CREDENTIALED
LIFE COACH
COLLECTIVE

A LIFE-CHANGING PROGRAM,

TO BECOME A LIFE-CHANGING COACH.

courage + coaching + community

- since 2014 -

TABLE OF CONTENTS

Welcome. . . 3

CLCC Has Trained. . . 4

You'll Learn . . . 5

Training Calendar . . . 6

How to Apply . . . 7

FAQs . . . 10

Testimonials . . . 15

WANT TO LEARN MORE?
HEAD TO:

TEAMCLCC.COM/THIS-IS-CLCC

OR ASK US DIRECTLY:

support@TeamCLCC.com

WELCOME

OUR PROGRAM IS FOR PEOPLE WHO WANT AN **EXPERIENCE**, NOT JUST A COACH TRAINING.

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The CLCC® program isn't just a course on how to coach--it's also a deep dive into the stories you've been living, the patterns that hold you back, and the way self-doubt quietly shapes our choices until we name it. Yes, you'll learn powerful coaching tools. But you'll also work on your own "stuff"—the internal blocks, survival strategies, and stuck places that you can't coach others through unless you've met them in yourself. We train you to hold space for transformation for others, and for you.

BUT MAKE NO MISTAKE:

- We take an experiential, hands-on approach to coaching. That means you'll learn by doing--not passively reading a slide deck.
- Our curriculum is rooted in evidence-based, diverse and inclusive practices, and you're encouraged to develop your own coaching style, not follow a formula.
- Our program completion rate is 98%.
- We are Level 1 ICF Accredited--which is important in a market place full of people calling their programs "Accredited" when they can only offer you CCEs.

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CLCC HAS TRAINED...

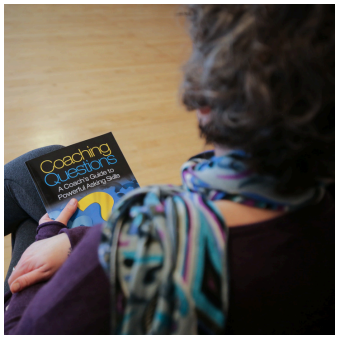
- Managers who wanted to use coaching skills in their organization,
- Beginners making a career pivot into coaching,
- Experienced coaches who wanted advanced skills,
- Yoga, acupuncture, and other health and wellness professionals who wanted to add coaching to their existing businesses,
- Stay-at-home moms who want to have coaching as a side hustle,
- Therapists and counselors who wanted to expand what they could offer their clients.

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YOU'LL **LEARN**...

- **How to trust yourself in-session**—and guide clients to trust themselves.
- **Confidently set goals** and run your first coaching session with clarity and ease.
- **Recognize how fear shows up** in different forms for your clients.
- **Coach the whole person**, not just the surface-level problem.
- Create client practices and action steps that **reflect your unique coaching style**.
- Track client progress and **articulate results**.
- Help clients identify and **shift the fear-based habits** that keep them stuck.
- Support clients in **breaking free from old, internalized narratives**.
- Facilitate emotional processing for your clients in ways that **metabolize emotion**, rather than rushing to fix.
- Expand your coaching skills through creative techniques and **structured risk-taking that is ethical.**
- Understand how identity, lived experience, and power dynamics **impact the coaching relationship**.
- Know when and how to **ethically refer a client to another professional**.
- Learn how to **challenge clients with honesty and care**—without shaming or shrinking.

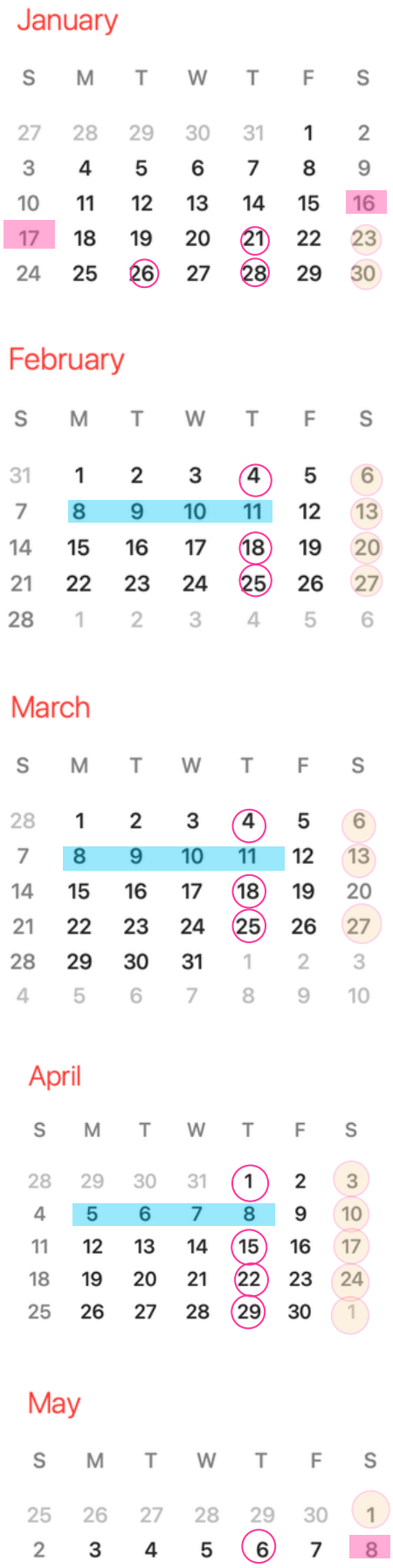
FOR THOSE WHO WANT TO START A PRIVATE COACHING PRACTICE, YOU'LL ALSO RECEIVE MARKETING AND BUSINESS OPERATIONS TRAINING-- INCLUDED IN YOUR TUITION.



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2027 CALENDAR



Virtual Retreat training, 9:30-6pm Pacific Time

No Lesson calls during the week; receive a 1:1 coaching session (you'll get access to a calendar with different options to choose from and the only time commitment is to attend that one session).

Lesson calls. 3:30-5:30pm Pacific Time

Field Work, Peer Coaching, or Mastermind calls 10am-noon Pacific Time

January - May: Core training hours

May - August: Accrue coaching hours

September: Portfolio review to finalize your certification

- All calls have a short midway break. Dial-in from anywhere that is quiet, private + without background noise or distractions.
- A full calendar with all topics covered on each date is given to participants in January.
- Training calls are required; participants cannot miss more than 6 total hours of training time.
- Anticipate reserving 10 hours weekly for training--4 hours for Thursday/Saturday calls, and 6 hours a week for homework, coaching clients,or lesson review.

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HOW TO APPLY

1

COMPLETE OUR APPLICATION, USING THE LINK BELOW

We'll let you know your application status within 3 business days.

2

REGISTER

If your application is accepted, we'll reach out with a welcome email. Make your initial registration payment to formally register with the program.

