

THE MASTERFUL COACH | Around-the-World Training-Retreat Programme

A collection of experiences, skills, and behaviors for the journey inside MCC coaching

Themes & curricula

Immersion Training-Retreat 1: *Invent yourself in the abundance of choices.*

When & Where: 10-14 March 2024 in Antequera, Spain

Though you will have some pre-work, a 1:1 call with the Programme facilitators and an introductory webinar before we arrive, our first in-person session is a Retreat in the stunning hills of Antequera Spain ~ with its ancient history and majesty! For this first immersion experience, we will be together, dine together, retreat together, and get to know one another in our strengths.

***To join us:** Easiest to fly into Málaga, Spain (though Madrid works fine too, just a longer drive) and rent/share a car so that you can explore the area. We will meet up at [Convento la Magdalena](#), where we will stay in their beautiful rooms and experience the retreat and training on-site. Located in the old convent of San Pedro de Alcántara, Convento la Magdalena stands out for knowing how to combine the majesty and elegance of the historic building with services designed for your comfort. Your accommodation includes breakfast, lunch, and dinner, as described below. There will be time to explore the area and experience what the Antequera region has to offer.*

Day 1 on 10 March 2024, 6pm: Welcome [Welcome beverage included, Dinner available for private pay]

We will welcome you to the beautiful Convento la Magdalena. After a day of travel, check into your beautiful suite, get a sense of our surroundings, and join us for an evening beverage to enjoy getting to know our cohort on this first night of our journey together.

Day 2 on 11 March 2024: The Hero's Journey [Breakfast, Lunch and Dinner included]

At the crossroads of history, geography, and culture. Where Europe meets Africa, the Atlantic Ocean meets the Mediterranean Sea and Spanish culture meets Arab influence, we start our journey working with the Hero's journey paradigm.

Typically, the Hero's journey consists of three stages: departure, initiation, and return.

- Departure: the Hero leaves the familiar world behind.
- Initiation: the Hero learns to navigate the unfamiliar world of adventure.
- Return: the Hero returns to the familiar world.

This is the journey to the unknown; different roles will be set: the guardian, the helper, the mentor. We will delve into this journey of self-exploration and transformation through the workshop of learning and experiencing new behaviors and skills, role-plays, and workshop sessions based on awareness and an MCC coaching mindset (Core competencies #2, #7). Structure of day 2 is large/small group work and observed coaching



sessions with feedback. Our end goal is to become fully intentional about the journey ahead and develop a fundamental understanding of what to anticipate in the Programme and in your coaching as you discover what's possible for you, your clients, and your coaching.

Day 3 on 12 March 2024: Deepening Trust [Breakfast, lunch, dinner included]

We will navigate the theories of Aristotle, Flores, and Lencioni and create signposts that guide our practice's journey to the intentional capacity building of vulnerability-based trust (core competency #4). The structure of day 3 is group work, coaching practice with feedback, and mentor coaching in smaller groups.

Day 4 on 13 March 2024: Growing and Transforming [Breakfast and Lunch included. Dinner available for private pay or on your own as you explore]

This day is focused on facilitating growth and transformation through the purposeful journey from PCC to MCC. The structure of day 3 is large and small group work, reflective practice for personal discovery, and facilitated peer support for goal setting and ongoing growth (core competency #8). We finish the day mid-afternoon, allowing you time for exploration and reflection.

Day 5 on 14 March 2024: Personal Assimilation & Integration [Breakfast included. Lunch, Dinner and additional night available for private pay]

Take time to reflect on all you have learned and experienced, connect with your cohort members, and see the beautiful area we will be in. While you may decide to travel this day, as it is not a formal class day, we encourage you to be mindful about what you have scheduled so that you can maximize the assimilation process to integrate your new awarenesses, behaviors and skills in ways that support this deep journey and retreat process. *With notice, the facilitators are available for a private morning consult or coaching session.*

Registration Process: Once you register for the Programme, we will secure a room for you at [Convento de la Magdalena](#). You will be invoiced for the Programme plus your Spain accommodation, which includes four nights in a beautiful room, all meals listed above, plus all workshops and materials. You may upgrade to include meals not listed and an additional fifth night. Please note that transportation to and from the venue is possible to arrange, though to move about and enjoy the area, we suggest you rent/share a car.

Session 1 Requirements: At A Glance

January, 2024: Pre-work with **1:1 conversation** to prepare, then **Webinar** Hello & Welcome, Prework, Programme Requirements, Setting Intentions (1.5 hour via Zoom)

February/March, 2024 **Self-paced** learning:

- Self-paced readings with reflections submitted via Moodle Learning Management System
- Write your story, in a specific format, to offer in Session 1
- Write a Coaching Supervision Case using specific format to present in Session 1
- Learning Journal Reflections, at least one entry each month

March 10-14, 2024: **In-Person Immersion Training-Retreat 1: *Invent Yourself in the Abundance of Choices***, Convento la Magdalena, Antequera, Spain

Intersession 1-2 Requirements: At A Glance

March/April/May **Self-Paced** Requirements:

- Watch coaching demo video 1 with written assessment and reflections submitted via Moodle.
- Two coaching trio meetings for practice.
- One-hour check in meeting with your Learning Group.
- Prepare 10-20 minute presentation on assigned topic to present in Session 2.
- Learning Journal Reflections, at least one entry each month.
- Readings with reflections submitted via Moodle Learning Management System.

