



Coaching For Complexity

9-Month Professional Global
Coach Certification Program



Coaching For Complexity



Coach training
From the heart

At a Glance

Looking to build a career in coaching? **Coaching for Complexity** is our nine-month flagship training to become a **Professional Certified Global Coach**.

- Walk away with everything you need to apply for coaching jobs, launch a coaching practice, and bring coaching expertise into your workplace.
- Reconnect to your life's purpose as you join our inspiring global community of coaches.



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Our Coaching Methodology

Our approach is grounded in our **core values** and stems from our expertise in intercultural communication, restorative justice, and experiential education.

Diversity, Inclusion, Access, Equity, Justice



Coaching is a deeply human skill with many origins and the power to help us live more meaningful lives. We've set out to uproot inherent white supremacist and patriarchal values in the coaching industry.

Connected Wholeness

We invite the whole person into the coaching process and reject the narrow definition of coaching as simply a business tool to maximize profit and human productivity.



Engaged Pedagogy



Designing fun and engaging training spaces is our superpower! We facilitate meaningful transformation in relationship with our environment, our communities, and ourselves.

Integrity

We stand in our integrity and speak out against the misrepresentation of coaching as a shortcut to quick wealth or happiness.



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Alumni Spotlight Amber, Vancouver Island

Coaching for Complexity 2024



What drew you to become a coach? I've been trying to find ways to offer my holistic health and somatic therapeutic services to adults but not as a clinical counselor or psychologist, and with more possibility.

What do you say at dinner parties when people ask "what do you do?" I facilitate alternative, experiential and nature based youth programming that include leadership, community building, and social-emotional skill development. I am also an herbalist and somatic practitioner, as well as yoga and acro-yoga teacher.

What has been the most rewarding part of your coaching journey? Seeing clients feel supported and come in deeper connection with themselves, and through this creating positive movement in their lives in an intentional way.



Tell us a bit about yourself, Amber! What's your story? I am so many things but identify mostly as a plant woman, who feels like our connection to nature is deeply and inextricably linked with our connection to self and other. I am an herbalist, nature connection facilitator, rites of passage facilitator, educator, surfer, writer poet, grief and death doula, acroyogi, yoga and meditation teacher, and human animal. I have spent years no trying to find the pathways to helping facilitate the healing of ourselves and our planet. I have moved through



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many different places and modalities to figure out what works, and what medicine I want to bring to this world most.

Alternative and outdoor-based youth education has been a passion of mine for awhile, as well as eco-psychology, plant medicine, somatics, conscious dance, and the ritual arts. I love working with women and young folks especially, in group and 1-1 settings. I also believe death and grief work is an essential piece of our collective cultural healing puzzle, and after losing so many loved ones in a short amount of time, I am on the path of bringing that medicine into my life and the lives of those around me as well.

What matters to you in life? What matters most to me is to be able to live in the present as much as I can, through connection to other beings of the world via the gifts of my animal body and senses. My hope is to learn and teach how to come more fully into my/our body(ies) and experience the depths of grief but also of love and joy and play. Creative expression, the movement arts, and nature connection practices are essential, as well as building and living in community grounded in conscious living and regenerative, permaculture practices.

What was the most important thing you learned from the program? How to come into deep attunement with the client and skillfully reflect themselves back to them, as well as how to stay aware of my own blind spots, biases, and triggers while coaching.

How has coaching helped you so far? Where do you see coaching fitting into your life in the long term? Coaching has helped me put so many of my skills into a new practice that is very rewarding and full of potential. I see myself using my coaching skills in combination with my herbal medicine and nature therapy practice, and creating a fuller practice of holistic therapy and somatic coaching.

How did you know it was the right moment for you to pursue a coaching certification? I had this training come to me directly and it was through channels I trusted, and I had the time, finances, and space to pursue it. However it was also the description of this particular training that captured me most and made me say yes right now.



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What drew you to Global Focus Coaching? I was drawn to GFC because I knew there were shared values and worldviews, and I was attracted to a training that centered decolonization and intercultural competence, as well as somatic work since that is already a part of my practice. Also, Jenny and Briana seemed like excellent people and teachers.

What did you wish you had known before starting your coaching journey?

That coaching gives you so many important, transferable skills.

What You'll Learn



Regrounding the Coaching Industry: Explore the history of coaching and reground coaching in your core values.

