

**Coaching Kids, Inc./Life on Purpose (CKI/LOP)
Inner Freedom Program Description
for Volunteers**

Introduction: This information is for volunteers who wish to be trained to lead or assist these programs in the women's prisons in Oklahoma and/or Colorado – describing our workshops.

1. Description and impact:

It's like learning the ABC's on how to be a best YOU. The techniques are simple enough that anyone can learn them fast and then teach them to others. You will see evidence of impact on attached documents.

2. Training:

The training consists of twelve 2-hour interactive workshops delivered by two co-leaders and 2 assistants in a circle format – 80-90 % interactive experiential learning.

These workshops cover:

First Half

Levels of listening/Powerful questions

Personal values

Saboteurs (Inner critics)

Intuition

Action

Process – being with what is present

(And at least 6 hours of train-the-trainers workshops)

Second Half – Outlines developed

Process – Two additional workshops deepening “Process” work

Relationship – Two Relationship workshops around building healthy relationships

Leadership – Two workshops demonstrating powerful leadership models

(And at least 6 hours of train-the-trainers workshops)

3. History:

CKI/LOP workshops are adapted from The Coaches Training Institute courses delivered around the world in public workshops, to corporations and to other organizations. www.TheCoaches.com

4. Outcomes:

A. Becoming more aware of yourself and your thoughts and beliefs

B. Learning to take responsibility for your future

C. Aligning your actions with your personal values

D. Listening in a new way

E. Boundary setting

Created on 9-18-2011

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- F. Learning how to suspend judgment in certain situations
- G. Trusting Intuition
- H. Seeing different situations from different perspectives

5. **Qualifications:**

Possess a high school diploma or GED
Be a caring person and be open to learning new skills and teaching them to others

6. **Start-up:**

Training started in October 2010 in OK and begins in CO in October 2011.

7. **Commitment:**

Commit to learning the skills and then sharing them through workshops (see #2 above)

8. **Your benefits:**

Your life will be forever positively changed in a way you never imagined!

Feedback from participants:

"This is what I have been looking for in a class. I have a better understanding of myself and others around me."

"I have the tools now that will benefit my future."

"I learned to ask important questions and learned self-management skills."

"I learned to listen to other people's values, to listen better and improve relationships, to help people get through rough spots by talking them through it."

"I learned to help people further realize their hopes and dreams."

"I learned about building relationships, listening skills, and acknowledgement."

"I've loosened up my own rigid standards and stopped judging others by my standards, and letting them and myself be in the moment."

"I have more confidence and am able to talk to other people more easily."

"My relationships are healthier."

"I can have real conversations and not offend anyone."

"With this method, nobody gets to be wrong."

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