

Certified Integral Coach CIS

Your coaching education with
federal and international
accreditation

*As individual and
unique as
you are*



The Coaching Institute Living Sense

Benefit from educational programmes that have achieved worldwide recognition and are quality-tested according to Swiss standards.

Since 1994, during the pioneering days of coaching, Living Sense has introduced the unique integral form of personal and corporate development to Switzerland. Today, our well-established institution is recognised not only for its team of highly qualified trainers, experts and coaches who are committed to provide an unrivalled learning experience, but also for its training programmes, which are based on a solid scientific foundation and have been proven effective.

Throughout your learning journey you will develop a comprehensive understanding of

the key competencies required of a coach, and apply your skills, achievements, knowledge and abilities to deliver high impact results in theory and practice.

As you immerse yourself in cutting-edge thought leadership, interdisciplinary research and an extensive coaching community, your self-awareness and self-esteem will naturally grow and fuel your personal development. You can look forward to a hands-on approach to teaching.

We are honoured and excited to share part of the journey with you.

Our vision & mission

In our hearts, we hold the vision of a world characterised by harmonious coexistence.

- We aim to build bridges of compassion and understanding to reconnect what has been separated by limiting ideas.
- We strive to make a valuable contribution to a world where people look into each other's hearts and regard others' needs with the same respect as their own.
- We believe in a future that harbours the potential for countless new possibilities, beyond merely repeating or rehashing the past.
- Our brand "Living Sense" reflects key aspects of our vision: finding meaning in life, acting with purpose, living a meaningful life, making a meaningful impact, experiencing sensory awareness, perceiving meaning, achieving insightful development, and creating meaningful transformation.
- Our work is intended to inspire and empower people to reflect their inner light and spread their sacred fire into the lives of their fellow human beings and customers.
- Living Sense aims to offer people the space they need to rediscover themselves, free from the limitations imposed by their own

- beliefs or the stigmatisation of others, and to shape their lives in a self-determined way.
- We are committed to accompanying people on their journey with a mindful and non-judgmental attitude. We stand by as companions during a phase of their life, whether they are on a rocky and burdensome path or embarking on a smooth journey to find their purpose and fulfil their calling.
- The eagle in our logo symbolises the spiritual dimension of the holistic image of humankind.



What is Integral Coaching?



Integral Coaching at Living Sense is based on the latest neurological research and is considered to be the most sustainable and effective coaching method available today. The key features of an integral coaching approach are:

- Enabling self-empowerment
- Taking a holistic approach that encompasses all levels of human experience
- Maintaining a systemic relationship with our surroundings and environment
- Expanding consciousness and awakening the subconscious
- Guiding clients in a non-judgmental process towards their individual goals and solutions drawing on their personal resources and values
- Applying acquired knowledge to practical actions
- Reintegrating the transformed issue into subconscious awareness (anchoring)

Definitions of Integral Coaching according to Living Sense.

- By providing non-judgmental support, Integral Coaching enables people to escape the hamster wheel of a specific problem and navigate towards the intended change. During the coaching process, unconscious values, opportunities, and personal needs are explored and used to derive conscious goals and resources. All levels of human experience and interactions from systemic connections are integrated into sustainable, realisable solutions.
- Integral Coaching is designed to accompany people on a self-determined journey of discovery on a physical, mental, emotional, and spiritual level. It helps them to become aware of unconscious aspects of an issue and integrate these into the conscious search for solutions. Systemic aspects are also included into a broader, more complete picture. Goals are derived from existing needs, resources are explored, and solutions are developed. These solutions are then embedded in one's life through concrete steps, and insights are firmly anchored.
- Integral Coaching is a holistic form of process mentoring for people who would like to expand their consciousness from their current situation towards a goal of their own choosing. It integrates the capabilities of all levels of a human being (i.e. the body, logical thinking, emotions/feelings, intuition/soul, relationships with surroundings and environments we are part of).



