

Hendricks Institute Big Leap Coaching Program



Overview

The Big Leap Coaching Certification program requires that you complete five courses:

- Evolutionary Playground (EP) (prerequisite)
- The Conscious Loving Advanced Training
- The Body Intelligence Advanced Training
- Essentials Online (included with EP)
- The Restoring Resourcefulness Coaches Training*

Please note our Coaching Agreements on the final page.

Evolutionary Playground is the prerequisite course for each of our Advanced Courses, and required for coaching certification. In this course, we're exploring the possibility of living primarily in an evolutionary cycle of presencing, connecting, and playing through collaboration and harmony.

Conscious Loving Advanced Training: This Training is highly experiential and life-changing for the participants. It was created for those individuals, couples, and professionals dedicated to inspiring conscious relationships at home and in the workplace.

The Body Intelligence Advanced Training: Are you willing to continue renewing your own aliveness and joy as you empower others? Join Kathlyn and Gay Hendricks, pioneers in body intelligence for over forty years, to learn reliable and friendly ways to add the body to coaching, counseling, and your personal life.

Essentials Online is a course that will support your learning for the coaching program, and it is our gift to you when you complete your registration for Evolutionary Playground. It consists of a 60-page workbook and 23 short videos that correspond to the sections of the workbook and provides the foundational content that is a springboard for the other three programs.

The Restoring Resourcefulness Coaches Training: In this course, you will learn to facilitate our Restoring Resourcefulness Program which consists of six modules of the key Hendricks tools. The program supports a global shift designed to support individuals, communities, and organizations to transform stress and respond from choice.

***prerequisite:** completion of the two Advanced Trainings
www.Hendricks.com



Evolutionary Playground

**Would you be willing to live your life out to and past your edges?
Are you willing to end your addiction to adrenaline, fear, and busyness?
Are you ready to move into resonance and ease as your foundation for being and doing?**

For years our introductory seminar Essentials focused on the skills to shift old patterns easily with body intelligence tools. We're now exploring the possibility of living primarily in an evolutionary cycle of presencing, connecting and playing through collaboration and harmony. **Yes, it's possible to live free of blame and criticism, even inside your own head.**

Evolutionary Playground will focus on co-creation and resonance to expand solutions and new ways of living in this time of accelerated change and uncertainty.

We are inventing our future now. Humans are grappling with how to ground themselves in this time of chaos and crumbling traditional structures. So having a felt sense of how to encounter the unknown and how to create new structures that are based in reality are becoming more and more vital right now. The act of welcoming opens the heart of invention—saying yes to what is happening, what you are feeling, what you notice. When you welcome and include, you create a context, an environment, where everything is fuel for aliveness and where each moment arises from turning toward, accepting, choosing and taking actions from your essence. Imagine a future where you welcome others whose essence likes to dance with yours, and your co-created dance inspires others around you to join your personal evolutionary movement.

In Evolutionary Playground, you'll get out of the head-centric orientation that has skewed reality for several millennia, and into your whole-body creativity, where you can make your dreams real in your life. You'll learn to use simple, powerful skills, backed by

Evolutionary Playground

scientific research, that takes you from “working on” your life to consciously creating your life. EP is partly an adult playground where flow replaces struggle, and partly an unfolding of the new paradigm of body intelligence and co-creation. Evolutionary Playground opens up a new path through deep, experiential learning and discovery. You author your own map to create true love for yourself and others that you embody in your moment-to-moment choices.

Access to Essentials Online will be included for all who enroll in Evolutionary Playground. Essentials Online is itself a complete seminar, including a workbook and over twenty videos, guiding you through the foundational practices that Katie has been teaching for a couple of decades.

Evolutionary Playground includes:

- Introduction to The Evolutionary Cycle of presence, connect, play
- Favoring the opening rather than banging on the closed door of the past and familiar patterns
- Creating and collaborating with ease
- Letting go of opposition and resistance and letting the universe move through you—creating your own magic and muchness
- Harnessing the power of authenticity to find and sound your unique tuning fork and experience as a unique and evolving work of art
- Generating flexibility and range of focus with attention and awareness: for example, easily being aware of your inner experience while able to giving full attention to a person while tracking the energy flow of a group
- Access to Essentials Online will be included at no extra cost for all who enroll in Evolutionary Playground

Participants will receive handouts and other materials, outlines for practices between Zoom sessions, and access to a private Mighty Networks group for continued exploration of the course content.

