

**COACH TRAINING & CERTIFICATION PROGRAM**

***Information Packet and Application***

**A Note from Ruth Schwartz, Director, Conscious Girlfriend Academy**

*I’m thrilled that you’re interested in Conscious Girlfriend’s June-November 2023 coach training and certification program!*

Conscious Girlfriend is the leading global educational and community resource for growth-oriented lesbians++, including all self-identified women and adjacent non-binary people who love women, or want to. Our classes have served women+ in 25 countries worldwide, and our book *Conscious Lesbian Dating & Love*, published in 2015, is still the only one of its kind.

**The goal of the Conscious Girlfriend Coach Training & Certification Program** is to create a skilled pool of coaches who truly represent and honor the diversity, courage, resilience and unique needs and challenges of our community. Our not-so-hidden agenda is to help you deepen your own skills, while also gaining the tools and confidence to help others. Lesbian++ relationships are often challenging and painful, but they don’t have to be. It’s a win-win for more of us to acquire and practice the tools we all need to connect with more ease, form relationships with true compatibility, have fulfilling sex lives, and break through rather than break up.

This training will be most right for anyone who says Yes to most or all of the following:

* You are a self-identified LGBTQ woman or adjacent non-binary person.
* You want to be part of the global movement toward evolution, healing and transformation.
* You’re inspired to transform LGBTQ experience and culture by helping our community date and love in healthier, happier, more sustainable ways.
* Your own love life has its challenges, and you’re drawn to the path of the wounded healer. You understand that you can help others by being exactly where you are, vulnerable and authentic, as well as by sharing tools and the journey you’ve traveled.
* You’re attracted to the idea of building an inspiring coaching practice that brings both flexibility and abundance, with the ability to work from anywhere and the freedom to choose your own schedule.
* You’re excited about building friendships and support networks with other LGBTQ coaches and coaches-in-training.
* You feel ready to take a deep dive into training that will change your life while also helping you make a profound difference in the world.

**The 6-month training program includes:**

* Ten hours of training and practice per month, 60 hours total. (Live attendance is important, but if necessary, you may miss one or two of the live classes and catch up via recordings. The scheduled practice sessions are encouraged, but optional.)
* Approximately 12 hours per month of homework (mostly videos, some books)
* A requirement of 12 evaluated practice sessions, two of which must be at least 60 minutes long, and video-recorded for evaluation.
* After completing the above requirements, you may apply for certification, if you choose. Your certification exam involves a 1.5 hour meeting with CGA Director Ruth Schwartz, in which you will discuss your two recorded sessions and possibly do some sample coaching. Certification decisions will be based on this e*valuation of your skills. Certification as a Conscious Girlfriend Coach is not guaranteed, even if you have completed all of the requirements. The certification exam involves 3.5 hours of the director’s time, and costs $500.*
* If you apply for and receive certification, there is an additional optional fee of $500 to be listed on the Conscious Girlfriend website as a coach. Coaches receive visibility from thousands of website visitors per month. Certified CG coaches also have the opportunity to offer “Fireside Chats” and other educational and service programs in the community, that will also help you build your coaching practice.

**Requirements:** In order to qualify to participate, you must:

1. Apply (see below).
2. Be a natural born helper, a therapist, a coach, or be on your way to becoming one.
3. Have “improving relationship skills” or “helping others” as one of your top 3 values in your life. That way, you won’t miss live calls, and you will do the homework.
4. Make a 6-month “I will show up fully” commitment, and stay in the program even if triggers come up for you, as well as continue living the work in your own life.
5. Agree to our Coach Training Refund Policy (below.)

**Conscious Girlfriend Coach Training Program Dates For 2023**

**Module 1:**

Sunday, June 4, 9:00 a.m. - 1:00 p.m. PT

Sunday, June 18, 9:00 a.m. - 1:00 p.m. PT

Practice Session: Tuesday, June 27, 11 a.m. - 1:00 p.m. PT

**Module 2:**

Sunday, July 9, 9:00 a.m. - 1:00 p.m. PT

Sunday, July 23, 9:00 a.m. - 1:00 p.m. PT

Practice Session: Monday, July 31, 4:00-6:00 p.m. PT

**Module 3:**

Sunday, August 6, 9:00 a.m. - 1:00 p.m. PT

Sunday, August 20, 9:00 a.m. - 1:00 p.m. PT

Practice Session: Wednesday, August 30, 6:00-8:00 p.m. PT

**Module 4:**

Sunday, September 10, 9:00 a.m. - 1:00 p.m. PT

Sunday, September 24, 9:00 a.m. - 1:00 p.m. PT

Practice Session: Monday, October 2, 2:00-4:00 p.m. PT

**Module 5:**

Sunday, October 8, 9:00 a.m. - 1:00 p.m. PT

Sunday, October 22, 9:00 a.m. - 1:00 p.m. PT

Practice Session: Tuesday, October 31, 10:00 a.m.-12:00 p.m. PT

**Module 6:**

Sunday, November 5, 9:00 a.m. - 1:00 p.m. PT

Sunday, November 19, 9:00 a.m. - 1:00 p.m. PT

Practice Session: Wednesday, November 29, 3:00-5:00 p.m. PT

**Coach Training Program 2023: Details and Tuition**

**Commitment:** Each Coach Training is limited to 21 participants. *Therefore, all accepted participants must be committed to attending all sessions (or doing the makeup work) and completing the training.* Priority will be given to applicants who intend to make use of the training as coaches, teachers or in other community leadership positions. We also welcome applicants who are serious about living Conscious Girlfriend in your own life, and spreading the teachings more informally within your community.