3

GET STARTED, NOW

We'll get you set up with thePre-Session Jumpstart course, so that you can start before we formally begin in January.

REGISTRATION IS NOW OPEN

We work with only one cohort at a time, so once registration closes we will close enrollment and it will not open again until we open a new cohort.

https://lifecoaching.wufoo.com/forms/clcc-application/

We look forward to reviewing your application!

If you run into any technical issues or have questions, reach out to ***support@TeamCLCC.com*** *and our program coordinator can assist.*

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“I never imagined that I would gain so much value from my CLCC® experience.”

I never imagined that I would gain so much value from my CLCC experience. I knew that it was a best-in-class program that had huge value and return on investment, but what really made the difference was the “people” factor from a well-organized team that truly cares about the participants and brought their own strengths, talents and stories to making us better coaches.

As someone with some coaching experience but no formal training I benefited from the skills, vocabulary and the detailed roadmap that Kate and the CLCC program provides [...] as well as thinking through client communication and care.

Finally, the most valuable things that I gained from the program that I don’t believe any other program can replicate is the relationships and community I’ve gained. From Lead Coaches to my Fieldwork group to my Mastermind team, the program is designed so that everyone has as much support as they want and need.

I was confident that I could build my coaching business without a program, but I heard that CLCC was so high quality that I thought it was worth the investment. I couldn’t have imagined that I would gain so much more than I had hoped, this was the single best thing I’ve done for myself in years.

--Dia Draper, Assistant Dean, Tuck School of Business | TED Speaker



TESTIMONIALS



"I DID MY RESEARCH ON MANY TRAINING PROGRAMS. WHAT APPEALED TO ME ABOUT THE CLCC WAS ITS FOCUS ON COURAGE, TAKING RESPONSIBILITY AND BUILDING YOUR LIFE COACHING PRACTICE AS A BUSINESS. WHEN I ENTERED THE PROGRAM, I THOUGHT I WOULD GET THE SKILLS TO BE AN AMAZING LIFE COACH (LIKE KNOWING THE RIGHT QUESTIONS TO ASK AND BEING ABLE TO MOVE A SESSION ALONG IN A WAY THAT FELT ORGANIC AND SUPPORTIVE FOR THE CLIENT), BUT I GOT SO MUCH MORE. I GOT CLARITY AS TO MY STRENGTHS AS A COACH AND AS A PERSON, THE KINDS OF CLIENTS I WANTED TO HELP AND WHAT I WANTED FOR MY BUSINESS. DID I MENTION THE SUPPORT YOU GET FROM KATE, THE LEAD AND MENTOR COACHES AND MY FELLOW CLASSMATES? MAKING THE DECISION TO CHOOSE THE RIGHT TRAINING PROGRAM WAS DIFFICULT BUT THERE'S NO DOUBT IN MY MIND THAT I CHOSE THE RIGHT ONE FOR ME." -- AURORA SUAREZ

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FAQ - 1

How do I apply?
Use the application link to submit your application.

What if I need to miss a training call? Can I just watch the recording? Trainees can miss up to 6 hours of total training time across the program.

What if I can't make it to the virtual weekend trainings? Attendance at the virtual weekend trainings are required.

What's the weekly time commitment?
Approximately 10 hours weekly. 4 hours weekly on training calls, leaving 6 hours for you to decide when to complete homework, swap sessions with peers, or work with your own clients. See the calendar for a list of all dates.

What's the timeline for completion?
Our skill-set phase is from January through May. During the summer months, you work independently on accruing one-on-one coaching hours that apply to your ICF credential. Some of our participants decide to set up websites and begin taking on paying clients, before they have graduated from the program.

In September, your final portfolio is ready for review + feedback from our team and certification is finalized.

Can I use my CLCC training to get my ACC with the ICF?
Yes. CLCC is a Level 1 Accredited provider. Only Level 1 providers can qualify you to get your ACC with the ICF after graduation, which opens up more options for clients and working in-house at coaching organizations.

Programs that are only "CCE Accredited" cannot offer this to their graduates.

What kind of contact will I have with my peers in the cohort, and the Leadership Team, during training?
We facilitate calls in real-time, use weekly progress trackers with all participants, give every participant 3 private coaching sessions, and we check in with how you're doing throughout training. Expect plenty of contact and support! We use a private communication forum (not a Facebook group) for group communication between our live calls.

What's the teaching style?
We are highly-collaborative, using an experiential model where you practice in the moment, with pauses to point out insights or examples that are relevant to the entire group, and lots of modeling.

CLCC students will also be utilizing training resources (audios, videos, handouts) to supplement what we do together as a group.



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FAQ - 2

I've already completed training elsewhere, yet I feel drawn to CLCC. Can I join even if I've already received coach training? We've worked with several participants who joined our program to gain additional coaching skills that their first training program wasn't offering. Our program differs from other training programs in that we aren't teaching a topical, formulaic approach to coaching. We're using your personal growth—which means you'll be asked to investigate your own resistance, stuck spaces, celebrations, joys, all of it—as a basis for how you work with clients. We cover some things that other programs might not cover:

- What do you do if a client wants to work on issues from their past?
- What's the difference between the resistant client and the truly "un-coachable" client?
- How do you get to the core belief systems that clients are struggling with?
- How do we hold space for clients when they are experiencing emotions like sadness, anger, or fear?

I'm outside the United States. Can I still participate?
CLCC has always worked with international participants. We've worked with people from Australia, Belgium, the UK, the Philippines, the Netherlands, Italy, Guatemala, Canada. The retreat training weekend is a required program component, as is live participation on all calls, so make sure it works for your time zone.



Is this training going to train me to help clients who have trauma? All humans experience trauma, and every client you ever coach will be dealing with some level of trauma. In our training program, we will encourage expression of emotion in peer coaching sessions and train our coaches in how to hold space for clients experiencing emotion, while also being mindful of the appropriate scope for what coaching can provide. Coaching cannot and should be offered as "healing" trauma.

Sometimes people confuse a client expressing emotions such as sadness, with a coach trying to work with trauma. However, they are not the same. Experiencing emotion is a healthy, normal, everyday part of life, and yes, sometimes a client may emote during a session. Someone experiencing emotion such as (for instance) crying does not mean that they are lacking the ability to function in their lives, or that they are traumatized and need a diagnosis.

We are trauma-informed, but we are not offering training for you to help clients with trauma, and ethically, we do not believe coaches should try to work with people to "heal" trauma (that's better for licensed professionals with extensive training in trauma!).

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FAQ - 3

What if I change my mind, halfway through the training? Can I quit?
You are always in choice--but if leaving the door open to quit is a strong concern for you, we invite you to take it as a sign that this program is not right for you.

