week of March 15th

March 17th - Wednesday Coaching Call With Alyssa

March 18th - Thursday Practice Session/Peer Coaching

March 19th - Friday Wisdom Circle with a Mentor (optional)

Module 8: The Art of Acceptance + Freedom in Forgiveness

Week of March 22nd

March 24th - Wednesday Coaching Call With Alyssa

March 25th - Thursday Practice Session/Peer Coaching

March 26th - Friday Wisdom Circle with a Mentor (optional)

Week of March 29th Implementation Week

Module 9: Embodiment and Full Potential Working With Resistance

Week of April 5th

April 7th - Wednesday Coaching Call With Alyssa

April 8th - Thursday Practice Session/Peer Coaching

April 9th - Friday Wisdom Circle with a Mentor (optional)

Module 10: Emotional Mastery

Week of April 12th

April 14th - Wednesday Coaching Call With Alyssa

April 15th - Thursday Practice Session/Peer Coaching

April 16th - Friday Wisdom Circle with a Mentor (optional)

Module 11: Mastering Your Past

Week of April 19th

April 21st - Wednesday Coaching Call With Alyssa

April 22nd - Thursday Practice Session/Peer Coaching

April 23rd - Friday Wisdom Circle with a Mentor (optional)



Module 12: Somatic 2.0 + Breathwork

Week of April 26th

April 28th - Wednesday Coaching Call With Alyssa

April 29th - Thursday Practice Session/Peer Coaching

April 30th - Friday Wisdom Circle with a Mentor (optional)

Week of May 3rd Implementation Week

Module 13: Claiming Your Inherent Worth

Week of May 10th

May 12th - Wednesday Coaching Call With Alyssa

May 13th - Thursday Practice Session/Peer Coaching

May 14th - Friday Wisdom Circle with a Mentor (optional)

Module 14: Aligned Action | Check In's + Reviews

Week of May 17th

May 19th - Wednesday Coaching Call With Alyssa

May 20th - Thursday Practice Session/Peer Coaching

May 21st - Friday Wisdom Circle with a Mentor (optional)



Module 15: Accelerated Manifestation | Conscious Goals

Week of May 24th

May 25th - Wednesday Coaching Call With Alyssa

May 26th - Thursday Practice Session/Peer Coaching

May 27th - Friday Wisdom Circle with a Mentor (optional)

Module 16: Strategic Goals

Week of May 31st

June 2nd - Wednesday Coaching Call With Alyssa

June 3rd - Thursday Practice Session/Peer Coaching

June 4th - Friday Wisdom Circle with a Mentor (optional)

Week of June 7th Implementation Week

Module 17: Left Brain + Right Brain Strategies For Behaviour Change

Week of June 14th

June 16th - Wednesday Coaching Call With Alyssa

June 17th - Thursday Practice Session/Peer Coaching

June 18th - Friday Wisdom Circle with a Mentor (optional)

Module 18: Accessing Untapped Potential

Week of June 21st

June 23rd - Wednesday Coaching Call With Alyssa

June 24th - Thursday Practice Session/Peer Coaching

June 25th - Friday Wisdom Circle with a Mentor (optional)

Module 19: Unconscious Reprogramming

Week of June 28th

June 30th - Wednesday Coaching Call With Alyssa

July 1st - Thursday Practice Session/Peer Coaching

July 2nd - Friday Wisdom Circle with a Mentor (optional)

Module 20: Integrating All Levels

Week of July 5th

June 7th - Wednesday Coaching Call With Alyssa

July 8th - Thursday Practice Session/Peer Coaching

July 9th - Friday Wisdom Circle with a Mentor (optional)



End of Facilitation Mastery

July 22 - 25, 2021 Virtual Retreat (4) half-days

This will be a powerful and transformative time for you to dive deep into bringing all the tools + trainings together to help you feel confident as a coach. It's highly experiential and will support your mastery before we more formally launch into the program's business content.

We'll have morning and evening call times to accommodate those around the world, and it's encouraged you show up for it fully present to get the most out of the experience.

We'll be sending more details about the specific times and how to prepare for it as we get closer to the date. (*It is not mandatory to attend to earn certification).

Business Mastery

This is where we help you start or scale your business while doing the transformational work you need to get out of your own way.

You'll not only be learning the strategies but implementing them so you can thrive as a coach.

The schedule is the same, Wed Coaching Calls with Alyssa (10am or 5pm PST)
Thursday Practice Sessions with Peers (10am or 5pm PST)

Program goes through week of December 8th 2021

Our intention is that the inner and outer work help you stabilize at your next level of success; however, you define that. You'll discover and utilize our Signature 6 Figure + Beyond Customized Business Roadmap, so we help you clarify a strategy that's specifically tailored to YOU and what you want.

You will feel so on fire and lit up about the work you're doing in the world! More details to share soon!