The advantages of Integral Coaching compared to purely solution-oriented approaches:

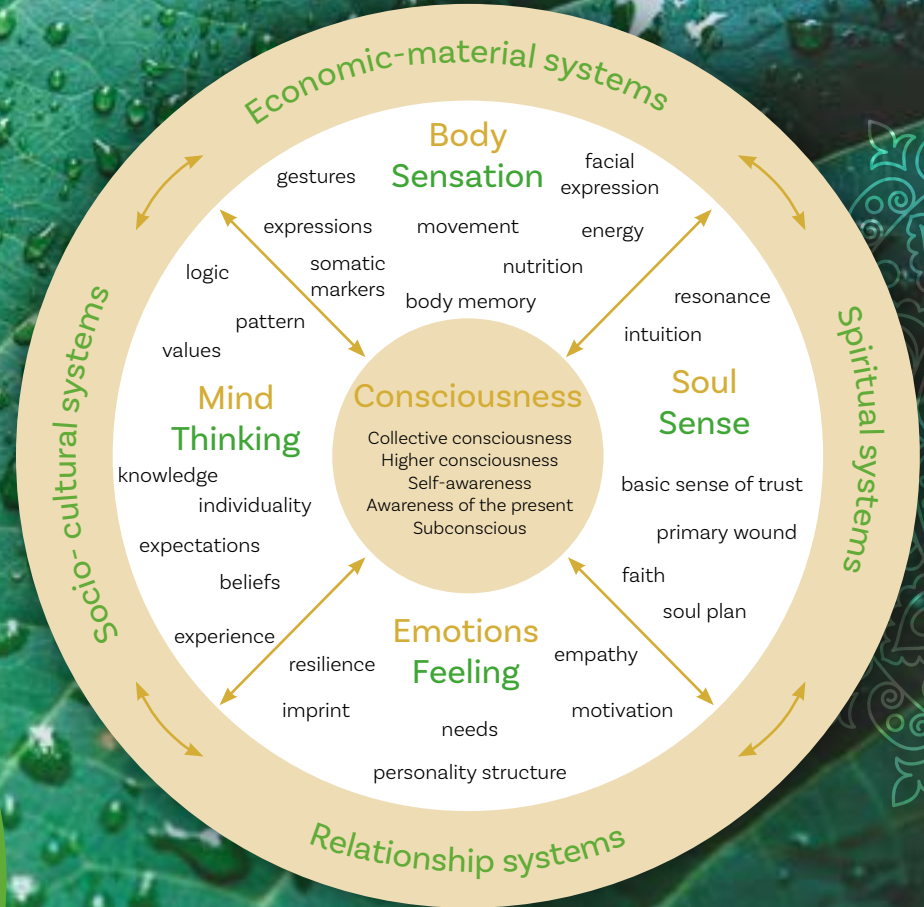
- An expanded range of interventions in the area of stabilisation (clients in a situational crisis who are not yet able to think in a solution- and goal-oriented manner can also be supported).
- A coaching framework that includes different levels of consciousness.
- Patterns and conditioned behaviour can be transformed at the root-cause level (expert level).
- Broadened interventions include the methodologies of bodywork and mental coaching, as well as emotion-focused and intuitive coaching.
- Expertise in various coaching models allows for a tailored approach to the client's individual personality structure.

“A coach has the ability to help people get back on their feet without stepping on their toes.”

John Wooden



A holistic understanding of human nature



“If one does not know to which port one is sailing, no wind is favourable.” Seneca

Educational concept

Our degree programmes are built on a compatible modular system. You can put together your individualised training programme according to your needs and gradually expand it. Thanks to the international quality assessment of these courses and the EduQua certification, you will benefit from a globally recognised education.

Your personalised and practical classroom training is enhanced by high-quality in-depth online modules. We provide you with supplementary specialised content via video and audio units, which you can access at your own pace and repeat as often as you wish. Your personal development is as important to us as the professional, responsible work that you do for your clients and your ultimate success as a coach.