I'm not interested in becoming a coach, but the curriculum looks amazing and I just want to follow along. Can I do that?
Yes! Not everyone who attends this program will ultimately want a coaching business, and may choose to treat this training program as a personal growth experience. With that said, attendance and participation is expected from all participants on our group calls, regardless of whether or not they intend to utilize the program to become a life coach or be certified.

Does this program make me choose a coaching niche? Do I have to have a niche, in order to be a coach?
We don't make you choose a niche, and we don't believe that you must have a niche, in order to be a coach. One of the things that we emphasize is immersing yourself in the curriculum so that you can authentically figure out what you're truly drawn to—which may be a specific niche, or may be no niche at all. Messaging around how you help clients with the problems they face to arrive at the life solutions they desire is often more important than a specific niche.

Calls are Jan-May, and certification is finalized in the fall. What are we doing over the summer? You'll spend that time accruing your one-on-one hours, and putting together your final Portfolio for certification. The ICF requires that you have a certain number of coaching hours accrued for an ACC, so our program supports you in gaining hours. The final Portfolio review call assignment is a required assignment for ICF credentialing.

What kind of tech will I need, to join the group coaching calls?
We use a conference call system that allows you to join from anywhere in the world as long as you have a strong internet connection.

For our calls you will need a quiet, private and distraction-free environment. Trainees cannot be in a car, caring for children or multi-tasking in the background, and to minimize distractions for the group, we can't have background noise. Participation is expected.

Are there extra charges for graduation or getting my graduate certificate?
No, unlike other programs, there are no additional charges for becoming certified through CLCC or getting your graduate certificate. We also do not charge you anything extra for an ICF pathway. Our graduates can apply to be credentialed with the ICF upon finalizing all program requirements.

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FAQ - 4

Will I interact with everyone, or am I assigned to a group?
We do not silo you within a group; you'll have the opportunity to interact with our entire cohort.

How can you teach everyone, when we're on the phone?
Our virtual call system allows us to see "raised hands" and call on participants (just as you would in a traditional classroom) and we can use it to offer demonstrations, run quizzes, partner people up for practice sessions, etc. We also have a mute button, so that everyone isn't talking over one another.

Every single call has active exercises where you're not just listening--you're doing.

You'll be identifying Core Competencies, tracking session structure, developing custom exercises, receiving coaching, and more.

What are the CLCC's formal certification requirements?
As a Level 1 Accredited training provider through the ICF, our standards are aligned with ICF expectations. Our graduates prepare a 30-minute coaching call, and write a self-assessment of your coaching using the ICF Core Competencies, and complete coaching hours. Our graduation rate has always been 95% or higher and our graduates have successfully secured their ACC credentials from the ICF.

Does this training cover intersectionality or multicultural aspects of coaching?
We are always thinking about how to approach our course content from an intersectional space. We support diversity, equity, inclusion and belonging not just in our training but societally. With that said, our emphasis during training is on the coaching skill-set and this is not an intensive focused around intersectionality. We believe that that work deserves its own space to truly go in depth, unpack, and give it the time and attention that it deserves.

We also feel it's important to say that we are imperfect and always learning more about our own conditioned biases. If you sign up to work with us, expect that there will be times when we or other participants in the program will make mis-steps. Despite doing our best, we cannot guarantee a "safe" space but we do provide a BRAVE space where are open to course-correcting. If you need a guarantee of a safe space at all times, please exercise self-care and choose a different coaching program.

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FAQ - 5

Is the homework required? We strike a balance between holding accountability with the coursework, and understanding that you're an adult and don't need anyone checking up on you. Required assignments and deadlines are always labeled as such. Homework for each module goes live in our private portal by Monday afternoon, and is due before the start of our Thursday lesson call each week.

What are some examples of the type of homework assigned? Reading and response questions, listening to a coaching call and offering 4 to 6 sentences of feedback based on the ICF Core Competencies, or trying a new exercise in a peer swap are some examples. Homework varies from week to week and we survey our graduates who tell us that we allow plenty of time for completion.

I have my own life problems. Wouldn't that mean that I'm not really qualified to help others? No doctor is perfectly healthy and no accountant has perfect finances even if they are highly skilled at helping others--there is no "perfect." There's not a life coach out there who doesn't have some place where she gets stuck. The skill-set that life coaches learn is not "how to be perfect," it's how to set a container for, and hold space for, your clients.

In addition, remember that this is why our training includes your personal development. If you're committed to changing the challenges you bring, they will have shifted by the end of our time together. We do believe that if you have an active clinical mental health diagnosis that is not responding to treatment, you should first focus on your own health and well-being, and talk with your therapist about whether or not the program is appropriate for you.

I've heard coaching is all about "tough love." Is this organization about that? No--but we are about everyone being an adult and taking responsibility for their own lives. As an example, if one of your clients says they want more connection with others, they can't say, "Well, but I'm introverted" and wait for others to reach out, first. It's not "tough love" to state the obvious--that we cannot be the ones behaving in ways that are counter to what we say we want.

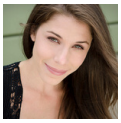
In CLCC, the same logic applies. We talk a lot with each cohort about how the things we want (connection, a career we love, better habits) cannot be something we just talk about. It's got to be something we actually put into practice. And, we want to help you practice. That's what we're here for!

Everyone has challenges in their life--the question is whether or not you'll decide to shut down in the face of those challenges, or respond to them as best you can.

We want to support you in that process + many of our graduates find a renewed sense of personal power when they start using coaching tools in their own lives. We don't believe in using "tough love" for behavior change.

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TESTIMONIALS



It's hard to express how much my life has changed from this program. I knew I wanted to be a coach, learn how to run a coaching business, and be certified, however, I got more out of the program than I could have imagined. I had been searching for almost 10 years for a coaching certification program. I was working on developing my coaching business and noticed I would get stuck in certain areas. I thought that if I listened to enough podcasts and read enough coaching books that I would figure it out on my own. Sick of trying to figure out everything, I found CLCC. I was scared to make the financial investment because "what if I spend this money and I don't learn anything?" but knew I was sick of not moving forward in my coaching business. With that in mind, I took the chance on CLCC and I am so incredibly happy I did. I figured out what my process is so now I can rely on it to get me through my challenging moments, I found deep connections with others in the program (and created real friendships and potential business partners), and **all the business knowledge/support I gained makes me feel confident I can market myself no matter how my business shifts**. No matter where my life goes, or however I might choose to shift my business, this program has given me back my personal power and I can move forward in my life fully being me.
--Jeanette Raucci



I feel greater love because I feel fully seen. I have brought back so much joy into my life by simply turning things - including work - back into play. Everything has a do-over, and if something goes wrong, I'm not afraid to lean into the hard conversation and figure out how to make it right. Being a coach is just as vulnerable as being a client. It's as scary to ask hard questions as it is to answer them, but unpacking those experiences leads us to even deeper connections. **I feel so honored to be part of a profession that celebrates vulnerability**. - -Nicole Ralston

I never imagined that I would gain so much value from my CLCC experience. I knew that it was a best-in-class program that had huge value and return on investment, but what really made the difference was the “people” factor from a well-organized team that truly cares about the participants and brought their own strengths, talents and stories to making us better coaches. **As someone with some coaching experience but no formal training I benefited from the skills, vocabulary and the detailed roadmap that Kate and the CLCC program provides** for both building a coaching practice and business as well as thinking through client communication and care. Finally, the most valuable things that I gained from the program that I don’t believe any other program can replicate is the relationships and community I’ve gained. From Lead Coaches to my Fieldwork group to my Mastermind team, the program is designed so that everyone has as much support as they want and need. I was confident that I could build my coaching business without a program, but I heard that CLCC was so high quality that I thought it was worth the investment, I couldn’t have imagined that I would gain so much more than I had hoped, this was the single best thing I’ve done for myself in years.