April/May, 2024: **Webinar** Follow-up Resources, Transformation Process Alignment & Welcome to Session 2 (1.5 hour via Zoom)

Immersion Training-Retreat 2: *Being you in the seat of exploration.*

When & Where: 2-6 June 2024 in Albuquerque, New Mexico, USA

Our second session is in striking Albuquerque New Mexico! At the intersection of natural and man-made energy and with the hallmarks of historic and current indigenous peoples, we gather for learning, deepening, and exploring. We will be together for learning and practice sessions and you will have time to get to know the area with cohort peers or on your own. We will be staying and learning at Casas de Suenos Old Town Historic Inn right at Old Town Albuquerque, New Mexico!

To join us: *Easiest will be to fly into Albuquerque [12 minute taxi ride] [or Santa Fe (an hour away) and rent/share a car]. All breakfasts and lunches will be provided and you will be on your own to stroll Old Town and explore the fantastic international flavors for dinners! There will be time to experience the wonders in nature, mountains (including a gondola ride to the top of the Sandia Mountains,) museums, and galleries that Albuquerque offers!*

Day 1 on 2 June 2024: Welcome [Welcome beverage included. Dinner is private pay.]

Ah, Albuquerque...the desert Southwest of the United States! Get here and get settled, explore a little, and plan to join in for an evening-before beverage in a local establishment to reconnect, check in with the learning cohort and get ready for our deep Session 2 together!

Day 2 on 3 June 2024: In Service of Dilemmas! [Breakfast and Lunch included. Dinner on your own for private pay.]

In a place that was originally named “new” before the “old” one was even named as such - and at the confluence of natural and man-made energy, we will be near the edge of the United States and Mexico as we ponder how we reference ourselves, how we define our identity, and the dilemmas do we bring to our coaching practice. Which of our own dilemmas propel us forward, and which hold us back? And most importantly, how do we allow ourselves to serve our clients' process to deal with their own ways of being in the world? Step in to understand what lies beneath and how to listen to the undercurrent ~ How we listen actively and evoke awareness in the other (Core competencies #6, #7).

The structure of our day will be in large and small group work and observed coaching sessions with feedback. The end goal is to become fully intentional about how we become who we are at the seat of exploration.



Day 3 on 4 June 2024: A Day of Coach Maturity [Breakfast and Lunch included, Dinner on your own for private pay.]

Based on the theory of Megginson and Clutterbuck we explore when and how we function at each of the four stages and the kind of presence that allows us to become aware as *systemic eclectic* (core competencies #4, #6). The structure of the day will be group work, real-case Coaching Supervision, and practice with feedback and mentor coaching in smaller groups.

Day 4 on 5 June 2024: Embracing Rich Tradition [Breakfast and Lunch included, Dinner on your own for private pay.]

With a rich tradition of the surroundings, Native American culture contrasting with the “birthplace” of the atomic bomb in Albuquerque, forceful power and soothing serenity will invite us to explore the nuances of different core competencies. The structure of the day is large and small group work, reflective practice, and facilitated peer support for goal setting and ongoing growth. We finish the day mid-afternoon, allowing you time for exploration and reflection.

Day 5 on 6 June 2024: Personal Assimilation & Integration [Breakfast included. All other meals on your own for private pay.]

Take the time to reflect on all you have learned and experienced, connect with your cohort members, and see the beautiful surrounding area. While you may decide to travel this day, as it is not a formal class day, we encourage you to be mindful about what you have scheduled so that you can maximize the assimilation process to integrate your new awarenesses and skills in a way that supports this deep journey and the retreat process. *With notice, the facilitators can be available for a private morning consult or coaching session.*

Registration Process: Once you register for the Programme, we will reserve a space for you and then YOU will secure your own accommodation at [Casas de Suenos Old Town Historic Inn](#) in Albuquerque, using our special code for the block of casitas reserved for us. You will be invoiced for the Training-Retreat which includes all meals listed above plus all workshops and materials. You will pay for your own accommodation, allowing for the flexibility to select room size you wish. Transportation to and from the Inn is an easy 12 minutes using Ubers and taxis. Your casita is a stroll way from historic Old Town Albuquerque, and to move freely about and enjoy the area in times off, you may wish to rent/share a car (even for a day).

Session 2 Requirements: At A Glance

April/May, 2024: **Webinar** Welcome to Session 2 (1.5 hour via Zoom)

June 2-6, 2024: **In-Person Immersion Training-Retreat 2: *Being You in the Seat of Exploration***, Albuquerque, New Mexico, USA

Intersession 2-3 Requirements: At A Glance

June/July/August/September **Self-Paced** Requirements:

- Watch coaching demo videos 2 & 3 with written assessment and reflections submitted via Moodle.
- Two coaching trio meetings for practice
- One-hour check in meeting with your Learning Group.
- Write Coaching Ethics Case using specific format, to present in Session 3.
- Learning Journal Reflections, at least one entry each month.
- Readings with reflections submitted via Moodle Learning Management System.