Your skills foundation

The Integral Coach Certificate training programme provides you with a solid foundation of specialised know-how and practical engagement in client work. Methods from different process-mentoring disciplines will complement your working methodology with an integral spectrum of interventions. Through an exciting mix of face-to-face training and online modules, you will benefit from a future-oriented educational model and receive comprehensive documentation to deepen your expertise.

Your personal development

In preparation for your role as a coach, you'll embark on a journey of self-exploration to address your own personal issues. You'll also have the opportunity to step into the role of the client during a complimentary practice day focused on shifting perspectives and engaging in deep conversations about your visions, goals, and desires. Additionally, a personal development retreat will support you in dissolving limiting patterns, healing painful resonance fields, and breaking conditioned behaviours. Empowered by these transformative experiences, you'll be fully equipped to guide others on their journey with compassion and clarity, unencumbered by feelings of pity.

Your specialisation

Through your specialisation, you will deepen your expertise in the core themes of Integral Coaching and expand your range of services with contemporary and promising offerings.

You will professionalise and perfect your individual form of client work and legitimise yourself as an expert in your chosen field.

Leave your mark on the quality standard of modern coaching and mentoring.

Degree Certified Integral Coach CIS (Certificate)

- **Tested and recognised according to international ICI / ECA guidelines**
- **Eligibility for SCA membership (member in training)**
- **Learning achievement within the framework of 13.5 ECTS points**
- **Confirmation of education**

Requirements for certification

- Attendance of at least 80 % of course units
- Completion of all online modules including end-of-chapter test
- Documented experience of self-awareness and personal development

Prerequisites for participation in the Certified Integral Coach programme

- Appreciative, resource-oriented attitude
- Analytical understanding and social skills
- Completed vocational training or high school diploma (Matura)
- Interest in Integral Coaching





Certified Integral Coach CIS Professional Level

With the Certified Integral Coach CIS programme, you are choosing a professional coaching training that integrates **body, mind, emotion and soul into systemic work.**

- Do you value scientifically researched content taught in a realistic way with many practical elements?

- Would you like to expand your consciousness and benefit from a process of growth and personal development?
- Do you appreciate the possibility of personalised scheduling, with the ability to move forward, backward and repeat your course sessions as and when you need to?

If so, Living Sense's Integral Coaching training programme is your first choice.

The internationally recognised certificate give you access to the professional world as a certified Integral Coach and enables you to become a member of major coaching associations.

The Integral Coaching approach enables you to perceive clients holistically and provide support on a wide range of topics. Our **holistic coaching philosophy** will equip you with the necessary competencies to accompany clients during **challenging times**, while providing them with sustainable concepts and **empowerment methods** that are designed to strengthen their **personal development.**

This certified training enables you to offer **professionally designed coaching sessions** and draw on a broad portfolio of coaching methods. Your work will be based on **Integral Psychology** and the proven **Integral Coaching** model of Living Sense.

Become competent in Integral Coaching - your advantage as a coach & mentor

Integral Coaching empowers people to solve their problems, cope with change, develop their potential and expand their consciousness through emphatic and non-judgmental reinforcement.

Values and personal needs are explored during coaching sessions, using the client's individual resources to develop the desired goals and solutions

In the process, all levels of the human condition (i.e. the body, mind, soul, emotions, systemic relationships and environments) are considered and integrated as resources. As a Certified Integral Coach, you will be able to draw on a creative repertoire of methods that will allow you to design professional process mentoring.

Body - Mind - Emotion- Soul:

By becoming an Integral Coach CIS, you will differentiate yourself from other coaching disciplines through your ability to perceive and support clients holistically.



Every person is unique and has their own resources and preferred ways of dealing with a problem and finding solutions.

While some people may use an analytical mind to reach a solution, others may benefit from being guided on an emotional level, activating their intuition, or experiencing an “aha moment” through body awareness and movement. In this training programme, you will learn to sharpen your perception of different subject areas and personalities and to use appropriate type-specific interventions.

Systemic: Human beings are constantly interacting within different systems – we interact with relationship systems, socio-cultural systems, economic-material systems, and spiritual systems. Integral coaching embraces these interactions and enables clients to become aware of them, make use of the resulting resources, and release obstructive blockages and entanglements.