--Dia Draper

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TESTIMONIALS



I received such an amazing breadth of training through CLCC. From where I stand today, I recognize how much I have deepened my skills through in-session practices as well as through our field work calls, in addition to having an opportunity to learn how to focus my coaching on the whole person vs. the problems clients identify with, creating long-term, systemic change in their lives. But, I think my greatest takeaway from my time at CLCC is the opportunity to do so much inner-work for myself, as well. For me, this comes from deeply wanting and needing to feel a part of something bigger than myself, to step out of my comfort zone of doing it all for and by myself. Over this time with CLCC, I have been able to lean into the larger community, both as a client, as as a friend. Thanks to my time with CLCC, I feel like I have an extended family, a true team, I can call my own. Although I've heard others say this before, I never really understood its true meaning until my time with CLCC. I am forever grateful for this opportunity and am excited about where this journey is going to lead us all to next. --Kim Romain



CLCC has completely changed my life! **The program has taught me so much about what I am capable of accomplishing when given a strong foundation and a loving community!** The experiential nature of the program has helped me use what I have learned in the weekly lessons to not only make me a better coach but a better person as well! I am so thankful I stretched way outside my comfort zone and signed up for this course; **It's by far the best decision I've ever made!** Thank you team CLCC! --Sandy Engbretson



Some of my favorite things about this program are the retreat weekend where we all jumped in and formed lasting connections, while building a foundation of trust for the coming months work together. **I never thought when I walked into a room with 53 other students that I'd be able to remember all their names, let alone connect to them all and support them, but this program does that.** What I learned in my own growth process during this time has been invaluable. I did the hard things, and my CLCC team cheered me on. I also appreciated the care and thought that was built into this program anticipating what felt like everything that came up along the way at the exact time I needed it. And lastly I appreciate **the support ...that actually apply to this field to set us up for success.** Kate and the leadership team lead from compassion, integrity and love. I'm so proud to be in the CLCC 2020 class, during a pandemic no less!
--Aypril Porter

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TESTIMONIALS



When I signed up for CLCC I thought I was just going to learn how to be a coach and get certified. **I had no idea the breath and depth of the experience I was about to embark on.** From that very first night of the program, at the kick-off retreat, my life and the way I live it, began to change. For the last 10 months we have been educated, coached, supported, loved, encouraged and challenged to show up as the best versions of ourselves, guided to bring our individual talents and gifts to the world. Kate and the leadership team, that have held us close this year, are not just amazing, wonderful coaches, mentors and teachers, **they also really care about us as students and the community we have created together**. I am amazed at all the details that are present in the program to open our minds to a better way of coaching and helping others, especially through the process of learning how to help and understand ourselves first. The connections and friendships I have made in CLCC this year will be for life, they are deep and rich and full. I get emotional thinking about how much support I have received this year, both professionally and personally, on this journey to being a Life Coach. I have so much gratitude for the CLCC program and all that it has given me.
--Sarah Noble



Not only have I learned how transformative coaching can be from the coach's perspective, I have also experienced the transformative power of coaching from the client's perspective. I know how important and powerful the work is from both sides, which makes me a better coach, and a more confident, fulfilled person. The leadership of CLCC are amazingly talented, and the work they have done to create a holistic, experiential program that not only teaches skills but also creates community is unique and life changing. I have benefited so greatly from the connections I have made with my fellow cohort members. They are kindred spirits, and the connections are deep and life affirming.--Bree Overly



I'm not sure I can accurately articulate all the ways in which I've benefited from being a part of CLCC. It has been mind-blowing! I am taking away that I felt loved, cared for, and supported from the get-go at the retreat, and that continues today. I have never in my life felt more advocated for or corroborated with in such a tender, affirming place and from such beautiful people. It actually makes me wonder how I didn't know it was possible to feel accepted and appreciated so fully. I have felt challenged by the curriculum as a new coach in a very 'good way'; like when you have a really sore muscle that needs to stay limber, but yikes, it doesn't feel the best when it is moved or massaged, (and also it 'feels so good'!=). It has felt AMAZING as well as liberating to stretch myself fully! The confidence that Kate, as well as the Lead and mentor coaches, have had in me is exactly what I needed to step out and show up as my most courageous deliberate self. **I am proud of how I have grown personally and professionally making me feel as if I am not the same person as when we started CLCC in January, but a much better version of myself now.** I am equipped with the tools needed to contribute to my life as well as the lives of others in a way that is impactful and meaningful, something I have desired for as long as I can remember. I will also say that I am deeply honored to know the leadership team, my CLCC peers, and to be walking this Oh-so-glorious, deeply moving journey with all of you. I will always feel like you are my people, and I am yours. --Sally DeArmas

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TESTIMONIALS



The organizational leadership of the CLCC is unparalleled. From the way in which they communicated to the trainees prior to our retreat to the way in which the retreat was organized to the way they structured the education, I was blown away. They built trust from day one. They stayed consistent in their message the entire program and built a family community that will last. The structure of the education was so thoughtful. There were videos, recordings, books, group discussion, experiential work and thought provoking questions sprinkled throughout the curriculum. No matter what your learning style, the CLCC leadership thought of you to make sure you were seen. The level of accountability put on the trainees was done with care. **It was obvious from the beginning that Kate, the lead coaches and the mentor coaches cared deeply about us as trainees and wanted us to succeed.** However, they made sure we understood that we were responsible for what our experience was in this program. They put our success into our own hands while supporting us in the process.I would recommend this education and program to anyone interested in becoming a life coach. --Sara Doell



Top 3 things that I've benefited from or are taking away from CLCC: 1. **The skills I need to be an amazing life coach** - from in-session exercises and everything in-between (like building confidence in those skills and in myself); **2. Community** - not something that I expected going into this certification program, but definitely one of the greatest benefits;
3. Personal Growth was built into the program - I could not help but grow; there was time built in for personal contemplation, reflection and processing as a coach and a client Overall, one of the best professional decisions that I've made! --Maribeth Thomas