September, 2024: **Webinar** Follow-up Resources and Transformation Process Alignment & Welcome to Session 3 (1.5 hour via Zoom)

Immersion Training-Retreat 3: *Finding your way through all the noise.*

When & When: 13-17 October 2024 in Niagara Falls, Ontario, Canada

Our final immersion training-retreat will be in the majestic and sometimes wet (smile) Niagara Falls, Canada! What a view ~ and what a cacophony the rapids and falls make... perfect for the theme of our final in-person time together. For this immersion training-retreat, we have time together and time to take in the dramatic landscape that is just steps away from The Sterling Inn & Spa, our lovely boutique hotel and training venue.

***To join us:** Easiest way is to fly into Buffalo NY (a 40-minute drive across the Peace Bridge from USA to Canada,) or arrive at Toronto Canada airport and drive (about an hour and a half). There may be transportation to the venue, and you may wish to rent/share a car so that you have the flexibility to enjoy all that the Canadian Niagara Falls side and the USA Niagara Falls side, have to offer (yes, they are VERY different – and you can walk across the Niagara River to enjoy both sides!) We will be staying and training at the lovely boutique Sterling Inn & Spa. All breakfasts and lunches will be provided, and we will have time to get to know the wonders that this amazing site has to offer.*

Day 1 on 13 October 2024: Welcome! [Welcome beverage included. Dinner on your own for private pay.]

Our final immersion retreat for the cohort! Once you have arrived and settled in, perhaps seeing a bit of the natural splendor of our surroundings, plan to join the cohort for a celebratory evening beverage and reconnection, check in and get ready for Session 3!

Day 2 on 14 October 2024: Min(e)ding the Relational Field [Breakfast and Lunch included. Dinner on your own for private pay.]

Keeping to our theme of being between worlds, cultures and countries, once again, we will meet at the border of between two countries, this time in front and between the stunning and noisy spectacle of the Niagara Falls in Canada! This spectacular setting will help us ponder on how we present ourselves to the field. [We call this min(e)ding the relational field.] The place itself, as well as our practice, will be an invitation for us to explore new ways of becoming positioned and masterful regulators of the energy field ~ that place when you find yourself nose-to-nose with the scenery's (field's) magic and its inevitability. Drawing from foundational Gestalt theories we will dip into the presentations you bring, link them to where we have been and where we each are heading (core competency #5).

The structure of the day will be group work and observed coaching sessions with feedback. The end goal is to become fully intentional about how we find our way through all the noise.



Day 3 on 15 October 2024: [Breakfast and Lunch included]

This is the day we will explore your ethical cases and immerse ourselves in the ones we bring ~ to diving deeper and finding some right questions for the right ways (core competency #1). The day's format will transition from lecturette to group processing and reflection. The structure of the day is large and small group work, and mentor coaching in smaller groups.

Day 4 on 16 October 2024: [Breakfast and Lunch included]

What makes for mastery in coaching? We will introduce a proprietary model that can help a seasoned coach to transform their practice to the ranks of masterfulness. We will capstone our overall retreat-training Programme by practicing our suite of skills and demonstrating what is possible with MCC coaching.

The structure of the day is group work, reflective practice, practice coaching with feedback, and facilitated peer support for goal setting and ongoing growth.

Day 5 on 17 October 2024: Personal Assimilation & Integration [Meals on your own]

Take the time to reflect on all you have learned and experienced, connect with your cohort members, and see the beautiful area we will be in. While you may decide to travel this day, as it is not a formal class day, we encourage you to be mindful about what you have scheduled so that you can maximize the assimilation process to integrate your new awarenesses and skills in a way that supports this deep journey and the retreat process. *With notice, the facilitators can be available for a private morning consult or coaching session.*

Registration Process: Once you register for the Programme, we will secure a room for you at you at [The Sterling Inn & Spa](#), in Niagara Falls Canada. You will be invoiced for the Training-Retreat which includes all meals listed above plus all workshops and materials. You will pay for your own accommodation on site once you arrive. Transportation to and from the hotel and venues are possible with Ubers and taxis. To move freely about and enjoy the area, you may wish to rent/share a car.

For more info and registration please visit: PositivityGlobal.org/retreats

Session 3 Requirements: At A Glance

September, 2024: **Webinar** Welcome to Session 3 (1.5 hour via Zoom)

October 15-17, 2024: **In-Person Immersion Training-Retreat 3: *Finding your way through all the noise***, Niagara Falls, Ontario, Canada

Post Session 3 Requirements: At A Glance

- October/November **Self-Paced** Requirements:
- Two Coaching Trios for Practice
- Learning Journal Reflections, at least one entry each month
- One-hour check in with Learning Group
- Final Project: Videotaped presentation/intervention in your community or organization with a 500 words reflection.
- Tape of your coaching: Submittal with self-assessment; Meet 1:1 with mentor.
- Final submittal of all Requirements (Reflection Journal, Final Project).

December, 2024: **Webinar** Programme Conclusion & Celebration (1.5 hour via Zoom)