Awareness: As an Integral Coach CIS, you will understand the opportunities of coaching at different levels of consciousness:



awareness of the present, self-awareness, subconscious, higher consciousness, and collective consciousness.

Practical work experience and expertise: This programme is designed to equip you with a comprehensive portfolio of professional, social, personal, and methodological skills, ensuring you are fully prepared to fulfill your responsibilities as a coach.

A professional qualification for various subject areas: Whether or not you choose to specialise in a particular area

in order to develop as a coach, your clients face everyday challenges, turbulent times in their lives, emotional journeys, and decision-making situations, as well as having goals and dreams. Equipped with this Integral Coaching education, you will be able to provide them with

comprehensive counselling in a variety of life situations, beyond business, sport, family, and health issues.

Conceptual development of your coaching competencies: Our experiential and practical programme prepares you for the whole process of Integral Coaching, its goals, framework and expectations.

A clear coaching concept enables you to quickly gain practical experience and continue to deepen your coaching skills.

Empowering guidelines and reflective experiences of success will help build your self-confidence as a coach.

Integral psychology: The training units in integral, resource-oriented psychology will give you an understanding of how coaching works and enable you to implement the strategies you have

It's not a Dream, it's a Plan

learnt with confidence. Integral and resource-oriented Psychology according to Living Sense will inspire you both professionally and personally and provide answers to important life questions.

Creative coaching methods:

In addition to traditional coaching tools and techniques, you will benefit from a wide range of creative coaching options. Specifically developed in accordance within the Living Sense method, these tools will enable you to guide your clients towards their personal goals faster,

with deeper and more lasting insights.

Personal development: Being a professional coach requires a high level of personal competence. We build your confidence by increasing your self-awareness, self-esteem, self-love, self-worth, and self-confidence. You will develop a professional attitude to coaching and improve your communication and social skills.



Programme structure and requirements to become a Certified Integral Coach CIS

“The farthest journey are taken in the mind.”

Joseph Conrad



Over 10 interactive Specialisation Training Days, you will experience high quality face-to-face teaching either at one of our locations or online. You will be trained by experienced and successful coaches, mentors, and psychologists who are committed to your professional and personal development. As part of our mentoring programme, you will also take part in one or more Practice Training Days to consolidate your skills as a coach and gain practical experience.

In addition to the onsite study programme, you will have access to our online platform, which contains 10 online modules. Each

module is designed to offer you a comprehensive introduction to an important coaching topic. The modules are structured in a clear and logical way. However, you are free to work through them in any order you choose.

Take control and decide for yourself how you want to work through the modules and how much time you would like to invest in your training. You can either enjoy all the online modules before your first day of onsite training, or access them individually to coincide with the relevant day of face-to-face training.

The only requirement regarding the self-paced learning structure is that the videos for a module must be watched before the corresponding day of attendance. However, you can explore all other content at your own pace.

The Integral Coaching programme provides you with several opportunities for self-awareness and to experience the impact of coaching in the role of a client. To enhance your practical experience as a coach, you may attend as many Practical Training Days as you wish.

It is up to you to decide when you are ready to receive your Integral Coach CIS Certificate of Competence. Within a two-year time frame from the start of the course, you are completely free to decide when you feel ready to complete your certification process.

Good to know: Even before you become certified, you can choose to attend more advanced training modules at Living Sense or our partner Living Sense Executive..

When it comes to your coaching education, trust the specialists with 30 years of experience – your Coaching Institute Living Sense

- Discover your true potential and how you can use your personal experience to benefit others.
- Build a fulfilling future for yourself with a career in this important profession
- Follow your calling and lead a life of joy and fulfilment.
- Secure a successful existence in an ever-changing job market.
- Contribute to creating and maintaining a world worth living in.
- Build on the Integral Coaching approach, the most advanced and sustainable form of coaching available.

