



SACRED
LIGHTS
-COLLECTIVE-

*AWAKEN YOUR HEART
EXPAND YOUR MIND*

With our spiritual coaching

WHAT IS INTEGRATIVE TRANSFORMATIONAL TRAINING?

Integrative Transformational Training is a comprehensive approach to personal and spiritual development. This training combines various methodologies to facilitate profound and lasting change, addressing both the mind and spirit. It's designed to help individuals unlock their full potential, overcome personal barriers, and achieve a balanced, fulfilling life.

ABOUT THE TRAINING

Our training programs are designed to be comprehensive and flexible, catering to various schedules and lifestyles.

Whether you prefer one-on-one coaching sessions or group workshops, we have a format that will suit your needs. Each session is crafted to ensure maximum impact and sustained growth.

Coaching is a foundational skill that supports individuals in their spiritual and personal transformation. It empowers practitioners to expand their work and provides a versatile, financially viable modality. Whether you are a healer, therapist, or new to the field, coaching can enhance the value and impact of your work.





WHAT IS THIS TRAINING WORTH?

Investing in integrative transformational training is an investment in yourself. The benefits of this training extend far beyond the duration of the sessions, providing you with tools and insights that will serve you for a lifetime. The value of living a balanced, fulfilling, and purpose-driven life is immeasurable.

WHAT THE OUTCOMES WILL BE FOR YOU

Participants of our Integrative Transformational Training can expect the following outcomes:

- **Increased Self-Awareness:** Understand your strengths and areas for growth.
- **Enhanced Emotional Well-being:** Develop resilience and emotional intelligence.
- **Improved Relationships:** Foster deeper and more meaningful connections.
- **Life Fulfilment:** Achieve a sense of purpose and direction in your life

MEET THE COACH - DR. KATE

Dr. Kate is a renowned expert in the field of personal development and integrative transformational coaching. With a Ph.D. in Psychology and over two decades of experience, Dr. Kate has dedicated her career to helping people achieve their highest potential.

Her empathetic and intuitive coaching style, combined with her extensive knowledge, makes her an exceptional guide on your transformational journey.





WHY CHOOSE DR. KATE FOR INTEGRATIVE TRANSFORMATIONAL COACHING?

Dr. Kate offers a unique blend of traditional and innovative coaching techniques tailored to your specific needs.

Our integrative approach ensures that every aspect of your personal growth is addressed, providing you with a holistic path to transformation.

Here's why this program stands out:

- **Personalised Coaching:** Tailored sessions to meet your unique needs.
- **Holistic Approach:** Combining mental, emotional, and spiritual practices.
- **Expert Guidance:** Access to Dr. Kate's extensive experience and knowledge.
- **Comprehensive Training:** From foundational skills to advanced techniques, our program covers everything you need to become an effective coach.

WHY INTEGRATIVE TRANSFORMATIONAL COACHING?

Our Integrative Transformational Coaching Program stands out by teaching the essential skills of coaching and helping you integrate these with your current practice.

This program is ideal for those who want to deepen their healing work, support others' transformations, and start a journey in meaningful life work.

This training resonates with insightful, spiritually oriented individuals, offering a more profound and aligned approach than much of the coaching industry.





WHAT MAKES OUR PROGRAM DIFFERENT?

- **Feedback and Direct Mentoring:** Gain personalised feedback and support from experienced professionals. Direct mentoring helps refine your skills and accelerates your growth.
- **It's About You:** Our program is tailored to support your unique strengths and aspirations. Whether you aim to be a renowned coach like Tony Robbins or excel in your distinct practice, we provide the right support for your journey.
- **More Than Just Coaching:** Many participants are passionate about working with others beyond traditional coaching. Our program offers a comprehensive approach, showing how coaching can enhance your existing skills and bring additional value.
- **Precision:** Our feedback is tailored to your specific needs, helping you grow faster and more effectively.
- **Personal Growth and Spiritual Orientation:** Unlike some coaching programs that may seem superficial, we connect you with the deeper dimensions of coaching. This program will help you genuinely help others while deepening your spiritual practice.
- **Practice Development:** Join the Coaching Incubator to help you build a thriving practice, making a difference while earning a living doing what you love.

TRANSFORM YOUR FUTURE, ONE MODULE AT A TIME

Our program is meticulously crafted to guide you through the journey of becoming an Integrative Transformational Coach. Each module is designed for completion in 30 days, requiring approximately 7 hours of dedication per week.

- 5 hours of self-study and assignments
- 1 hour of peer coaching practice
- 2 hours of client practice (optional, but recommended to meet all program requirements within 6 months)

MODULE OVERVIEW

- **MODULE 1: INTRODUCTION AND OVERVIEW OF COACHING** Learn about what coaching is, where it came from, and how it can be used. Prepare for the Basic Skills Intensive to start completing your practice sessions and peer coaching sessions.
- **MODULE 2: A SIMPLE COACHING STRUCTURE | PROCESS OVERVIEW AND BASIC SKILLS INTENSIVE** Starting a session and determining the objective after reviewing the simple coaching structure. Sign up for your practice sessions and dive more deeply into co-active coaching.
- **MODULE 3: STARTING A SESSION AND DETERMINING OBJECTIVES** IAC Masteries 1 and 2. Learn to listen, establish rapport, and reveal the objectives for the coaching session. Practice during your peer coaching sessions and ongoing practice sessions.
- **MODULE 4: WORKING ON THE PRESENTING PROBLEM (PART 1)** Master 9 Powerful Skills plus IAC Masteries 3 and 4.
- **MODULE 5: WORKING ON THE PRESENTING PROBLEM (PART 2)** Understand your client's needs and limiting beliefs. IAC Masteries 5 through 8.
- **MODULE 6: ESTABLISHING NEXT STEPS, ACKNOWLEDGING PROGRESS, AND ENDING THE WORK** IAC Mastery 9. Learn about boundaries, dual relationships, referrals, and ethics in your practice.





HOW TO JOIN

Joining Dr. Kate's Integrative Transformational Training is simple.

Follow these steps:

- 1. Visit Our Website:** Explore our programs and select the one that resonates with you.
- 2. Schedule a Consultation:** Book a session with Dr. Kate to discuss your goals and needs.
- 3. Apply for the Program:** Choose the training package that fits your schedule and begin your journey to transformation.

PRICING

Secure your spot early to take advantage of our special pricing offers!

SUPER EARLY BIRD

October 15th

\$3000

EARLY BIRD

November 20th

\$3500

LATE RATE

December 12th

\$3800

TESTIMONIALS

Here's what some of our participants have to say:

"Dr. Kate coaching has transformed my life. I feel more confident and aligned with my purpose."

- **SARAH T.**

"Sacred Lights provided me with the tools to overcome my personal barriers and achieve my goals."

- **MICHAEL R.**

"The integrative approach at Sacred Lights is truly holistic. I've experienced growth in every aspect of my life."

- **EMILY W.**



READY TO APPLY?



"I teach coaching because it works. It is effective and relatively easy to learn. It is accessible for people who want to get started working with others or want to deepen their healing practice."

- Dr. Kate

Join us and embark on a journey to unlock your full potential with Integrative Transformational Training. Empower yourself to create profound change in the lives of others while fulfilling your potential. Apply now and start your transformative journey!

For more information, book a call with Dr. Kate:



https://link.fgfunnels.com/widget/bookings/ITC_consultation



helenakate.com



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We look forward to welcoming you to our community of dedicated coaches committed to making a positive impact!