**Attendance:** Coach Training sessions are recorded for your future reference; however, it’s important to attend live if at all possible, because the training is experiential! However, if you have unavoidable schedule conflicts, you may miss up to two half-days of training, catch up via the recordings, and still complete the certification process along with your cohort.

**Homework:** Although it is a 60-hour training, there is a tremendous amount of material to integrate in order to truly help our community. Our time together will be focused on helping you integrate knowledge and gain coaching skills on topics relevant to lesbian++ love lives, including coming out, gender, internalized homophobia, dating, limerence, bonding, communication, attachment, conflict, sex and breakups.In addition, there is extensive homework, including both Conscious Girlfriend videos and materials, and videos and books by others, which provides essential additional information.

**Practice:** The practice sessions listed in the schedule are optional opportunities to practice the skills covered in each module. You may also set up your own practice opportunities with other trainees, or other people seeking coaching. To apply for certification, you must have completed 12 60-minute practice sessions, two of which are recorded. But regardless of whether or not you’re applying for certification, *practice is crucial in gaining confidence and skill conveying the CG material to others.*

**Tuition:** If you are already a Conscious Girlfriend Academy annual member, the amount you have prepaid will be included as part of your tuition for the six months of the training program.

There is a full-pay option of $2897 before April 15. After April 15, the cost goes up to $3297. A two-payment plan and a six-payment plan are also available. We can also customize a payment plan for you. *Some partial scholarships are available, so if you need financial support in order to attend, please let us know. We want to support you to support our community!*

**Conscious Girlfriend Academy Coach Training Refund Policy**

Because we are fully committed to helping you change your life, we offer a 100% money-back guarantee for Coach Training tuition. Here’s how it works. If you participate and complete the entire course -- including attending every class and practice session, completing all of the homework, and applying what you learn in your life and relationships -- and you don’t feel you got what you came for, we will refund 100% of what you paid to attend. We do this because we’re looking for serious, committed participants!

After filling out the application, please email it to Ruth at [director@consciousgirlfriend.com](mailto:director@consciousgirlfriend.com), along with some times when you’d be available for a 30-minute interview in the next few weeks.

**Application for Conscious Girlfriend Coach Training Program**

Today’s date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Your name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Your email address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Your physical location (City/State/Country)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Languages you speak fluently (in addition to English):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Do you identify as a lesbian or queer woman, or as a non-binary person comfortable in a lesbian community context?

Is there a particular segment of our community that you feel particularly interested in and/or well-suited to work with? (E.g. women coming out later in life, women out of relationships for many years, women over 50, polyamorous people, women with children, etc.)

What leads you to want to take this training, at this time?

What is your current occupation? Have you done other professional and/or volunteer work related to coaching?

What other trainings and certifications do you have that will augment your work as a CGA coach?

What is your history of receiving therapy and/or coaching yourself? And what have you personally found most useful and least useful when you have been a coaching and/or therapy client?

What life experiences have you had that will help make you an amazing coach?

Do you currently see clients as a coach or therapist? If so, approximately how many?

Which CGA courses have you taken, and how long have you been attending CGA?

What are the top 3 challenges you’ve faced in coming out and/or being out as a LGBTQ person?

What are or have been your biggest struggles while dating?

What do you see as your own top 3 growth edges in embracing your lesbian/queer self, dating, relationships, healing from a breakup, and/or sex?

How would your current partner and/or recent ex-partners rate your relationship skills?

What challenges have you previously encountered in relationship to authority figures or mentors?

Are you committed to working with the triggers that come up for you during the training? (As they say, “Comfort zones are great places, but not much grows in them.”) And if we mutually decide that the Coach Training Program is a good fit for you, are you prepared to make the financial and energetic commitment and stick with it?

What are your biggest hesitations in signing up for this program? (Time, money, mindset or other concerns – please be specific?)

Anything else you want me to know?

**Thanks so much for helping me get to know you a bit! If you have questions about the training dates, fees, certification process, content, etc.,** [**please review this information to see if it answers your questions and confirm that you are still interested.**](https://www.consciousgirlfriendacademy.com/certification)Then once you finish this application, please email it to me at [director@consciousgirlfriend.com](mailto:director@consciousgirlfriend.com), along with some dates and times over the next week or two when you’d be free to have a 30-minute chat/interview. Talk with you soon!