

# THE Adult Chair®

## COACHING CERTIFICATION PROGRAM

The certification program that gives you *everything* you need to become a Certified Adult Chair® Coach, grow a thriving business and help your clients transform their lives — while you transform your own.

## CCP 2024

Program: March 1, 2024 - August 31, 2024

*\*In-person training February 18 - 23, 2024*

### Week-long in-person intensive training

- [Embassy Suites by Hilton Nashville South Cool Springs](#) (Franklin, TN - suburb of Nashville, TN)
- February 18 - 24, 2024
- Arrive by 5:00pm Central Time on Sunday, February 18; Depart any time on Friday, February 23 There will be a kick off dinner at 6:00pm on Sunday, February 18. Nashville airport (BNA) to location is roughly a one hour drive. Please give yourself plenty of time.
- We start the training sessions at 9:00am Central Time on Monday, February 19 and end at 5:00pm Central Time on Friday, February 23.

### 40 practicum hours

- 40 practicum hours total (20 hours completed by 3 month mark of program and the remaining 20 hours completed by the 6 month mark of the program)
- 10 to 15 hours will be completed with coaches in the program, the remaining will be completed with people outside of the program (no family members as clients allowed).
- One recorded session due at the end of each month along with your assessment.
- Practicum hours are not paid hours; an evaluation is accepted in place of payment (with the exception of current practicing certified practitioners. You may use current clients and accept payment but still require evaluation).
- You will complete a five-question evaluation for each time you are coached by another coach.
- Receive video feedback on each of their monthly submitted sessions

### **Six monthly interactive live teachings**

- Attend live or watch the recorded teachings, including Q&A.
- Six assessments to be completed at the end of each associated monthly teaching, including one recorded session.
- Assessments are pass/fail, and you have two chances to complete and pass each assessment. Must “pass” by the last day of the associated month. You are allotted up to two fails total.

MONTH 1 - OVERWHELM + SELF-CARE

MONTH 2 - THE COACHING BLUEPRINT

MONTH 3 - PARTS WORK (+ INNER CHILD WORK)

MONTH 4 - TRIGGERS

MONTH 5 - COMMON STRUGGLES: STRESS, ANXIETY, DEPRESSION + RUMINATING THOUGHTS

MONTH 6 - COMMON STRUGGLES: CODEPENDENCY, NARCISSISM, GASLIGHTING + BOUNDARIES

### **Two check-ins with your mentor**

- These will be 60-minute, one-on-one video calls with your mentor where you will coach them and get live feedback on where you’re excelling and where you need to bridge the gap. You will also receive a summary of feedback of your evaluations. These are completely anonymous.
- These are the only one-on-one times with your mentors.
- Office hours are twice a month with your small group and mentor and are not required but highly recommended! These will be recorded and emailed out to you (will be available for a minimum of one week).

**One live coaching session a month with Michelle**, where you get to see the founder of the model live and in action as she coaches one of the coaches-in-training (could be you!), followed by a Q&A so you can learn from the expert Adult Chair Coach and thought leader herself!

- Attend live or watch the recorded live coaching with Michelle.
- There will be a question on the monthly assessment around it.

### **Attend one of the suicide trainings**

- Must attend one training in full
- 3 training options, 90 minute training
- Will receive certification post live attendance

### **Business foundation benchmarks**

- Complete your business + creative brief
- Complete your pitch + personas
- Setup software
- Provide photography
- Complete your website content flow sheet
- Provide feedback on website

### **Exam at end of program**

- Provided on August 1, 2024
- Due August 31, 2024
- Exams are pass/fail and you will receive your confirmation by September 11, 2024
- You have two chances to pass the exam
- Friday, September 13, 2024 at 1:00pm ET / 10:00am PT.

### **REQUIRED BUSINESS + PROGRAM CALLS**

Attend live or watch the recording, which will be uploaded to the platform.  
Highly recommend attending live so you can ask questions.

**Live Kickoff Call:** The next six months. During this call we will review over the next 6 months and what that looks like – milestones, program requirements, etc.