I cannot be more grateful for having CLCC come into my life in 2020. It filled me with purpose when everything was uncertain, it taught me so much about myself alongside new coaching skills, and most importantly it brought deep and meaningful connection with a new community of 50+ amazing, badass, strong, brilliant women! If you're looking for your people and your path, you just might find them here. --Lindsey Andrews



--Jocelyn Auyeung

Community and Connection--it's one of the best things about this program. I've felt truly seen, heard, and valued in a space that feels safe and supported to be myself. The CLCC leadership and the mentor coaches are such an amazing and inspiring team of people. I just love not only their wealth of wisdom and expertise but also their genuine care for me in the program. What's so great about CLCC is that this isn't just about building your craft of coaching skills but you're leaning into your personal journey of growth. For me, this journey was messy, wild, and beautiful. In just a short time, I've had space and support through being coached to unpack, explore, and shift many aspects of myself. I attribute my new found confidence, understanding, and acceptance of my own BEing, and how I can work through my own fears towards courage. All thanks to the amazing CLCC team and all the wonderful, amazing, and inspiring people in the program. I have stepped into my truest self and it feels absolutely AMAZING!!

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TESTIMONIALS



Having researched extensively for a Life Coach Certification Program that offered everything I imagined, I am forever grateful I came across CLCC. Kate Swoboda and her team instantly created a welcoming space for me right from my initial screening call. **I am wildly introverted and yet, at every step of the way I felt heard, seen, accepted and most importantly, respected for who I am.** The team offers gently nudges to keep me going while simultaneously granting space and autonomy to achieve my goals. I now have a community for life. --Stacy Luck



I didn't think this kind of community was possible. I've been disappointed before when communities that claimed they would welcome and love me for who I am criticized me and tried to "fix" me as soon as I showed myself to be anything other than their idea of perfect. Everyone in CLCC has been so generous with their love and support, right from that very first night we met. This might be the first time in my life that I've been able to start believing that there are people who actually want to see me for who I am and can love me for who I am instead of just wanting me to meet their expectations. I know there are other people in my life who do want to see me, but my CLCC family is helping me believe it. And that changes everything. My time in CLCC has deepened my trust in myself. I've had a tendency to avoid trying new things when I wasn't sure I'd be able to do them well right away. CLCC has provided such a safe, supportive environment as I practice all the new skills I'm learning. Stretching myself within the program has built my confidence and this increased trust is carrying over into all areas of my life. --Johanna Schram



As an experienced coach, I wasn't sure how much I would get out of the CLCC program. Kate and the philosophy seemed to really resonate, but did I actually need more training? Now, at the end of the program, **I can tell you that my investment was 100% worth it**, and I was blown away by these aspects: the deep educational components about psychology and neuroscience, the practical and effective exercises you can use immediately with clients, and the hands-on love and support you get from the entire program team and cohort. Kate and the CLCC Leadership Team walk their talk, and are devoted to equipping you with the tools and knowledge to be a marvelously skilled practitioner. **If you're not sure, take this as your sign: you aren't getting a better value coaching training program anywhere else on the planet**. --Lisa Lewis



THE CLCC PRORAM WAS MORE THAN I EVER IMAGINED IT WOULD BE. THE PROGRAM HAS NOT ONLY PROVIDED ME WITH A STRONG COACHING SKILL-SET AND MARKETING KNOW-HOW, BUT CHALLENGED ME WITH RICH, TRANSFORMATIONAL PERSONAL GROWTH THAT HAS MADE ME A HAPPIER HUMAN! I WILL NEVER BE WITHOUT CLCC - AS I'M TAKING WITH ME ALL THAT I'VE LEARNED AND GAINED, AS WELL AS DEEP, BEAUTIFUL CONNECTIONS WITH OTHER WOMEN WHO ARE CHANGING THE WORLD.
--SABRINA CAVERLY

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TESTIMONIALS



This year has been one of the most transformative and empowering years of my life. My growth was so deeply nourished by the support, wisdom and guidance from Kate Swoboda and the CLCC program. There were so many profound gems that I have received from this program. One of the biggest was that I learned how to trust myself. This has led me to experience more courage, vulnerability, love and inspiration in my life. **Because of the guidance, tools and practices from this program I am now building my own Life Coaching business, Podcasting, loving with a more open and compassionate heart,** singing on stages around the world, following my dreams and saying yes to helping others/the planet as best I can with more confidence than ever before. I am incredibly grateful for this experience and highly recommend it to anyone who is ready to love themselves and their life more fully, grow tremendously as a human being and live a more authentic and fulfilling life. Seriously...my heart feels so blessed. Thank you so much Kate and the CLCC leadership team! -- Maya Liona Rose



I was driven by the desire to be of service to women wading through transitions in their lives. I wanted to gain skills as soon as I possibly could. This lead me to choose a certification in life coaching. My biggest hesitation when looking for coaching programs was the fact most are online, and I worried that I might feel isolated and that I would not be as motivated or inspired to complete a course. I needn't have worried! I chose CLCC for the program structure and well rounded training. At the very beginning of the course all trainees met in a very supportive environment along with the coaching leadership team. Human connection - and coaching - began right away! **The training on coaching skills... is invaluable - it's a truly well rounded program**. I recommend this program for anyone looking for more than just a certification, you will find true community, support, creativity, and transformational experiences with the CLCC program. --Tese Mascari

THROUGH REGULAR COACHING SESSIONS (BOTH AS A COACH AND A CLIENT) I'VE RE-DISCOVERED THE POWER OF SIMPLY BEING MYSELF, EMBRACING BOTH MY HOPES AND FEARS, AND INFUSING THIS HEIGHTENED AWARENESS INTO MY COACHING PRACTICE, CAREER TRAJECTORY, AND PERSONAL DEVELOPMENT.

I'M SO GRATEFUL FOR HAVING HAD THE CHANCE TO PARTAKE IN THE CLCC PROGRAM. IT VERY PRACTICALLY AND SENSIBLY HELPED ME STEP OUT OF MY COMFORT ZONE AND VENTURE INTO THE FASCINATING REALM OF THE HUMAN CONDITION AND POTENTIAL.