See our website for more information and to register. [CLICK HERE](#)

Facilitator: Kathlyn Hendricks, Ph.D., BC-DMT

Format: Live facilitated session via Zoom with private Mighty Networks group page for registered participants

Evolutionary Playground

NOTE: You will find information for our Specials after the Body Intelligence and Conscious Loving pages in this document. The Specials combine Evolutionary Playground with our Advanced Courses at a lower rate.

Conscious Loving Advanced Training

- ***What if love and connection could be easy?***
- ***What if creativity and co-creativity could replace control and adrenaline dramas?***
- ***What if your body wisdom, the way you breathe, move and notice, was the quickest path to relationship fulfillment?***

If these questions perk up your curiosity, you might be ready to dive into this somatic approach to relating. In the thirty years since Conscious Loving became a bestseller, we have continued to evolve the only body-centered approach to relationships in the field. We have worked with thousands of partners and professionals around the world to continue developing a new paradigm of relating that is based in uncovering, sharing and celebrating our essential selves.

Most people long for the experience of being themselves in the full presence of another loving person. They imagine being deeply seen and appreciated while co-creating a life of fulfillment together. And many people don't realize that popping out of old relationship myths and getting real can be as easy as breathing and moving in new ways.

This training is designed to equip you with the essential relationship-building skills we've developed during the past forty years. Whether you use these skills personally or professionally, you'll find that you get stuck less often, shift more quickly, and spend more of your time living the relationship life you design by choice.

The Conscious Loving Advanced Training is highly experiential and life-changing for the participants. It was created for those individuals, couples and professionals dedicated to inspiring conscious relationships at home and in the workplace.

Some of the concepts and techniques covered:

- How to facilitate the five essential skills of conscious relationship: Commitment, authenticity, healthy response-ability, appreciation, and creativity
- How to let relating and transformation be easy

Conscious Loving Advanced Training

- How to shift from working on to shifting and discovering
- How to use a reliable road map to relationship fulfillment
- How to recognize and expand the steps in the Relationship Dance of unity and individual creative fulfillment
- How to facilitate breakthroughs in long-standing impasses
- How to use breath, movement and body-centered techniques to speed up problem-resolution
- How to resolve sex and money issues in close relationships.

Participants will be given a comprehensive manual during the course and a set of videos and workbook to facilitate Conscious Loving workshops with singles, partners and groups.

Graduates of both the Body Intelligence Advanced Training and the Conscious Loving Advanced Training are eligible for exclusive listing in our referral directory (see Find a Coach in the Coaches area of our website). Coaches may remain on the directory site for three years, and after that will be welcomed to renew their listing by registering for one of our current trainings. The directory list is viewed by thousands of visitors each week who are looking for practitioners in their geographical area.

This directory has several different listing options, from a simple telephone number to a complete website. We encourage all our graduates to join our online referral base (www.BigLeapCoaches.com). Completion of Evolutionary Playground: New Paths to Change for Uncertain Times or our previously taught Conscious Loving and Living Essentials: The 3-Day Seminar is a prerequisite for our advanced training events.

How The Hendricks' Work Is Different From Other Approaches to Coaching and Transformation

1) We emphasize personal integrity in all of the techniques that we teach

Conscious Loving Advanced Training

Whether at home or in business, we help partners learn to tell the truth to each other. When a person is hiding some truth, he or she will tend to complain about a relationship issue. Misunderstandings of responsibility fuel much relationship conflict. We help each partner in a relationship take full responsibility for any issue, especially if the issue looks like it belongs only to one person.

2) We believe that the central issue people face is expanding their capacity to give and receive love and to handle greater levels of unity and intimacy in their relationships and lives.

3) We balance cognitive techniques with powerful body-centered techniques that draw on the organic wisdom of the body. For example, in a couple's coaching session or a corporate consultation, we make use of movement, conscious breathing and other tools that focus people on the natural healing capacity of their body processes. We have developed a transformational model that provides a flexible, yet comprehensive structure based in whole-body learning and collaboration.

4) We are very interested in concepts and techniques that emphasize unity instead of difference. Many currently popular approaches focus on the differences between people. While this may be useful at a certain point in evolution, we are very interested in laying the groundwork for the next stage of evolution, which we believe involves the fundamental unity at the base of all creation, people included. To this end, our techniques are focused on helping people reveal their own essence—who they really are at the spiritual depths of themselves—and to perceive the essences of other people.