**Defining Your Brand Q+A Call:** Pitch + persona. There will be pre-recorded “how-to videos” that will be required to watch prior to the Q+A. The live Q+A call is not required, only the pre-recorded.

**The Website Overview Q+A Call:** Building your website, content + photography. There will be pre-recorded “how-to videos” that will be required to watch prior to the Q+A. The live Q+A call is not required, only the pre-recorded.

### **OPTIONAL OFFICE HOURS**

*\*Not required but highly recommended. Trust me, you will want to use these!*

**Monthly group office hours with Michelle Chalfant, Founder + CEO** where you can ask questions and get coaching on how to implement the model in your own coaching. Whether you're practicing and run into something that you're not sure how to handle, or simply need more support on integrating the model in your own way, Michelle is here to help!

**Monthly group office hours with Sarah Langhans, COO**, where you can get support on all things related to growing your coaching business. Whether you need feedback on your pitch or website, have questions about getting new clients, or want help nailing your pricing, Sarah is here to help you create a business that you love and that THRIVES!

**Bonus office hours with Kristen Shoates, Content Writer** where you can get feedback and support on all things content/copy. Your pitch, your personas/avatars, website copy or welcome emails – Kristen, published author and award-winning writer, is an incredible wordsmith that will help bring your business and passion to life through words!

**Two monthly small group office hours with your Certified Adult Chair® Coach mentor (and master coach-in-training)**, so you can be supported every step of the way as questions arise. We know this program is in-depth, so we give you MULTIPLE opportunities to get coaching and feedback as you go!

### **CERTIFICATION RENEWAL REQUIREMENTS**

There are no financial requirements or CEU hours to renew your certification; however, you are required to take an annual exam and must pass to ensure that you are keeping up with coaching best practices and on top of The Adult Chair modalities.

#### **To maintain certification:**

- Must pass the exam, every 2 years
- 25 hours of growing your coaching skills or coaching practice
- This could look like you coaching one-on-one, you hosting group coaching, attending or hosting live events, attending or hosting trainings, attending or hosting workshops, taking or launching online courses, writing a book and so much more!
- Our goal here is just to ensure that you are continuing your growth as a coach and entrepreneur to remain the best master coach possible!
- A full comp list will be provided to you to help with guidelines once the program kicks off, but the best way to think about it is 1 hour = 1 practicum hour.

*The first year after graduation, you will be listed on The Adult Chair website for free. It will be \$250/year to maintain your directory listing afterwards but not required to be listed on the site.*

## THE BONUSES

- **Lifetime access to your 2023 platform** with tons of resources, including previously recorded masterclasses, pre-recorded coaching sessions to see the model in action, worksheets and more!
- **A TAC Coaching manual** that will give you everything you need to support you in continuing to grow your business after the program.
- **One year of free listing in our coaches directory**, where you'll be named as a certified coach on the The Adult Chair website so you can easily get in front of clients who are searching for someone like you!
- **Official Adult Chair® Coach certification and badge**, which gives you the opportunity to market yourself as a Certified Adult Chair® Coach
- **TAC Coaches-only online community** where you can connect with other coaches, brainstorm, get support and take this journey together.
- **One free Adult Chair live event ticket** for you and a guest, so you can continue to do your own work.
- **An incredible community of Adult Chair Coaches** that are there for you during and after the program to connect, brainstorm and get support as you all crush your goals and achieve your dreams!
- **A solid brand foundation and pitch** so you know exactly who you are, what you are called to do and how to attract the clients you are meant to serve.
- **A brand new website – built FOR you** – so you can immediately start attracting your dream clients! *\*For those currently have a website, you will receive a full audit of your and content recommendations equal to the value of the other sites.*
- **Plus more!** We love to add new bonuses all the time to ensure not only are you an incredible coach but you are equipped with everything needed to be a successful entrepreneur!

Most importantly you will be living out your dream, calling and purpose and building a fulfilling, integrated life: *doing what you love, setting your own schedule, creating the balance you crave and waking up excited every day because work will no longer feel like work...it's part of who you are!*