Rooting Your Practice: Build skills to reflect on ethical practice and create trust with clients from a diversity and inclusion perspective.

The Inner & Outer Ecosystem: Contextualize inner and outer influences in a client conversation.

The Coach's Guesthouse: Unlock powerful coaching conversations using our culturally adaptive guesthouse technique as you build the alliance and identify your coaching strengths, style, and voice.

Role of the Coach: Make the transition from problem-focused coaching to people-focused coaching as you help your clients become more skilled humans.

Deepening Attunement: Tune into complexity as you listen across layers and hone more deeply into what clients are saying and what they're not saying.

Evoking Awareness: From powerful questioning to truth bombs to disrupting unhelpful patterns, learn to add value to the coaching relationship by tuning into your own intuitive responses and knowing when and how to intervene.



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Braided Integration: Help clients understand how their identities and subpersonalities can work together to support overall wellbeing and alignment.

Designing Ecological Actions: Partner with clients to co-design actions that acknowledge the complexity of larger systems and cultural realities.

Your Program Faculty

Briana Bellamy (she/hers) - Co-Founder & Head Faculty

Briana is deeply committed to celebrating the diversity of human experience. Her coaching approach is influenced by years of immersing herself in diverse worldviews around the globe. Today, Briana trains and supports coaches as a Coach Supervisor for Lyra Health. She remains active in her community's racial restorative justice initiatives through the Oakland-based organization Stronghold.



Jenny Wagner, PCC, MA (she/hers) - Co-Founder & Education Director

Jenny is an educator, coach, and facilitator with a gift for crafting transformational learning spaces that foster profound connection and growth. Jenny has trained hundreds of coaches and facilitators across 20 countries, and currently directs an experiential learning program at Princeton University. She enjoys dance parties of all shapes and sizes.



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Program Features

- **Mentor Coaching:** Get coached on your coaching! You receive three hours of 1:1 and twelve hours of group mentor coaching with an experienced professional coach to support your professional coach skill development.
- **Experiential live instruction from our dynamic faculty:** Each experiential session includes coaching demonstrations, coaching practice, and the chance to get in-the-moment feedback on your coaching skills.
- **Supportive cohort of peers:** Enjoy meaningful connections with peers in a cohort no larger than 20 and connect with peers in smaller pods between live sessions for continued learning and support.
- **Access to coaching:** We celebrate that this program is a journey for our personal growth just as much as our professional development. Receive ongoing coaching from your peers, instructors, and mentor coaches.
- **Coaching observation:** You will receive a minimum of 6 observed coaching sessions with written feedback from our coaching faculty to help you recognize and build upon your coaching strengths.
- **Core competencies:** Build skills in all eight of the ICF Core Competencies: demonstrating ethical practice, embodying a coaching mindset, establishing and maintaining agreements, cultivating trust and safety, maintaining presence, listening actively, evoking awareness, and facilitating client growth.
- **Coaching practice:** Graduate from the program with 50 hours of real life coaching experience, halfway to the ICF 100-hour experience requirement.
- **Lifetime coach community:** Get access to our diverse coach community as we share resources and benefit from our collective strengths.



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The Details

→ **Tuition:** \$9,650 (fully virtual)

→ **Contact hours:** 125

→ **Maximum cohort size:** 20

→ **Program Structure:**

- ◆ Three intensive weekends
- ◆ Six shorter weekend classes
- ◆ Monthly pod calls & labs

→ **Class Schedule**

- ◆ October 18-19, 2025 (Saturday & Sunday, 6 hours/day)
- ◆ November 15-16, 2025 (Saturday, 3 hours)
- ◆ January 10, 2026 (Saturday, 3 hours)
- ◆ February 7, 2026 (Saturday, 3 hours)
- ◆ March 14, 2026 (Saturday, 3 hours)
- ◆ April 18, 2026 (Saturday, 3 hours)
- ◆ May 9, 2026 (Saturday, 3 hours)
- ◆ June 6-7, 2026 (Saturday & Sunday, 6 hours/day)

→ **Financial Accessibility & Inclusion:** Payment plans and sliding scale for economic justice available. A limited number of scholarships are also available for applicants who would otherwise be unable to participate.



Apply now for the upcoming October 2025 - June 2026 cohort via our application form, available at globalfocuscoaching.com/enroll. Questions? Send us a note at hello@globalfocuscoaching.com.



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