5) We focus on specific actions over which you have control. Examples: You can't control whether someone likes you, but you can control whether you pick up the phone and call them to talk to them about your feelings. You can't control when you're going to feel scared or anxious, but you can control whether you take a slow, deep breath or use Fear Melters®.

Conscious Loving Advanced Training

6) We are interested in ongoing innovation. We encourage our students and coaches to incorporate our materials freely and to continue to create dynamic applications that contribute to their own growth and professional development.

7) We don't belong to traditional coaching organizations, primarily because their mind-centric approaches are too intellectual to reach the deeper level we're interested in exploring through our body-mind work. In addition, we've had experience with numerous bureaucracies and have found them all too limiting.

NOTE: The Conscious Loving and Body Intelligence Specials include Evolutionary Playground at no additional cost when you take either of the courses back-to-back. Look for the Specials in the seminars section on the Hendricks website.

To Register: [CLICK HERE](#)

Co-Facilitators: Kathlyn Hendricks, Ph.D., BC-DMT and Gay Hendricks, Ph.D.

Format: Live facilitated session via Zoom with private Mighty Networks group page for registered participants

Body Intelligence Advanced Training

Are you ready to deepen your effectiveness?

Would you like proven, powerful tools that spark discovery and integrate transformation easily?

Are you willing to continue renewing your own aliveness and joy as you empower others?

Join us, pioneers in body intelligence for over forty years, to learn reliable and friendly ways to add the body to coaching, counseling, and your personal life.

Changing your life doesn't have to take a lifetime and doesn't require hard work. In fact, transformation emerges from fun and collaboration, our specialties.

This advanced training teaches the essential body-centered skills that distinguish our work from conventional approaches to problem-solving and transformation. You also get the full range of Conscious Living skills from our Quantum Coaching System. The Body Intelligence Advanced Training is designed for individuals and professionals in therapy, medicine, health, business, and other disciplines where leading-edge transformation skills can make a difference in the day-to-day quality of life and creativity.

Graduates of both the Body Intelligence Advanced Training and the Conscious Loving Advanced Training are eligible for exclusive listing in our referral directory

Coaches may remain on the directory site for three years, and after that will be welcomed to renew their listing by registering for one of our three courses required for certification. The directory list is viewed by thousands of visitors each week who are looking for practitioners in their geographical area. This directory has several different listing options, from a simple telephone number to a complete website with full technological support. We encourage all our graduates to join our online referral base.

Completion of either Evolutionary Playground: New Paths to Change for Uncertain Times or the earlier Essentials seminar is a pre-requisite for attendance in our advanced training.

Body Intelligence Advanced Training

Some of the skills and concepts covered in Body Intelligence Advanced:

- Quick shifts from low energy and feeling stuck to flow and creative ideas
- Skills to deeply listen to your body wisdom and enjoy the short-cuts, accelerated decision making, and greater day to day vitality you notice
- More possibility to explore, play and connect from your vibrant experience
- The opportunity to facilitate growth for others while expanding your capacity for love and positive energy using our unique form of whole-body learning and Quantum Coaching

The Quantum Coaching System, a central feature of this advanced course, provides tools for personal change and realization of individual goals. The Quantum Coaching System emerged from our sixty years combined experience developing the most powerful transformation tools available.

We employ a learning paradigm for our coaching work. Although we have been practicing coaches and consultants for thirty+ years, we find that a learning paradigm offers certain advantages over a therapeutic or healing paradigm. In the latter, you must identify a wound or something wrong with you before you can get better. A learning paradigm does not presume anything wrong with you---it simply presents things you can learn to make your life and work more easeful and productive. In addition, the therapy paradigm often focuses on past events, presumably the price of a more positive present. While this may sometimes occur, the therapy paradigm often keeps people trapped in the past, perceiving themselves as victims, at the effect of what has happened. The learning paradigm, however, invites you to take full, celebratory responsibility for your life, make commitments in the present, fulfill those commitments, and identify goals for the future. The act of doing these things may pull past events to the surface, but they emerge in the context of a forward-looking journey to the future, not in a reference back to the past.

The Quantum Coaching System is founded on two central processes you'll practice throughout your learning experience. Both distill the most powerful attitudes and skills we've learned.

- F.A.C.T.: a body-centered problem-solving process that can be done in person or by phone.
- The Evolutionary Cycle: Learn to establish a reliable experience of ease and flow, and return to ease and flow in simple shifts that work even when you're stuck.

