



Association of Coach Training Organizations

A dynamic community of peers on the leading edge of training excellence and innovation

Organization Name:

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What specific theorists have contributed to your coach training philosophies?

IWSC is based on the Interpersonal Wellness System theory which views interpersonal relations as an interconnected and integrated process of interacting with one's self and others that is influenced by their environment; namely the well being of all eight life dimensions. This multi-dimensional approach to interpersonal interaction leads to new awareness; learning and change acquired through observations, social energy, mindfulness practice and conscious alignment; resulting in continual evolution of one's skills, competencies, and ability to successfully work, live and play well with others.

Interpersonal wellness system theory is influenced by Prochaska's change theory, mindfulness theory and conscious alignment theory, social and positive psychology and neuroscience.

What delivery method does your program use? (e.g.Face to Face, Virtual)

IWSC offers courses face-to-face and through virtual classrooms.

How many participants are in a program?

IWSC have the capacity to accommodate up to 25 students in each cohort.

What are the foundational core competencies that your program supports?

The foundational core competencies of IWSC is establishing the relationship, setting the agreement, conscious alignment, coaching presence, responsible communication and value alignment.

Who are your students?

IWSC students are mid-career professionals in human resources, educators, medical professional and case managers.

What philosophy(s) does your program use for the personal development of coaches?

IWSC promotes the philosophy that coaches should be equipped to apply the tools necessary to live their lives well, so they are better able to support their clients to live optimally.

What do you do to support your students to determine the ROI of a coaching relationship?

IWSCI prepare all students to use the multi-dimensional Interpersonal Wellness Quotient (IWQ) instrument to take a pre and post coaching assessment of how well their clients are doing prior to their coaching session and upon completion of their coaching work together, this test provides them a tangible way to note the ROI on the coaching relationship.

What kind of support, if any, does your program offer to your learners in developing a coaching business or managing an internal coaching program?

IWSCI provides training on building one's coaching niche, developing marketing materials and provides a monthly mastermind session to support coaches in growing their coaching practice, living authentically, introducing new business ideas and marketing their services.

What, if any, are the prerequisites for a student to enter your program?

The prerequisite for students entering IWSCI is to complete our online assessment to examine their readiness for coaching and their skill levels and assess what extra help they will need in their development into a phenomenal coach.

What else do you want us to know about your program?

IWSCI strives to provide cutting edge coaching information, competencies and skills to develop phenomenal coaches. The program also offers learners the opportunity to adopt the Interpersonal Wellness System model (IWSM) into their practice. IWSM is a client centered model and assessment tool to create awareness for clients on how well they are living in all life dimensions. This allows them to receive their Interpersonal Wellness Quotient (IWQ) and inform them on where they need to make changes for growth and development.