



Totally Coached, Inc.



Who is Totally Coached, Inc.?

Based in Scottsdale, AZ, Totally Coached, Inc., founded the uniquely effective Intrinsic Coaching[®] methodology, which is known for increasing people's capacity to think better about choices at work, at home, with others, and on their own. By learning the Intrinsic Coaching[®] methodology, people are able to accomplish better results for, with, and through people and create healthier lives for themselves and others, healthier organizations, and, even, a healthier world. To learn more, visit www.totallycoached.com and www.intrinsiccoach.com.



What does a Health & Wellness professional get by registering for the Intrinsic Coach® Development Series for H&W professionals?

- 24 hours of Intrinsic Coach® Development (two consecutive hours a week, once a week, for 12 weeks) in a group of up to 16 led by a highly trained and proficient Intrinsic Coach® Mentor. (College accredited ICDS have additional hours.)
- A best practices learning experience resulting in your ability to apply and integrate a coaching methodology that makes the difference people want and is identifiable and recognized in the industry.
- Access to the web portal at www.intrinsiccoach.com, an online learning, networking, and resource center for people who have learned Intrinsic Coaching®. (Access continues after completion of the ICDS.)
- The Intrinsic® Coach Development Manual
- Intrinsic Coach® Development Manual updates
- Weekly follow-up postings from your coach mentor throughout your Series.
- You never have to miss a session; you can review your learning and coaching experiences each week via an audio recording of every session that is made available for two weeks following that session.
- Access to a Resource Library containing, for example, articles, power point templates, audio files of exemplary Intrinsic Coaching®, and ICDS hours with a focus on specific lessons.
- Monthly Intrinsic Coach® Newsletter
- Online Coaching Log - an online journal is made available for noting your coaching successes, challenges, lessons learned, and, where applicable, practicum hours and analysis of coaching experiences and assignments, for example, for college accredited ICDS.
- Networking Opportunities
 - H&W Professionals practicing Intrinsic Coaching®
 - Employers hiring professionals trained in Intrinsic Coaching®
 - Special Interest Groups
 - Employees from varied industries seeking to create healthier people and healthier organizations
 - Continued connections with the co-learners in your ICDS
- Opportunities for continued development, including free events, and advanced practice and development, including a Certification portfolio for those who desire an advanced credential in Intrinsic Coaching®.
- Online history of your coach development
- Registered Certifying Mark (Intrinsic Coach®), Logo, and Certificate upon completing the ICDS
- CEUS for 24 hours of continuing education for the ICDS and subsequent opportunities to earn CEUS
- College credits (and tuition reimbursement from your employer when applicable) when registering for a college accredited ICDS.

What else does a Health & Wellness professional have after completing the Intrinsic Coach® Development Series for H&W professionals?

- Better results and more satisfaction at work
- More peacefulness and less stress at work and at home
- Better relationships
- Increased ability to stay with and accomplish your own goals
- Greater employability as a professional in your field, including as a health coach
- You'll stand out in ways that reach beyond your expertise as a health and wellness professional, including those that create avenues for leadership.
- Your coaching abilities will open up opportunities to earn additional income, including through Totally Coached, Inc.

Contact Totally Coached, Inc. at 480-515-5220 or totallycoached@totallycoached.com.



College Accredited ICDS

Intrinsic Coach® Development Series



In partnership with Concordia University, St. Paul, MN, Totally Coached, Inc. offers the following Intrinsic Coach® Development Series. Classes are held via teleconference (using a regular telephone) and course materials are downloaded from the internet.

Organizational Management Communication

OMC299 Intrinsic Coach® Development Series (undergraduate, 3 credits) - \$1495

OMC699 Intrinsic Coach® Development Series (graduate, 3 credits) - \$1595

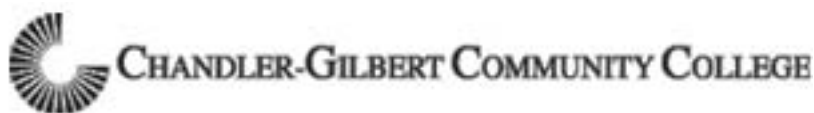
Health Care Management

HCM299 Intrinsic Coach® Development Series (undergraduate, 3 credits) - \$1495

HCM699 Intrinsic Coach® Development Series (graduate, 3 credits) - \$1595

In the courses above, the context and conversations in the ICDS will be guided by the needs of the cohort group. Still the same 24 hour Series meeting two consecutive hours a week, once a week for twelve weeks, these college accredited courses have additional identified learning hours and assignments.

To register, contact Totally Coached, Inc. at totallycoached@totallycoached.com or 480-515-5220.



In partnership with Chandler-Gilbert Community College, a campus of the Maricopa Community College System, Chandler, AZ, students may take the Intrinsic Coach® Development Series as Wellness Education 281 (WED 281). Classes are held via teleconference (using a regular telephone) and course materials are downloaded from the internet.

WED 281 Intrinsic Coach® Development Series (undergraduate, 3 credits) - Tuition plus \$300 fee

Still the same 24 hour Series meeting two consecutive hours a week, once a week for twelve weeks, this college accredited course will have additional identified learning hours and assignments.

To register online, go to <http://www.cgc.maricopa.edu>. For registration help, call CGCC at 480.732.7000.