Body Intelligence Advanced Training

Both of our advanced courses for professionals feature:

- A unique form of Whole Body Learning
- Flexible application to business and organizational settings Collaborative learning and accountability
- Easy assessment tools for client-centered design
- Modular structures that integrate easily with and add velocity to existing practices
- Comprehensive support materials, including handouts and videos

Integrity is at the heart of our work. We have developed a specific definition of integrity that has great practical value in both your personal and professional activities.

- Integrity is being aware of your own feelings, needs and life purpose. When human beings are oblivious to their feelings and needs, this inner wobble affects not only their own health and happiness but also the people around them. When human beings don't know their chosen life purpose, they are rudder-less and adrift in a fast-moving world. When we are resonating with our own feelings and a clear sense of our life purpose, we can move rapidly and confidently toward creating the life of our dreams.
- Integrity is speaking honestly about your inner feelings and outer actions. When human beings are overlooking or concealing important truths, they cannot maintain healthy relationships with themselves or others. Learning to speak authentically about inner and outer truths is one of the most important skills in all of life. Most unfortunate life occurrences can be prevented and healed through honesty with self and others.
- Integrity is taking full responsibility for what happens in your life, while simultaneously creating a space for others around you to take full responsibility, too. When human beings are out of integrity with genuine responsibility, they devolve to blame and claiming victimhood. When we resonate together in a state of mutual responsibility, we can accomplish miracles.
- Integrity is living in gratitude. When human beings fail to appreciate the wonders of themselves, their lives and the people around them, they fall into despair and a perception of themselves as victims. When we experience and express appreciation as an ongoing practice in our lives, we bring in more things to appreciate. Living in waves of

Body Intelligence Advanced Training

increasing appreciation feels great and makes your presence a joyful force in other people's lives.

How The Hendricks Work Is Different From Other Approaches to Coaching and Transformation

1) We emphasize personal integrity in all of the techniques that we teach. Whether at home or in business, we help partners learn to tell the truth to each other. When a person is hiding some truth, he or she will tend to complain about a relationship issue. Misunderstandings of responsibility fuel much relationship conflict. We help each partner in a relationship take full responsibility for any issue, especially if the issue looks like it belongs only to one person.

2) We believe that the central issue people face is expanding their capacity to give and receive love and to handle greater levels of unity and intimacy in their relationships and lives.

3) We balance cognitive techniques with powerful body-centered techniques that draw on the organic wisdom of the body. For example, in a couple's coaching session or a corporate consultation, we make use of movement, conscious breathing and other tools that focus people on the natural healing capacity of their body processes. We have developed a transformational model that provides a flexible, yet comprehensive structure based in whole-body learning and collaboration.

4) We are very interested in concepts and techniques that emphasize unity instead of difference. Many currently popular approaches focus on the differences between people. While this may be useful at a certain point in evolution, we are very interested in laying the groundwork for the next stage of evolution, which we believe involves the fundamental unity at the base of all creation, people included. To this end, our techniques are focused on helping people reveal their own essence--who they really are at the spiritual depths of themselves--and to perceive the essences of other people.

5) We focus on specific actions over which you have control. Examples: You can't control whether someone likes you, but you can control whether you pick up the phone and call them to talk to them about your feelings. You can't control when you're going to feel scared or anxious, but you can control whether you take a slow, deep breath.

Body Intelligence Advanced Training

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To Register: [CLICK HERE](#)

Facilitator: Kathlyn Hendricks, Ph.D., BC-DMT

Format: Live facilitated session via Zoom with private Mighty Networks group page for registered participants

Essentials Online

Essentials Online will support your learning for the coaching program and it is our gift to you when you complete your registration for Evolutionary Playground. It consists of a 60-page workbook and 23 short videos that correspond to the sections of the workbook. This program provides the foundational content that is a springboard for the other three programs. The videos are footage from the Essentials 3-Day Seminar, a course Kathlyn Hendricks taught for several decades.

This self-led course will take approximately 8-10 hours to complete. These body-centered processes are designed to support individuals in locating themselves in the present moment, to help them loosen the grip of their personas, and to begin the journey of shifting from Fear to Here with the evolutionary tools such as Fear Melters®, the Yes Breath, Loop of Awareness, and others.

Essentials Online gives you the advantage of online accessibility, learning, viewing and integrating at your own pace, and reviewing key videos of most value to you. Katie spent months consolidating the key processes from the three-day seminar so you can dive right into the activities that will make a difference in your well-being, your close relationships, and your work.

