



Cynthia James
enterprises
CHAMPION FOR CHANGE

Becoming a Freedom Coach

Frequently Asked Questions

We are delighted that you are interested in becoming a Freedom Coach!

Here are responses to some FREQUENTLY ASKED QUESTIONS:

▪ ***Would I make a good Freedom Coach?***

The ideal Freedom Coach is someone who has an existing coaching or counseling practice dedicated to supporting people and assisting their healing, and is looking for additional techniques and methodologies to enhance their services.

▪ ***What value will I gain by becoming a Freedom Coach?***

Adding this content to your coaching and/or counseling practice will greatly enrich your existing offerings and help you grow your practice. Certified Freedom Coaches are represented on the Meet Freedom Coaches page on my website.

▪ ***How might I use what I learn in the Freedom Coach Training program?***

You may choose to use this content in your one-on-one coaching or counseling practice to enhance individual growth.

▪ ***What are the requirements to become a Freedom Coach?***

Helping people break free from their bonds is important, yet delicate, work; the success of this process is highly dependent upon the skills of the Coach. Therefore, all potential Freedom Coaches are required to provide proof of the following skills and credentials:

- A license or certification in counseling or coaching work
- An existing counseling or coaching practice
- Group facilitation and management skills

In order to be successful Freedom Coach, it's important that you have vision and values that are in alignment with this content. Therefore, we ask that you identify:

- The personal work you've done on your own emotional health
- Your vision for this work

We've also found that our most successful Coaches have certain traits and qualities that set them apart. We'll be looking for these in you:

- Confidence
- Excellent communication skills
- Personal authenticity
- Professional appearance and demeanor

You'll identify all of these skills and credentials when you complete an application for the Coach training program. A telephone interview with Cynthia will also be part of the application process.

▪ **How does the training work?**

The Freedom Coach training program consists of three stages: a three-day weekend online intensive, a six-week teleconference support program, and work with a coach mentor to prepare you for certification. The training program is limited to 20 participants per training class, so you will get individual attention in a small group setting.

Three-Day Weekend Intensive (Friday noon to Sunday afternoon)

You'll attend an interactive, experiential, small group workshop online facilitated by program creator, Cynthia James.

Six-Week Teleconference Support Program (two hours per week)

Following the weekend intensive, you'll participate with your small group in a series of weekly conference calls designed to support you in going deeper with this content. These calls are a time for you to integrate what you learned in the training, and to engage in the issues that may come up.

▪ **Is there a certification process?**

Yes! The process consists of:

- A written essay that includes your intention
- An in-person interview with Cynthia
- Completion of the Freedom Coach Training Program
- Monthly reports on your progress for the first six months after training completion

▪ **What is the cost of the Freedom Coach Training?**

The cost for the program, which includes the three-day weekend intensive, the six-week teleconference support program, all of the materials you'll need, as well as ongoing support for an additional six months, is \$1,997.

▪ **Is there ongoing support?**

Absolutely! There will be periodic training teleconferences that introduce new concepts or go deeper into existing ones; once you're a certified Coach, you can participate in these ongoing trainings at no additional charge for a period of six months after your certification. You also have access to e-mail support; e-mail your question and Cynthia or one of her support staff will respond within twenty-four hours.