

# Freedom Certification Sample Program Outline

## Overview

Jill Monaco Ministries provides an intensive, interactive, spirit-filled training program and certification for **professional coaches, licensed counselors, and trained ministers/pastors**. Participants will gain the proprietary coaching tools and skills needed to help hurting people encounter the presence of God and find freedom in Christ.

The Freedom Certification Program will build upon the core competencies of a Christian Coach and will lean heavily on how to coach in spiritual areas of a person's life. This program is for those who want to learn how to coach sessions with tools that resonate with inner healing modalities but are clearly in the coaching stream and not counseling, ministry, or discipleship.

Those who successfully complete this certification program will have the skills necessary to coach clients in accordance with the ICF core competencies and facilitate the Freedom Coach Model® and The Freedom Framework™. Participants will learn how to coach clients to encounter God's presence, find inner healing with listening prayer, discover proprietary tools for breakthrough, and help clients grow in spiritual maturity.

Jill Monaco holds an PCC with the ICF and is a certified Mentor Coach. She will pass on her high level training and expertise to you. There is no other program that teaches this model of coaching at the ICF approved level offering CCEs.

*Although we'd love to train everyone to use our models, this program is not for aspiring coaches. This program uses advanced tools and a measure of training is necessary to begin.*

*Please see our FAQ's for more information.*

## Program Schedule, Details, & Outline

### Schedule:

The program schedule below should be viewed as a guide. The schedule is subject to change based on Jill Monaco's discretion and discernment and the needs of the students in the cohort. You'll be able to access the online Learning Management System (LMS) for the most up to date schedule of topics and assignments once the program begins.

Participants will have 32 sessions spread out over 12 months from January to December with breaks around holidays and more in the summer months.

### Continued Coach Education (CCEs):

For people who are already fully certified coaches with the ICF, you may receive CCE's in Core Competencies and Resource Development hours. If you are certified through another organization, the same hours should apply but we recommend you check with them about what they need submitted. (ICCI has already committed to accepting the hours from this training for CCEs.)

# Sample Session Outlines

Cohort meetings are primarily designed as interactive for coaches to learn skills through experiential learning. We will remain flexible to the Holy Spirit while following the outline. You should also expect significant work outside of the class, and will meet with your Triad (others in the training) for practice and to complete assignments. We hope you love that outside work!

**\*\* NOTE:** *Module 2 and 3 are not in this document and will be shared after the Application is submitted in order to protect our proprietary framework.*

## **MODULE 1: FREEDOM FOUNDATION**

### **Learning Objectives:**

1. Review core concepts of ICF Core Competencies and how it relates to The Freedom Framework. (We will refer back to these throughout the program as they are required to gain CCEs.)
2. Experience how God speaks through “listening prayer” as a group and how to train your ear to discern how God speaks to your clients.
3. Understand the Emotionally Healthy Coach Formula™ and apply those skills to how a coach interacts with clients, colleagues, and your personal life.
4. Personally experience the Freedom Framework.
5. Practice foundational skills as a group and in breakout sessions for personal freedom.

### **Required Reading:**

- The Coach Model by Keith Webb
- Emotionally Healthy Spirituality by Peter Scazzero

### **Schedule:**

SESSION	TOPIC and TRAINING
1	Welcome, Orientation, & Expectations
2	Conversations with Jesus
3	Training Your Senses
4	The Emotionally Healthy Coach Formula™
5	Active Listening
6	Powerful Questioning
7	Led by the Spirit/Listening Prayer

## **MODULE 4: LIVE FREE**

### **Learning Objectives:**

1. Gain insight into the root causes of pain and how to heal the soul wounds with God's love.
2. Clarify the ways a coach can implement The Freedom Coach Model and Freedom Framework and coach clients outside of this container.
3. Build a business and marketing plan that has a focus on sharing without selling.
4. Experience personal prayer and healing as a group and in breakout sessions.
5. Prepare for assessments, evaluations, and certification application.

### **Required Reading:**

- TBA
- TBA

### **Schedule:**

SESSION	TOPIC and TRAINING
25	Understanding Heart Wounds & Trauma Responses
26	Validation, Affirmation, Joy, & Gratitude
27	Friendship Questions
28	Blending Coaching and Inner Healing
29	Business Building and Marketing
30	Lab/Practice
31	Supervision & Mentor Coaching
32	Final Session & Next Steps

# Additional Program Information

## Program and Certification:

**This is just a brief summary. Please read our [FAQ's](#) for more information. Once accepted into the program, further details will be provided.**

**Online Training:** You'll gather as a cohort of up to 12 students for 32 weekly online meetings lasting 2 hours each. Meetings will include instructor led group teaching and discussion as well as smaller breakout groups of 2-4 where you'll practice skill-building activities.