The workbook pdf contains the purpose of each activity, any handouts that accompany the particular video, and applications for the process you've just experienced. Whether you are an individual passionate about lifelong discovery, a coach, counselor or organizational leader, Essentials Online will give you more tools to expand your effectiveness and joy in living and your work with others.

The purchase of (and hopefully, the full experience of) access to the videos fulfills the requirement for the advanced courses. Essentials Online meets the prerequisite for our advanced courses but

Essentials Online

does NOT fulfill the prerequisite for the 5-day trainings we offer twice a year to become a Big Leap Coach using our approach. We highly recommend you attend the Evolutionary Playground that Katie teaches just prior to the 5-day, as discovering together with other consciousness enthusiasts is the best way to prepare for the deep dive of our 5-day Advanced Trainings.

Videos included in Essentials Online:

(for a total of 215 minutes of high-powered experiential learning):

- Introduction To Essentials
- Fear Melters
- The Power Of Commitment
- Components Of The Yes Breath
- Combining Yes Breath With Movements
- Gay's Breathing
- Shifts and Drifts
- Drama Triangle
- The Persona Interview
- Locate Your Persona In Its Tribe Activity
- Exploring The Drama Triangle With Openness To Discovery
- Exploring Personas
- Creative Joint Play
- Introduction To Befriending Your Feelings
- Befriending Your Feelings
- The Wizards Of Ahhs
- Learning To Speak From Discovery
- Blame Talk Vs. Conscious Heart Talk
- Blame Eliminator
- Moving Into Response-ability
- Essence Pace And Essence Interview
- Genius Spiral

To Register: [CLICK HERE](#)

Restoring Resourcefulness Coaches Training

The final course that you are required to take to complete your coaching certification is our Restoring Resourcefulness Program Coaches Training. This course is based on the Foundation for Conscious Living's Big Leap Home Online Programs which are designed to support individuals, organizations, and communities in generating agency, connection, and creativity on our shared planet.

In this Training, the Restoring Resourcefulness Faculty are collaborating to bring you six essential skills, that settle the nervous system dispel the fear trance and expand our ability to integrate real change.

- 1) **The Presencing Module** shows you how to be fully with a feeling, another person, an unexpected event. When you move from fear to here you can meet life and create by choice.
- 2) **The Whole-Body Listening Module** shows you how to bridge and appreciate difference, to try on another's point of view to expand the possibility of co-creating together rather than recycling us vs. them.
- 3) **The Breathing Module** shows you the quickest way to locate yourself here and now and to decrease stress and increase vitality.
- 4) **The Fear Melters® Module** shows you how to move from fear to here by using simple, powerful body moves that shift you into agency and choice.
- 5) **The F.A.C.T. Module** shows you how to use our premier transformation process, a body intelligence practice that has been honed over several decades and can be used in a wide variety of situations.
- 6) **The Matching Module** shows you a way to create congruence between your inner experience and your outer expression. Matching makes use of whole-body thinking and expressing which expands creativity and vitality.

This course is facilitated by our Restoring Resourcefulness Faculty, and is offered two times per year.

To Register: [CLICK HERE](#)

Coaching Program Agreements

Hendricks Institute Certified Coaches Agreements

For Your Big Leap Coaches Website Listing:

- All Certified Coaches must register and complete at least one live (online) Training Seminar every three (3) years to maintain a listing on our Big Leap Coaches website. (Current Training opportunities that qualify are: Evolutionary Playground, Body Intelligence or Conscious Loving Advanced Trainings, Reweaving the World, **Restoring Resourcefulness Training. (**counts towards requirement first time only.)
- Coaches are responsible for maintaining an up-to-date profile on the Big Leap Coaches site. To update your listing, contact Margaret Tarmy, info@hendricks.com.
- Listings will be removed if the training seminar requirement has not been met and/or if the listed information is no longer current, e.g. non-working website links, invalid email addresses, and phone numbers, or outdated regional location information.

Suggestions for Connecting with the Hendricks Institute and Foundation for Conscious Living Community:

- Join or facilitate [Big Leap Bridge Classes](#) which are hour-long no-cost classes offered 2-3 times per month with a variety of facilitators and topics
- Connect with our Community for [Love in Action](#), Katie Hendricks' no-cost 15-minute sessions offered every Monday to practice Loop of Awareness and Love Scoops.
- Participate in monthly Coaches Calls with Katie Hendricks