WHETHER YOU'RE TINKERING WITH OR SERIOUSLY CONSIDERING COACHING, I'D HIGHLY RECOMMEND THIS PROGRAM. IT IS A LIFE-CHANGING EXPERIENCE, ONE THAT DRASTICALLY BROADENS YOUR HORIZON WHILE EQUIPPING YOU ALONG THE WAY WITH THE SKILLS, TOOLS, AND KNOWLEDGE, THAT SHALL HELP YOU NAVIGATE YOUR COACHING ASPIRATIONS AND LIFE JOURNEY WITH COURAGE. --KARIMA BEHMAND



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TESTIMONIALS



The CLCC program was the safe, encouraging, dynamic container in which I learned to lean into brave choices, make bold personal and professional shifts, and have the nerve and audacity to face, accept, and learn from the wisdom of my fear patterns. I learned to surrender to the truth of all of my emotions while recognizing and feeling them in my body rather than simply processing them in my mind. I created deeply meaningful relationships with the compassionate, wise Kate Swoboda, her endearing, talented leadership team of teachers and mentors, and with my eclectic, whole-hearted, soulful classmates and lifelong sisters. Thanks to this life-altering program, I am coaching real clients with my own authentic voice and I am confidently creating a coaching business built on integrity, connection, and intentional courage. I am proud to introduce myself as a CLCC program graduate! --Terri Bradway



When I first joined the CLCC program I thought I would learn the skills to be a coach and be on my merry way, but **I gained so much more than that**. I gained a community of amazing woman turned friends who supported me through the ups, stucks, and downs. I learned how to work through my own fears and start showing up for myself. The cherry on top really was that through this process I also gained a new career. I have been completely changed from working with Kate, her leadership team and the other woman in my class for the better. Thank you from the bottom of my heart. --Alexandra Barone



TeamCLCC was everything I wanted in a training program and MORE! Kate Swoboda has put together a stellar training program which meets & exceeds the needs of adult learners in content, structure and deeply experiential learning opportunities. More importantly, Kate and her team create & maintain a safe container where we come together, share more than we ever knew we could, and lean into our own growth & development. And, in addition to developing our craft of coaching, **we are given the tools to become entrepreneurs and launch ourselves into the market.** I couldn't ask for anything more! --Heather Hall



When I walked in to the retreat that first evening, I saw a sign that said “What if this is the weekend that changes everything?” I cried because I wanted so much to believe that, because I always believe that, and in the past, things did change for a while, but the changes didn’t always stick. **This time really was different.** I am not suddenly perfect (nor have any desire to be), but I am more confident and more self-accepting.

Thank you again, Kate, leadership team, my fellow coaches. You have given me so many gifts, so many beautiful ideas to ponder, to enact. I am forever grateful. That weekend really did change everything. And things continue to change. Best of all, I have faith the changes will continue. --Susan



Participating in the CLCC was transformational and **led to the launch of both my website and having paid clients months before graduation!** The peer-to-peer coaching and monthly Mastermind groups set-up by CLCC were vital in my achievement of these successes. I not only gained an important framework of skills as a life coach, but an incredible network of women that I can turn to for accountability and support. --Beth

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TESTIMONIALS



Before I joined CLCC, I only saw walls of Limitations all around me: "Entrepreneurship is too risky." **Yet I now feel brightly confident that it is possible for me to earn money from me creating programs that I am inspired by**. Exchanging peer coaching hours with participants has multiplied the significance of CLCC in my life. Not only have I practiced my coaching skills, but I've learned alongside other women who share my coaching values and CLCC coaching approaches. --Czarina Thalen



I had been coaching for a year before starting CLCC but I wanted to strengthen my skill set so I could be a more confident coach. **CLCC has been everything I hoped for and more**. I have gained so many concrete tools both for being a more skillful coach as well as for growing my business. The community is truly amazing and is what I yearned for in that first year when I often felt isolated. Now I have a whole team of like-minded women who I can not only bounce ideas off of when it comes to coaching or business stuff, but also a group of friends who I've really grown with on this journey and can turn to for support in my personal life as well. --Julie Houghton

"BEING A PART OF CLCC HAS ACTUALLY CHANGED MY LIFE IN WAYS I COULD NOT HAVE IMAGINED BEFORE JOINING THE COURSE. IT IS SO BEAUTIFUL THE WAY KATE AND THE MENTOR COACHES PROPEL YOU FORWARD AND ALSO STAND NEXT TO YOU, GUIDING YOU AND PROVIDING A SUPPORT AND COMFORT THAT FEELS ABOVE AND BEYOND ANY EXPECTATION. THEY SHOW YOU THE WAY AND THEY BELIEVE IN YOU WITH A TRUST AND FAITH IN EACH STUDENT, THEY WATCH AS YOU RISE TO YOUR POTENTIAL. IT IS ARTFUL AND TOUCHING TO EXPERIENCE. I HAVE BEEN PROVIDED WITH FANTASTIC TOOLS, KNOWLEDGE AND THE CONFIDENCE TO BE A PHENOMENAL COACH. I REALLY HAD NO IDEA I WOULD BE GETTING THIS MUCH ATTENTION AND EXPERTISE. I HAD HEARD IT WAS A GREAT PROGRAM BUT IN FACT, IT IS ONE OF THE MOST VALUABLE PROGRAMS I HAVE EVER TAKEN AND I CAN'T THINK OF A BETTER STEP TO BECOMING A COACH. TO ME THIS IS REAL LIFE LEARNING FOR THE REAL LIFE COACH."
--IMAN GATTI , AUTHOR OF "CRACKED OPEN, NEVER BROKEN" (FOREWARD BY GABBY BERNSTEIN)



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TESTIMONIALS



Before CLCC I was feeling lost and discouraged with how to refine my skills and build my business. Deciding to join the CLCC training was **one of the best investments I have done for myself. The program surpassed my expectations on many levels.** The training was both challenging and deeply empowering. CLCC provided me with powerful tools to step into my coaching career knowing that I have what it takes to truly help my clients. I not only learned these tools, but the structure of the training allowed me to experience their transformative power in my own personal life. The community support from the team, the lead coaches and the students was unlike any other online trainings I've taken before. The community support was incredible! With CLCC I was able to tap into the courage, motivation and focus that I needed to continuously take the right steps toward building both my coaching skills and my coaching business. --Naima Audant



What sets CLCC apart from other training programs is the intention behind absolutely everything, from teaching the coaching skill-set to building this special community. There is so much care put into everything that's done -- **I felt seen, invested in, and that the Leadership Team and other trainees were right beside me every step of the way**, supporting me to grow into the truest expression of myself, as a coach and as a person. A huge part of this is that in CLCC we learn by doing -- by coaching and by being coached, allowing us to bring all that we're learning to our own challenges, dreams, and celebrations. Another huge part is this rare sisterhood of thoughtful, encouraging, badass women who are learning and stretching right alongside you. Every moment uncovered more of the coach I am and want to be, and I am so deeply grateful for this experience. -- Kahea Pacheco



The CLCC was a completely life changing program for me. Not only did I get to work on my own "stuff" during the program while I was learning to coach, but I also received the most beautiful gift of a deep sisterhood with my fellow coaches in the program. Through the skill set the CLCC gave me, I am walking away fully empowered to help my clients not just in a pragmatic way, but in a deeply supportive, holistic way that produces real, lasting change. This skill set is also a set of tools that has changed me deeply personally, challenging me and helping me grow in ways I could not have imagined. **The business support I received helped me to start getting clients immediately and be confident marketing my coaching.** I cannot think of a more comprehensive coaching program with more support for you on your journey- both as a person, and as a coach. --Kim Kimball