**Triads:** Participants will be connected with other coaches in the cohort to form a triad for additional practice on a monthly basis.

**Course Work:** Between trainings, you will watch video lectures, read course materials, meet with your Triad, and complete assignments. Assignments can include both written work and practicing what you are learning. You'll have access to an LMS.

**Commitment:** This is a robust training that will require approximately 2-4 hours of rewarding commitment outside of the cohort per week.

**Certification:** Official certification will be granted to participants based on:

- Application - Fill out the certification application to show you've met the requirements
- Attendance – 90% or more of live, online training (4 can be missed)
- Active Participation – In online trainings and activations
- Assignments – Complete and show an understanding of the concepts
- Assessment – Jill Monaco will assess each coach's competency
- Supervision – Three 1:1 sessions with Jill Monaco
- Recordings - Submit two sessions with clients for review
- Prerequisite - Either ICF certification or having gone through our Mentor Coach Program
- Coaching Hours – 50 coaching hours with clients using the Freedom Coach Model and the Freedom Framework to be granted the credential of "Certified Associate Freedom Coach" or "Certified Freedom Minister" depending on which track you choose.

## Benefits Beyond Certification:

- Invitation to group training, workshops, and masterclasses with Jill Monaco and other guest speakers
- Access to updated and added content and templates
- Membership into Freedom Leaders Network
- Discount on 1:1 coaching and business consulting with Jill Monaco
- Generous Affiliate Program
- Referral partnership program for qualifying coaches

## Disclaimer:

The Freedom Certification Program is an opportunity to learn how to care more for your clients so they can get a breakthrough. Although you will also be using the tools on yourself and will find more

freedom, this program is for coaches, counselors, pastors, or ministers who have already experienced significant healing and gained a level of emotional intelligence and coach competency that will help others through similar journey's.

With that understanding, coaches who participate in this program are expected to be coaching at a professional level and have the capacity to carry the burden for others without being significantly triggered themselves. The best candidates for this program are those who are looking to grow in and add to their coaching skills and feel emotionally stable and spiritually mature in their own lives.

Acceptance into the Freedom Certification Program is not a guarantee of certification. We anticipate and believe every person who takes this training will be able to meet the requirements mentioned above. We understand certification is also a rigorous process which is why it requires successful completion of the entire program, including demonstration of satisfactory performance of skills taught in the program. Successful completion of the program is ultimately determined by Jill Monaco Ministries, however, the participants will have ample opportunity to meet the qualifications for certification.

Our heart at Jill Monaco Ministries is to equip coaches to effectively use the Freedom Coach Model and The Freedom Framework. If a participant seems to struggle to grasp the content or use the tools effectively, Jill Monaco and the team will ask the coach to add training, 1:1 sessions with Jill (at an additional expense to coach), or seek appropriate help for themselves. In a case like this, we will encourage the participant to grow. If the participant is unwilling or unable to do so, they may be asked to leave the program.

Ongoing certification will require:

- A renewal fee of \$500/year for the use of the trademark, licensed materials, ongoing training, business materials, and updated resources (at the "Certified Associate Freedom Coach" or "Certified Freedom Minister" level).
- Attendance of quarterly trainings through Jill Monaco Ministries (included in renewal fee).
- At least 15 hours of continued education (CCE's)/year, good standing with the ICF or other credential programs. (As an option—Jill Monaco Ministries will offer specialty courses on topics at various times of the year starting in 2025.)
- Documented 15 coaching hours using the Freedom Coach Model and Freedom Framework per year.

### Your Next Steps:

Once the application is accepted, the potential participant will meet with Jill Monaco on Zoom for an interview and both will have the opportunity to ask questions. A License Agreement will need to be signed before the start of the program.

We are excited to see how God will use you for the Kingdom and help others walk in their identity in Christ. We consider this a privilege to equip you and are praying for all God will do in and through you.

If you have any questions please see our [FAQ](#) document or email us at [info@jillmonaco.com](mailto:info@jillmonaco.com).