



Relationship Coach Training and Accreditation ©August 2015

All Absolute Specialists courses begin with a Focussed Mindfulness Intensive. After this you may be happy to take the practitioner programme and then work towards gaining your accreditation as a Focussed Mindfulness practitioner. You can do this concurrently with your relationship coach training. This fast-track programme will take 18 months and will cost a minimum of £2,500.

The coaching is mainly aimed at couples but the work is also relevant to relationships with children, family, friends and work colleagues.

Absolute Specialists Relationship Coach Accreditation will be awarded when you show that you can:

- Help your client to gain clarity on their relationship. This might mean recognising the part they have played in creating it and being clear if they are willing to work to change it or if they no longer want to do this.
- Teach your client techniques that will support them to :
 1. Remain calm and 'adult' in stressful situations
 2. Feel empowered, clear and able to express wants and needs effectively
 3. Respect the wants and needs of others
 4. Empower others
 5. Accept that a relationship has ended in its current form
- Work as part of a team and maintain good relationships with other professionals who will form your client support network
- Recognise and share with your client when they would be best supported by another professional and refer them on in a timely way.
- Understand the different routes to divorce, are able to explain to your client the options open to them and suggest the route that might be best in their particular case.
- Have insurance, professional membership and a licence to practice the tools you will need in the role of relationship coach
- Commit to ongoing CPD including regular person-centred supervision
- Abide by Absolute specialist's ethics and code of conduct

The course will be run over 10 days throughout a year. Once you feel ready you will be invited to meet with an Absolute Specialists moderator who will discuss with you your suitability for accreditation and your CPD programme for the coming year.

The fee for the entire training programme will be a minimum of £2500.