



ICI Standards & Curriculum for the ICI accredited training: “MASTERCLASS IN BELIEVES, ICI”

“MASTERCLASS IN BELIEVES, ICI” is accredited by the ICI. The ICI member Institute: EmpowerMind with the “Coach Master Trainer, ICI”: Jørgen Svenstrup and Mitzi Svenstrup, who developed the curriculum, have the right to conduct and seal the certificates of this training with an ICI seal. If you have any questions, please contact them directly.

ICI Masterclass in Believes, 4 days

The ICI Masterclass in believes is for certified coaches that enables them to manage believes for them self and others. The training is a mix of theory and praxis.

Certification requirements

The participants need to follow all training days, do all tasks, and facilitate 10 hours of coaching using the new models. The certification consists of live-coaching presenting the models presented during the training. Also the participants need to read 10 articles and present reviews to be discussed in the team, and furthermore present a personal project regarding own experience and reflections in perspective of the literature.

Module 1 – 1 day

Presentation of program
Reflection on experiences
Questioning Free will
Presenting The algoritme-theory
Identification of believes new ways
Spotting believes – 3 ways
Swopping believes
Character strengths or believes
Values or believes
ABC Model
Excelsior Model

Module 2 – 1 day

Reflection
Evaluating free will
Extended reframing
Presenting The Works
The Works Model
The Closet Model
The Arm Model

Module 3 – 1 day

Reflection
Exploring experiences as source
Training believes through Mental training

Consciousness/semiconsciousness/unconsciousness
New narrative Model
Timeline Model
Flowwriting Model

Module 4 – 1 day

Reflection
Evaluating the beliefs of the coach and adding new ones
Stepping Stone Model
Externalisation Model
Exploring models from other domains (see below)
Developing new models based on Johari's, Cog. Diamond, The Narrator Model.
Certification

Core competencies – Masterclass in beliefs

- Using specialised and extended models for identifying and handling limiting beliefs
- Using specialised and extended models for identifying and activation supporting beliefs

And higher level of skills in various of the core coach competencies, especially:

- Listening
- Spotting incongruence
- Using reframing
- Transferring relevant coaching model-elements and tools to a beliefs-frame.

The methodology used in the Masterclass in Beliefs training is The Works (Byron Catie), ABC-Model (Albert Ellis), The Closet model (Aron Doughty) the Integrated mental training model (Uhnestål) (and Milton Erickson), The Arm Model (Danie Beaulieu), Johari Model, (Luft and Ingram), Cognitive Diamond Model (Porter), Timeline Model and flowwriting model (Jacob Høedt), Stepping Stone Model and New Narrative Model (Jørgen Svenstrup).

For general orientation about certificates, please see the [“ICI Certification Guidelines”](#)

For the ICI member Institute EmpowerMind, please see: www.coaching-institutes.net/empowermind