

Requirements for certification for ARCH Life Coach program

1. Attend (or view, if missed) all training and integration sessions.
2. Complete all 10 dyad sessions:
 - Meet for one hour with dyad partner for each session
 - Complete dyad assignments
3. Work with your individual process and journaling across the course. Including using the structure for working with at least three parts of yourself. (FTTF, p. 138)
4. Complete the final written assignment — answering a series of questions to demonstrate your understanding of the ARCH model.
5. Submit a 20 minute recording of a coaching session (may be one of your dyad sessions), using at least one aspect or concept from the ARCH model.
6. Present (5-10 minutes) to the group about how you have used the ARCH model or medicine wheel personally or professionally. You will be sharing the arc or progression of your process (personally or with a client) from beginning to completion. Please have at least one visual to use as part of your presentation.