CLCC is anchored in solid, practical knowledge of the skills coaches need to be successful - ranging from how to best support clients to how to be an entrepreneur and grow your business. I loved how the teaching offered was experiential and personal. **Far from just a series of assigned readings and assignments, I think one of the program's biggest strengths is that Team CLCC intentionally fosters open-hearted community with other women.** It was the perfect container to dive into the powerful, transformational work of professional development intertwined with personal growth. --Rachelle Gendron

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TESTIMONIALS



Thanks to CLCC, **I've gone from having never coached a client to being able to confidently coach others on a regular basis**. I've gained so much experience, been exposed to many different ways to coach, learned how to hold space for clients and build trust with them, and what to do when a session feels like it is not working. I especially appreciated the opportunity to be connected with a community of amazing women who coached and supported me as I explored my relationship to myself and built my confidence as a coach and as a person. The Somatic Major, which challenged me to go outside the comfort zone I established during the year, exposed me to even more new techniques, and pushed my coaching to a different level. --Sarah Lyman



I joined the CLCC program to learn to be a coach and how to start a business, and the program delivered these skills in spades. But that wasn't the best stuff I got out of these last few months. More importantly, **my life has shifted in some profound ways**. I'm stronger, clearer, more confident in all areas of my life. At the beginning of the program, my relationship with my partner was on some really shaky ground, I was exhausted and lost in my life. I'm now better at setting my boundaries and letting things go that aren't a priority right now. My relationship has made a complete u-turn, which I can credit to a great couple's counselor, but also to the skills, insights and awesome peer coaching I've received through this program. I'm more clear about who I am and what I want, and more able to communicate it. **This program has given me my self back, something that I didn't comprehend was missing until I found it again**. It is so much easier to explain to my clients the potential value of coaching, because I've seen it in my own life. --Doña Bumgarner



When I first considered signing up for CLCC, the registration period was not open. I put myself on the waitlist, and then over the next few months gradually let the idea of coach training fall away, rationalizing all the reasons it would not work and I shouldn't do it. Was I really going to leave my job to become a coach? Did I really have what it takes to help somebody else? (I don't even have my own stuff together - how could I help somebody else???) Then, I got the email from CLCC that the registration for the next class was open. I read through the materials and again felt an incredible pull toward this program. After a lot of internal pushing and pulling, after getting up the nerve to talk to my husband about this and work out the details of whether we could make it work, I finally let the feeling that I really, really..... REALLY wanted this to have its say, and I jumped. I applied, got accepted, and then figured out how I'd work the training in around my marriage, my family, my very full time job. It was a big commitment, it was overwhelming at times.... and **it was without a doubt one of the best things I've ever done in my entire life.** --Kris



I had no idea how much the CLCC program would change my life. I started it with the intention of helping others and came out of it with all the tools and training to do just that AND I had the support and team available to help me walk through some hurdles myself that were holding me back from being my most courageous self! I'm so very grateful I took the step forward. --Kate Frakes

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TESTIMONIALS



From the very beginning of the program, Kate and her team guided us step by step through an amazing and intensive process of exploration, learning, self-discovery, courage, and relationship. I've said that Kate is some kind of curriculum genius, and I mean it. At every step, she seemed to know what we would be feeling and what we needed. And she created a powerful community among the participants. I've truly never felt so supported in all my life, and my life is changed for the better. **I don't know at this time what I'll do with my training - still don't know if I'll ever have my own coaching business. And that's okay. I am forever grateful that this program and I found each other and that I took this journey.** Without question, 100% worth it! -- Sarah Silvas



Becoming a part of the CLCC family has been one of the best decisions of my life. I have transformed my life as a woman, a coach, a friend, a daughter, a citizen, a colleague - pick a relationship and my life has changed. In truth, it's not that the people in my life have changed but rather I have expanded. I now have a clearer understanding of who I am and learning about who others are has deepened the compassion I feel and show myself and others. The shifts I have experienced as a result of being in such a positive, supportive, and dynamic community has allowed me to expand my heart and mind in ways I could have never imagined. No question is too silly, no event too minuscule to discuss, no experience too ugly to share. The guidance is rich, the expertise is vast, and the support is real. I truly know that the CLCC family wants me to succeed in my life and my business.
--Loha Raphael

I NEVER THOUGHT THAT I WOULD GAIN SUCH AN AWESOME SUPPORT NETWORK WHILE SIMULTANEOUSLY EXAMINING MY PERSONAL DEVELOPMENT. THE COMMUNITY CREATED THROUGH CLCC IS DEEP, AND THAT IS WHAT CONTINUALLY INSPIRED AND GUIDED ME THROUGH. THE ENTIRE PROCESS HELPED ME BECOME MORE CONNECTED TO MYSELF AND MY LIFE, WHICH MADE IT SO MUCH MORE THAN A CERTIFICATE PROGRAM. I DON'T THINK THERE IS ANY OTHER TRAINING OUT THERE THAT PROVIDES THE CONNECTION AND COMMUNITY I NEEDED TO BECOME A COACH AND ENTREPRENEUR. -- NENA SIVESS





Being a part of CLCC allowed me to further develop and refine an already existing skill-set by giving me practical tools, exercises, practice, and an overall way of being with clients. It also allowed me the space to connect, in a way that felt natural to me, with a cohort of women who have helped to guide, shape, challenge, and inspire me not only as a coach but as a person. Life-changing in so many positive ways! --Kristin Kallio

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TESTIMONIALS



I chose CLCC because of its unique mix of holistic coaching training guidance, and the opportunity to spend the better part of a year with a cohort of talented women who were similarly interested in developing themselves as coaches, but also as people. **I could not have imagined all the ways I would personally be stretched and challenged --and supported--in my own growth**. I leave not only feeling more confident as a coach, but feeling energized by the tools I take with me to shape and define my life. --Nariah Broadus



CLCC is a challenging program that offers so many benefits if you put in the work. It allows you to not only learn the craft of coaching but also learn about yourself. By working through the program I have been able to better understand and appreciate myself as well as gain clarity around how I truly want to show up in the world each day. **The skills, tools, knowledge and connection you gain in the program are beyond expectation**. It's both an intense and beautiful journey that I am grateful for! --Lisa Chartrand



We should call it Adventures in the CLCC – because that's what my experience has been, utterly an adventure. An adventure into who I am, who I want to become, who I've found myself already expanding into, and above all else – who I can be in guiding others through their own life choices and challenges. **The CLCC has been an often exciting, always challenging, and ultimately wonderfully rewarding adventure** that has also turned me into an incredibly well trained, and pretty darned confident Life Coach. --Vanessa Soto