If you do not yet have the required documented experience of self-awareness and personal development in the client role, we offer you various options for gaining this experience as part of your coaching training:

Documentation of your previous experience (minimum 15 hours) with an accredited coach, supervisor, or psychotherapist. Missing sessions can be obtained from one of our teaching coaches at a subsidised rate (CHF 140).

or

Participation in Living Sense Personality Development Days (subject to a fee)

or

Participation in a Living Sense retreat (subject to a fee, also accredited as a personal development process at the diploma level)

or

Participation in a total of 3 Practice Training Days, plus participation in 5 intervention sessions in the client role. The coaching sessions that are experienced in the role of the client are to be confirmed and documented by the coach.

Once you have registered, we will be happy to help you choose the best option for you to meet the requirements for a documented experience of self-awareness and personal development.

“One day or day one. You decide.”

Anonymous





Our partner company Living Sense Executive, Academy for holistic Leadership and Mentoring, offers goal- and future-oriented education and training courses for leaders of the new era as well as for their companies or organisations.

Navigating the complexity of modern work

In today's fast-paced and ambiguous digital society, traditional training and health management programmes often fall short in addressing the complexities of the workplace. In a service-oriented society, employees are the true social capital, with their collective knowledge forming the foundation of every company's success. A shared set of values within the workforce not only drives effective operations but also promises sustainable and qualitative growth for the future.

What does this mean for companies and leaders?

For top management and aspiring leaders, navigating this complexity requires a new approach. Our educational programmes equip you with the essential skills for your next career step. Through our customized mentoring programs, you can empower both yourself and your organization to shape the future. With our Vision Peak programs, you will experience the benefits of successful change and an authentic path forward.

Join us in redefining success and leading your company into a prosperous future.



Your training team

Welcome to Living Sense Executive.

At Living Sense Executive we are thrilled to partner with the Coaching Institute Living Sense to bring the Integral Coaching training and philosophy to Switzerland in English.



in their own right. This combination ensures that you receive the highest quality training and support.

We invite you to learn more about us by visiting our website www.livingsense-executive.ch and that of our partner

www.coaching-institut.ch. We are committed to "lifelong learning" and ensure that our curricula are dynamically updated each year.

We're excited to ignite your passion with our transformative approach to coaching! Join us at Living Sense Executive and embark on a transformative journey with our dedicated team of trainers

We bring together experienced master coaches and mentors. Our teaching coaches, supervisors, and trainers are committed to guide you through your educational journey. Each degree programme is supported by a team of at least three trainers, that you benefit from a wide range of experiences and expertise.

Our approach is holistic and inclusive, respecting and recognising your existing expertise. We are passionate about your goals and projects, and our trainers are not only methodologically and didactically trained, but also successful coaches and mentors

Bigna Pallioppi and the Living Sense Executive team of trainers

bigna.pallioppi@livingsense-executive.ch



Costs for the Certified Integral Coach CIS training programme

Unlock your full potential with our comprehensive Integral Coaching training programme, designed to help you succeed in your field. With a robust curriculum and coaching expertise, this is your opportunity to advance your career.

Upgrade your learning experience

- For those who prefer the **course material in German**, we offer an optional upgrade that includes all course scripts in German. This allows you to engage with the content in your preferred language.
- By attending the “**Living Sense Personality Development Days**”, you will tick off the required documented experience of self-awareness and personal development to receive your certificate as a Certified Integral Coach. It includes two days packed full of inspiring experiences, increased self-awareness and personal growth.

CHF 5'900.—

Reach out to us for a personalized consultation and elevate your learning experience!



