

COACHING CERTIFICATION REQUIREMENTS

I

-Evolutionary Playground:

4 of the 5 classes LIVE.

-Body Intelligent and Conscious Loving Advanced Trainings:

6 of the 8 classes LIVE.

C

FIND US AND JOIN US ON SOCIAL MEDIA!

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<https://www.linkedin.com/in/kathlyn-katie-hendricks-9395361/>

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COMMITMENT FORM

The key to the work of The Hendricks Institute is commitment. Conscious commitment begins the process of positive change. Beginnings matter.

Modern definitions of 'commitment' include a pledge or promise to do something, and dedication to a long-term course of action: engagement, involvement.

We have found several commitments to be extraordinarily powerful in allowing the process of change to happen gracefully and with maximum velocity.

To create the results you desire in your life by participating in this event, it's essential to pause, read, digest, and sign the Commitment Form. We invite you to embrace these commitments as your entry-gate to the creative possibilities of the work you do with us.

We recommend that you keep it near you to inspire you to recommit as needed throughout the course. Celebrate your willingness to give yourself this experience 100%. There is no need to send your signed copy to us. This form is for your reference and for your ongoing exploration!

ONE

I commit to knowing myself authentically and completely. I commit to regarding every interaction as a learning opportunity. I commit to letting go of any of my defensive postures that inhibit rapid learning.

TWO

I commit to expressing myself authentically, and to being an opening in which others can express themselves authentically.

THREE

I commit to the masterful practice of integrity, *including* acknowledging all key feelings, expressing the unarguable truth and keeping my agreements.

FOUR

I commit to taking full responsibility for my feelings and the circumstances of my life, and to being a catalyst for others taking full responsibility. Specifically, I take complete responsibility for my physical, emotional and psycho-spiritual well-being.

FIVE

I commit to the full embrace and expression of my creativity, and to being a catalyst for the full expression of others' creativity.

Sign _____ Date _____

Print Name _____

Training Dates _____