I AM SO GRATEFUL I FOLLOWED MY INNER SENSE OF "YES!" AND SIGNED UP FOR THE CLCC. I HAD BEEN RESEARCHING COACH TRAINING PROGRAMS FOR SEVERAL YEARS BUT NONE OF THEM QUITE FIT. THE CLCC HAS FAR EXCEEDED MY EXPECTATIONS IN EVERY WAY. I HAVE BEEN DEEPLY CHALLENGED, SUPPORTED, TRAINED, GUIDED AND INSPIRED EVERY STEP OF THE WAY. LIFE WILL NEVER BE THE SAME! -- MOLLY K. LARKIN



T**his program has been a defining experience in my adult life**. Thank you and the leadership team for working so hard on the curriculum and just being you—I think that's what attracted so many of the wonderful people I now call friends. The program is exceptional because you are able to provide community, accessible mentors and killer content. I've done so many things this year I would never have thought possible or imagined the positive impact of. Big, big love for the support and accountability that gave me the courage to step out of my box.
--Steph Simkins

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TESTIMONIALS



From when I began the program to today, I feel entirely different in my mind, body and soul. Part of it is finding a calling and part of it is unwinding deep, old spools of pain that I was stuck in. Through my coaching relationships, I've been able to be brutally honest with where I'm at all the while knowing I've got sisters who've got my back no matter what terrain I explore. And thanks to you specifically Kate. There have been many times that I've been super inspired by your professionalism mixed with on the ground realness mixed with total devotion to what is true in integrity to you. I so congratulate you on all the successes that are blooming around you. I'm so grateful to be a participant in the sacred learning and loving arms of CLCC. I only hope that my contributions have matched what I have received. **CLCC has been more than I could have hoped for.** When I first joined, I had no idea what I was in for and was terrified of taking the chance on finding work that I truly love. Every single person from the coaches to my peers have wholeheartedly sup- ported me show up in my life in a more powerful way than I could ever imagined for myself. On top of all that, I truly feel confident in my skills as a life coach, and now have a team I can lean on forever. --Ann Nguyen



"TRAINING WITH CLCC TO FOLLOW MY DREAM OF BECOMING A LIFE COACH WAS ONE OF THE WISEST DECISIONS I'VE EVER MADE. I GAINED CONFIDENCE LEARNING A ROCK SOLID COACHING SKILL SET, MET AMAZING SOULFUL WOMEN WHO SHARE MY PASSION FOR SOUL WORK, AND MOST IMPORTANTLY, I FELT FULLY SUPPORTED, CHALLENGED, AND INSPIRED TO BUILD A LIFE AND CAREER THAT FEEL AUTHENTIC, EMPOWERING, AND BEAUTIFULLY ME. I'M INCREDIBLY GRATEFUL TO KATE, THE BRILLIANT LEAD AND MENTOR COACHES, AND MY TEAM FOR THEIR WISDOM, CARE, AND LOVE." --SHILA SONI

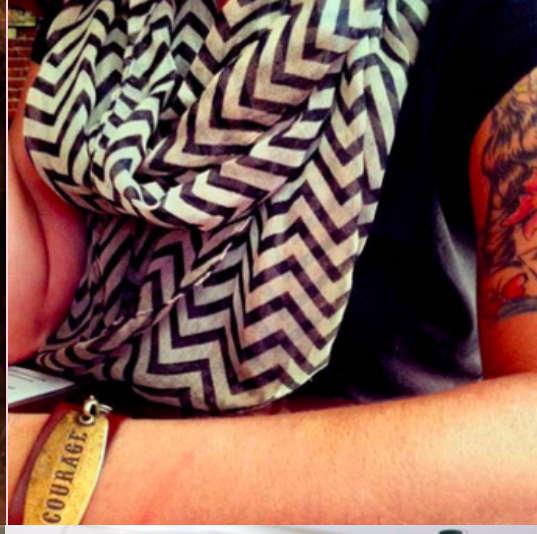
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-- LEXI KOCH

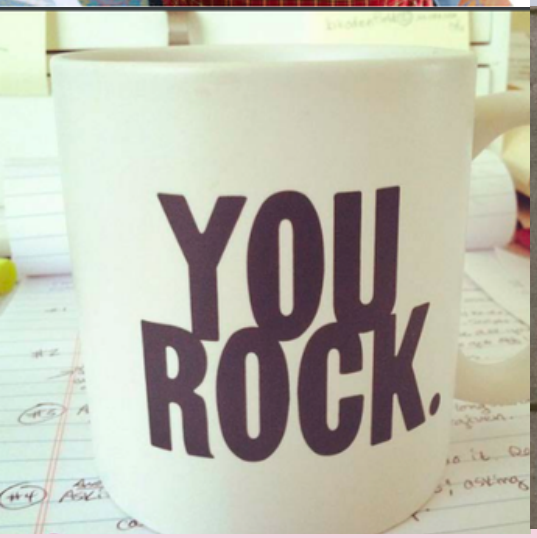


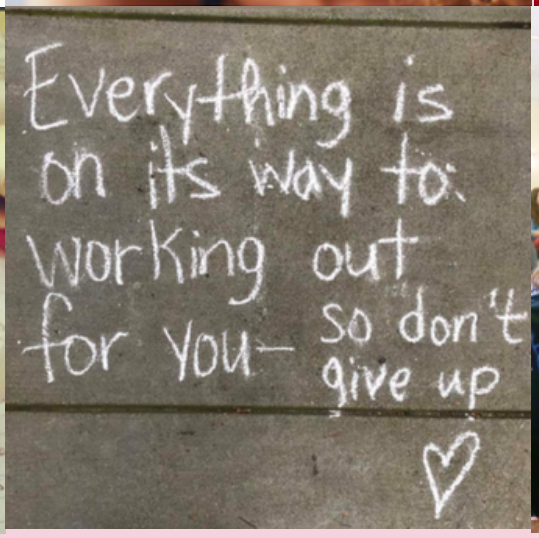
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WHAT MORE IS POSSIBLE FOR YOU, IF COURAGE IS THE CORE OF YOUR LIFE?

WE BELIEVE...

in you. in the power of coaching. that courage is where it's at. **that marginalized voices deserve to be heard.** in what you're capable of. in evidence-based tools. that expanding who you are gives you the capacity to empower others. that there is magic in being unstructured. that profound personal change can take place in the workplace. that coaching skills can be applied to social change movements. **that waiting to change your life = always waiting.** in creating brave spaces to work through conflict, rather than pretending we can bubble wrap our lives from discomfort. **that we all deserve to have careers that we love.** that connecting as a community is the backbone of our growth. that self-responsibility is potent. **that creative expression is truth-telling.** that sometimes, only the f-bomb will suffice. that sometimes, gentleness has more impact than profanity. **that if love is a greater force in the world than fear, we'd better start acting like it.**

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