

## DAY ONE

8:30 – 9:30 Allurement video (Brian Swimee)  
Prior to coming - find an item from nature to bring to the retreat  
Introductions using the item from nature

Core Competency 2 Embodies a Coaching Mindset

9:30 - 10:00 Introduction to Tetramap® – What is it and Insights  
10:00-10:30 Break and Networking  
10:30-12:30 Understanding Myself and Others through the Tetramap  
12:30-1:30 Lunch

Core Competency 1 Demonstrates Ethical Practice

1:30 – 3:00 Managing Different Identities  
3:00-3:30 Networking Break  
3:30-4:30 Ethical Issues Discussion

"Ethical behaviour arises from a genuine willingness and ability to reflect on how our actions affect those we coach. Without this deeper consideration we risk merely just following rules to avoid consequences rather than truly upholding ethical standards." A quote by Carrie Hopkins-Doubts, Independent Review Board in the International Coaching Federation 2024 Annual Report, Empowering Change, Inspiring Futures

Complete: Sign up sheet for Supervision - 1 hour per participant

## DAY TWO – Known and Unknown Worlds

8:30 – 9:00      Welcome back,  
Focus   What if love, wonder and spaciousness were not soft skills?  
Centering Exercise – Staci Haines

Core Competency 5 Maintains Presence

Core Competency 7 Evokes Awareness

9:00 – 10:00      Movement exercise/ combination Gestalt and Narrative Practices

10:00 – 10:30      Break and Networking

10:30 – 11:00      The Perfect Storm: Challenges facing the World today  
What risk are you most aware of? What risk do your clients bring to coaching?

11:00 - 11:30      Presence Based Coaching – Bell Jar

Presence Based Coaching – Doug Silsbee

“Presence is waking up to our habit nature. We each live in a metaphorical “Bell Jar” that represents our limited set of embodied interpretations and narratives. On the one hand, our Bell Jar has served us well. At the same time, it restricts us and precludes possibilities that would be readily apparent without our perceptual limitations and filters.”

11:30 – 12:30      Restoring Sanity: Three Perspectives  
From Fixing Problem to Moving Through It

12:30 – 1:30      Lunch, Networking, Reflection

1:30 – 2:30      Re-enchanting our Lives by Poo Yee Dorian  
Embracing Mystery, Adventure for Restoring Ourselves to serve our clients

2:30 – 3:00      Silence is Golden  
Exploring power of silence

3:00 – 3:30      Defining Your Unique Coaching Presence

3:30 – 4:00      Closing  
Nature piece you brought with you, sharing any new insights you now have,  
reflecting on the nature piece and reflecting on what you have learned.

Poem – Heart Warriors