Your investment in the programme includes the following:

- 10 days of top-quality, interactive teaching of Integral Coaching
- Guaranteed flexibility - any training days can be repeated as often as you like over a 2-year period.
- Participation in several Practice Training Days to consolidate practical skills
- Proof of competence certification exam fees.
- 10 premium online modules with supporting documents/videos/ MP4
- More than 500 pages of digital learning material.
- Certificate of education for 384 learning hours/ 13.5 ECTS points

Choose a specialist you can trust

Choosing the right training is an important decision. Making the right choice will lay the foundation for your professional skills as a coach and ensure your success in the marketplace. Trust the specialist! We are known for:

Promoting educational excellence

- The Coaching Institute's educational programmes are recognised worldwide – a key advantage in an era of open borders.
- All of our training programmes are quality certified and built on a unique modular system. You can put together your own personal training programme to suit your needs and build on it as you go along.
- The collaboration between our specialised centres of excellence and academies ensures that our training programmes are always

at the forefront of research and development.

- The educational programmes take an integral approach and will support you on the different levels of intervention: mind, feeling, body, and soul. The courses will increase your awareness, intuition, and mindfulness.
- Students consistently rate our lecturers and our exclusive course materials with the highest possible number of stars for their excellence.
- You will enjoy practical, experience-oriented lessons based on scientifically proven coaching models.

Flexibility and individuality

- Choose from evening, weekday, and weekend courses. All course days can be taken in advance or later in other classes at any time to suits your schedule.
- Perhaps you would like to revisit a course day to refresh your knowledge, explore a topic in more depth, or simply benefit from our ongoing development of course content. For a period of two years, you will have free access to the course days you have already attended.

- If you have to interrupt the programme for health or personal reasons you can always rejoin a new class at a later date. With us, your previous educational qualifications in solution-oriented coaching or in other specialised areas of integral coaching will be accredited as equivalent.

Achieve success through practical experience!

- Our expertise, mentoring, and network will help you to make the transition to a successful coaching career.
- You will be provided with a comprehensive toolbox of methods to deal with a variety of challenging situations and types of clients.
- The Living Sense course materials set the benchmark in the coaching market and are documented in a comprehensive and structured way. The documentation provides practical checklists, forms, creative tools, and referencing options for your practice

Our focus is on you. We see you as an unique human being

- At Living Sense you will discover a culture of appreciation and experience individualised support based on a resource-focused approach and kindness – simply Living Sense!
- We guarantee discretion and



privacy: we do not publish any photos or names of students without their explicit permission.

- During your training, you will enjoy the Living Sense classrooms with their welcoming and inspiring atmosphere.
- You will be able to develop your professional, social, personal, and methodological skills in equal measure.
- As part of your coaching training, you will also receive individual development guidance – whether it is to heal old wounds or to realise your dreams.
- Our dedicated team is available to answer your questions and meet your needs also outside of the training programme hours.
- Our enthusiasm for empowering people is literally “infectious” and creates a zest for life.



Contact and locations

We invite you to experience the Living Sense culture for yourself by visiting us at one of our locations.

Our partner

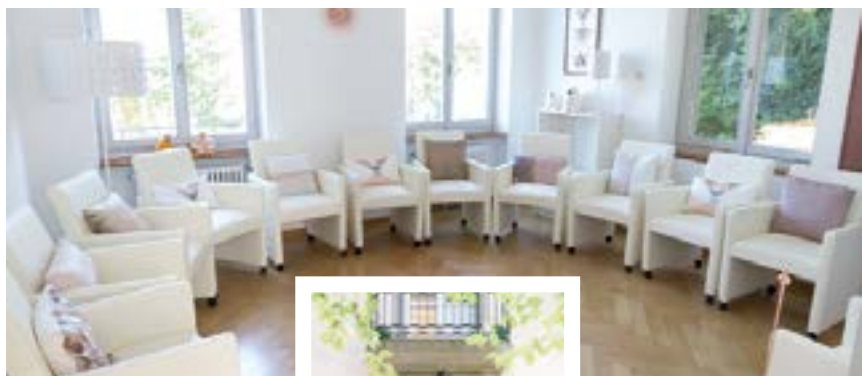
Living Sense Executive
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Rämistrasse 30

8001 Zürich

Tel. 044 400 90 10

Our course locations in Switzerland: Zürich | Bern | Bürglen (TG) | Lucerne



Visit us at
www.coaching-institut.ch
www.livingsense-executive.ch

