



*Wellness is a choice; choose Wellness!!*

### **The Designing Personal Relationships by Choice Training Program (60 hours)**

- ✚ Promote an integrated approach to coaching that encourages the transfer of learning in new life choices
- ✚ Utilize Cognitions of Choice to help clients increase confidence in their decision making process
- ✚ Develop a relational approach to coaching that considers brain function and triggers limbic system involvement
- ✚ Learn assessment and evaluation utilizing Creating Confidence Thinking Assessment, Core Values Index, DISC or other coaching instruments
- ✚ Develop your personalized approach to coaching that meets core competencies recognized in the emerging profession.
- ✚ Learn the New Choice Thinking Model, Levels of Choice, and an effective approach to integrating COC into a life, wellness, or business coaching environment

## **Training for Board Certified Coaches**

### **About Us**

The training and certification program consists of 60 hours of virtual, tele-training, or face to face training sessions in which the student will learn a practical approach to coaching. The student will be taught the foundation skills, learn how to administer and interpret the Core Values Index and DISC Assessments and other assessments in a variety of setting as it applies to their independent study project, and advancement of their coaching practice.

### **Contact Us**

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# **COACHING CHOICE COLLEGE**

*Designing Personal  
Relationships by Choice!*

**CHOICE**

**COACHING CHOICE  
COLLEGE**

335 Main Street  
Springfield, OR 97477



## Designing Personal Relationships

Having the ability to exercise critical thinking at a conscious level versus impulsively responding may support the difference between health and continuing to make unhealthy life or relationship choices.

**Cognitions of Choice (COC)** provides a neural developmental approach to coaching by assisting the individual to moving into deeper levels by neutralizing negative thinking patterns by reprogramming neural hotwiring and constructing healthier social perceptions and life choices.

COC offers 24 critical thinking skills, concepts, or percepts that engages self-dialog between automatic thinking, meta-thinking, and conscious thought patterns. This program will provide the tools necessary to effectively learn how to apply cognitions of choice within coaching and focus on the development of confidence thinking and guide the client to making new choices for life!

### Testimonial:

**I completed the Wellness Coach Training Certificate program with Choice College in April, 2012. It was a wonderful one on one experience which made it possible to not only receive an in depth review of the subject matter, but as critical, I was afforded many discussions exploring specific opportunities for development of my personal coaching business. Clare Steffen is a genuinely seasoned and caring teacher and practitioner. I would recommend this program to those professionals who are expanding their psychology practices as well as those who are leaving managed care. Robin Muskal, Ph.D. Certified Wellness Coach**

### Foundational Training Program:

#### **East Meets West (30 hours)**

explores the marriage between an allopathic and holistic approach to coaching. The program provides an in-depth examination of the core competencies. This foundational program is included in the 60 hour training program, Designing Personal Relationships by Choice.



### *The Individualized Coaching Process*

**Coaching Choice College** offers an individualized training program that provides the core competencies along with a foundation for developing new choice thinking in clients. The **New Choice Thinking Model** offers **Cognition of Choice**; 24 critical and creative thinking skills that can be taught in an individualized manner that allows coach and client to customize to match the client's current level of functioning.

New Choice Thinking has broad-based application within life, wellness, or business coaching. Utilizing **Cognitions of Choice** will assist the client in mediating choice and connecting to personal meaning in life, while developing the skills necessary to make healthy life and relationship choice that promote wellness.