

## About The Course

Developing emotional and social intelligence skills are the most sought after coaching and training service! Isn't it time you provided emotional intelligence services to your clients? Delivered since 2008, this program is approved for CEU's by ICF, NBCC and qualifies for the 30 or 60 hour Board Certified Coach designation.



The class is led by Cynthia Kivland, Master Career Counselor, Board Certified Coach who has over 25 years' experience working with leaders, teams and individuals to link their natural career passions with

performance goals to achieve business results. She helps clients achieve these results by optimizing their social emotional intelligence to ignite their career passion to achieve performance results.

Participants learn what emotions are and where they come from, along with the seven positive emotions every employer really want! Learn counseling and coaching techniques, development activities and field assignments to enhance your client's social emotional resilience in relation to their career/life journey. Gain a "coaching vocabulary" to focus valuable development time on action points, field practice and targeted behavioral feedback.

**2013 Course Schedule:** Live Interactive Online Classes

### Spring 2013 Board Certified SER Coach Classes

Tuesday April 9- June 11, 2013 12:00 p.m. – 2:00 p.m. eastern  
Thursday April 11, 2013- July 13, 2013 6:00 p.m. – 8:00 p.m. EST

### Accelerated 4 Week Summer Session for College and Career Counselors

Tuesday and Thursday: July 9, 2013 through August 1, 2013  
10:00 a.m. to 12:30 p.m. EST

### **Investment:**

#### **Option One: Social Emotional Resilience Coach Certification**

Includes ten live online interactive classes, five buddy coaching sessions, materials, (4) EQ standardized assessments and (2) mentor coaching sessions. **(value \$400)**

**Regular Price: \$1395.00 Military, Government, Non Profit: \$1195.00**



#### **Option Two: Social Emotional Resilience Coach and EQ-i 2.0 Assessment Certification**

**Regular Price: \$2995.00 Military, nonprofit, academia: \$2795.00**

Board Certified Social Emotional Resilience Coach program is the only coach certification program that starts from the inside-building your own emotional social intelligence and resilience.....and then gain professional skills, assessments, coaching competencies and templates for your life, career and leadership clients!

Approved by National Board of Certified Counselors, Board Certified Coach (CCE) & International Coaching Federation.



## A Positive Psychology and Mindful Approach to Learning and Coaching

Drawn from research in psychology, social psychology, sociology, coaching and organizational theory, this course follows the principles of positive psychology, neuroscience and mindfulness to with humanity and connect with civility- at work, in relationships and throughout one's career.

## Course Objectives

- Learn specific strategies, skills, and techniques to enhance your own and your client's social and emotional intelligence.
- Apply the Positive Psychology coach approach using the SOLUTION AND FOCUS models.
- Learn and apply the PRACTICE model as a positive coach approach to designing actions.
- Experience four Social and Emotional Intelligence assessments with clients. Talent Smart EQ Appraisal, EQ-i 2.0, StressScan and Talent Accelerator, and the Conflicts Dynamics Inventory. (Combined Coaching and Assessment certification program includes EQ-i 2.0 assessment certification training)
- Understand what emotions are, where they come from and how to manage your emotional iceberg "stories".
- Assesses your hot buttons that trigger an emotional hijacking, and techniques to get back to your best self.
- Understand how social and emotional intelligence are core employability skills that employers really want.
- Learn and apply the seven behavioral competencies of the SMARTER social and emotional intelligence process.
- Design an emotional and social intelligence action plan using online tools, templates and a coaching feedback guides.
- Deepen your understanding and application of social and emotional intelligence through dialogue, discussion leader, field work assignments, peer coaching activities, self-reflection and case study.
- Learn and apply the Thrive vs. Survive Coaching framework based on positive brain theory.
- Apply the "power of attraction" to attract and retain clients.
- Identify your thinking style and the impact to emotional resiliency.
- Build emotional literacy skills in the critical areas of toleration and empathy.
- Gain presentations, marketing tips, and coaching scripts to increase your business and coaching competencies.

## Testimonials

*The course was insightful and powerful. I felt renewed and learned strategies to help clients become "whole." When you understand your strengths and limitations and learn how to manage them, you are able to establish boundaries, gain courage, find your inner peace, and engage in stronger relationships.*

**~Dr. Renee' Green, Hawaii, Military**

*The Certification program hits the bull's eye when it comes to what individual contributors, team members, and business leaders need to demonstrate for optimal effectiveness in the workplace. The program utilizes the most coveted EQ text and coaching tools. You will acquire an advanced understanding and application of emotional intelligence to not just merely survive, but to THRIVE, as you encounter relational roadblocks, bumps, and hiccups along your career journey.*

### **Human /resource and Talent Management Professional**

*"Cynthia was a fantastic facilitator and trainer of emotional intelligence coaching strategies. Her knowledge of the subject and ability to direct our mastery of the coaching skills was fantastic. The medium through which we learned was teleconference and Cynthia's ability to connect with each participant, facilitate engagement and shared learning was great. I'd recommend Cynthia as a trainer to anyone."*

### **Human Resource Director**

*The class was so FULL of information, excellent information!! Cynthia was personable, brought life to the group, and had so much information. Definitely a must for anyone wanting to help others have a more productive and happier life! Thank YOU Cynthia!!"*

### **Leadership Coach**

*I had the pleasure of participating in the Certification course, facilitated by Cynthia Kivland. The information that Cynthia covered during the course was comprehensive and the resources/coaching tools she so kindly shared were amazing. In fact, the course far exceeded my expectations and I am extremely grateful for Cynthia to have shared both her wisdom and generosity with the powerful coaching tools she granted us access.*

**~Annemarie Cross, Career Management Specialist & EQ Career Strategist, Australia**