

The Coach's Work on the Self: The Path to Natural Embodiment of the ICF Competencies

Level 3 Program. Full course program: three acts, 97.5 hours of practice and mentoring.
Cohort starts October 5, Mondays, 7–10 PM Moscow time (GMT+3).

Act I. The coach's work on the self — The architecture of the master's inner presence

8 sessions · 24 hours

- The Inner Game: STOP, Self 1/Self 2, the $P = p - i$ formula
- Critical variables — working with Self 1
- Gallwey's triangles, mobility
- Stanislavski — attention and the inner monologue
- Socrates — the art of the question and of not-knowing
- Rogers — acceptance, empathy, flow
- Tolle — presence, observing thoughts
- Quantum integration — the observer creates reality

Act II. The coach's work on the role — The ICF competencies: from the letter to the essence

8 sessions · 24 hours

- Ethics: "doing good" vs "avoiding evil"
- The mindset of a master coach
- "Living into" the role, holding space for the client
- The super-objective, a masterful session agreement
- Partnered listening, attention to word and silence
- Presence, following the client
- Awakening truth, exploring the transition
- Integration into life — from insight to a new self

Act III. The master's individual style — My Self, the coach's role, my style

1 intro + 4 core + 1 final session · 18 hours

- Developing and defending the project "My Masterful Style"
- Group review of each participant's sessions
- Preparation for the ICF MCC credential
- Final reflection and the group's parting words

Format and distribution of hours

Seminars (Modules 1–2 + intro/final of M3)

54 h

Mentor coaching (7 group + 3 individual)	15 h
Supervision	4.5 h
Observed triads	12 h
Project review and defense	12 h
Independent project work	6 h
Total (79.5 live + 18 independent)	97.5 h

Victoria Marakina, MCC ICF, PhD · Oleg Stepanov, PCC ICF, PhD — details and application: the “Enroll” section of the program website.