

Coaching & Cognitive Curriculum

All coaches are Certified Professional Coactive Coaches (CPCC) [1], trained at the University of Calgary. Specialization has been done in ORSC (Organization and Relationship Systems Coaching) training and certification is done through the Centre for Right Relationship [2].

Our passion is organizational/team coaching for youth, parents, schools and communities. Our dream is to empower and make an impact on the current reality of our society.

Worldwide, nearly a million people commit suicide every year, more than those murdered or killed in war. Global annual teenage suicide statistics, reported for these fatalities could rise to 1.5 million by 2020. [3] There is not only a devastating trend with teenage suicide but also, drug abuse, alcohol abuse, gang related activity and depression. I have seen a large trend in my coaching business of people of all ages with lack of self esteem, confidence, self image and a fear of individuation. Most relate this back to their early childhood or school memory. It is time to stop the cycle.

Prevention is a critical task within today's society.

The Goal

The goal and vision for within the school system is multi faceted. The ultimate goal with implementing a blend of coaching and cognitive tools; is to create an environment where kids, teachers, staff, parents and the entire school as a culture/organization are empowered to be who they are and who they want to be collectively. Moreover, it will combine everyone in collaboration of each others visions and dreams. The benefits are priceless.

Why Coaching directly into your School?

We spend a minimum of 12 years of our lives in school. These are the most impressionable years that build and give a foundation for our identities.

Coaching is forward thinking. It is not counseling. Commitment is always towards a "next – step". This is where the sustainability becomes crucial. It is achieved most effectively by follow through, creating goals and holding accountability. Coaching provides continuous innovative ways of dealing with and addressing the "now". This enables a repetitive re-affirming of all the tools that have been designed to live the best possible life; individually, as a school, as a family and as a community.

The Benefits

These tools will enable you to make conscious choices that will propel you closer to your goals and potential. Connection and communication will be more evident because of ORSC coaching and a blend of cognitive thinking tools. One will experience a sense of total connection within themselves, their classmates, with teachers. Ultimately this feeling will be brought home to families and communities, therefore creating a better way to manage our lives from a young age spiraling only upwards. Imagine.....

The Ideal Process**

A blend of **ORSC** (Organization and Relationship Systems Coaching) tools and cognitive thinking education will be implemented into schools and communities. The process will unfold throughout a school year as follows:

- Team Diagnostic Surveys for students, teachers/staff and parents
- Freedom Day Event
- TPI - 21 Keys and PX2 Curriculum [4]
- Student Coaching
- Teacher/Staff Coaching
- Parent Coaching
- Elements/Colors Education
- Culture/Organization Coaching (all entities)
- Apprenticeship/Mentor Program

**** This is the ideal proposed program outline – each organization's program is catered directly to your unique and individual needs.**

Freedom 2 Be ME will facilitate the process of identity awareness, engagement, alignment, collaboration, effectiveness and excellence all in a positive, safe and caring environment. Those involved in the curriculum will experience accountability, intentional behavior, self evaluation, effective habits and clarity of vision to name just a few. All tools lead to maximizing potential.

Sustainability and Implementation

“*We believe what we know ourselves to be*” through continuous repetition and follow up. A large part of the sustainability will be very unique to each school based on the mission statement, vision and goals. The exciting part is that we get to design this together based on a combination of the curriculum and tools that have been a part of my certification and your highest vision and maximum potential. It is essentially getting back to basics. Why am I here, what was my dream, where do I want to go, how do I want to be and how can I truly fulfill this.



T: 780.440.3906

Why hire Freedom 2 Be ME?

Just as teachers choose their subject or area of specialization – so too has **Freedom 2 Be ME**. It does not make sense to push/pull people in directions that they are not passionate about. Teachers are doing an amazing job at teaching and mentoring the hard facts, they have enormous work loads on their plates, it is beneficial to have an outside source come in and facilitate the coaching pieces to ensure the maximum potential.

Freedom 2 Be ME will help you navigate through your challenges and possibilities, enabling you to be free to live your biggest most daring dreams with a true knowing that they are possible. Implementation will be smooth and successful, fulfilling *our* goals and visions for the world as *well as yours* without adding any extra workload to you or your staff.

The curriculum is win win!

Resources

[1] www.thecoaches.com

[2] www.centerforrightrelationship.com

[3] WHO Press Release, Geneva 9/8/04
<http://www.who.int/mediacentre/news/releases/2004/pr61/en/>

[4] The Pacific Institute
www.thepacificinstitute.com



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