



The
CENTRE_{for}
TRANSPERSONAL
STUDIES

Practitioner Diploma in
Transpersonal Coaching



A Transformative Training Path

Led by experienced coaches with nearly 40 years of experience between them, this course expands the coaching field beyond personal limitations and performance objectives.

Transpersonal coaching addresses the entire human spectrum - including physical, psychological and spiritual dimensions. By connecting clients to their deeper consciousness, we enable them to resolve real-world challenges through a grounded, spiritual lens.

This training is a path to your own conscious growth, as well as that of your future clients.



Step Into Your Future

Just imagine, one year from now, you are a CTS certified Transpersonal Coach.

You work with clients who inspire you, as you support their thinking away from an isolated sense of self and toward a more expansive, interconnected identity.

No day and no client process are the same. As you tap into the wide range of intellectual, emotional, somatic, and spiritual resources you have learned, your clients discover a profound sense of purpose and effectively express it within their daily lives, careers and relationships.

By developing your own presence and awareness, you empower both clients and yourself to take a considered and compassionate approach to life. As you slow down the speed of normal every day reaction, you uncover new thinking and creative solutions that arise from lived experience meeting the field of unlimited potential.

Accessing this meeting point is the heart of our transformative approach.

What is Transpersonal Coaching?

Transpersonal coaching is both an approach and a method.

As an approach, it seeks to work with the whole human to support the client's growth and personal development, and is founded in the belief that we are profoundly interconnected. We are bound to each other in beautiful tapestry - to ourselves, to each other, to our forebears and future generations, and to all other beings on this planet including the planet herself. We are gifted with a unique internal guidance system, through dreams, inspiration, journeys, instincts and intuition, which we can use intentionally to navigate a life of meaning.

As a method, transpersonal coaching is a practical tool for working with clients on their change agenda, in a way that honours this inner and outer web of connection. Our seven stage process is both logical and capable of producing leaps of insight. The art and the joy of coaching is in supporting the client to put these insights into action, through experiments and reflection, in order to create meaningful change.



Who is this programme for?

The Seeker Turned Guide

the professional wishing to deepen their connection to spirit and the individual ready to coach, and live, from the centre of their being.

The Helping Professionals

who wish to integrate spiritual and transpersonal dimensions into their clinical work and prevent burnout.

The Impactful Leaders

who want to bring a deeper, soul-aligned approach to culture and people development.

Seekers of Personal Transformation

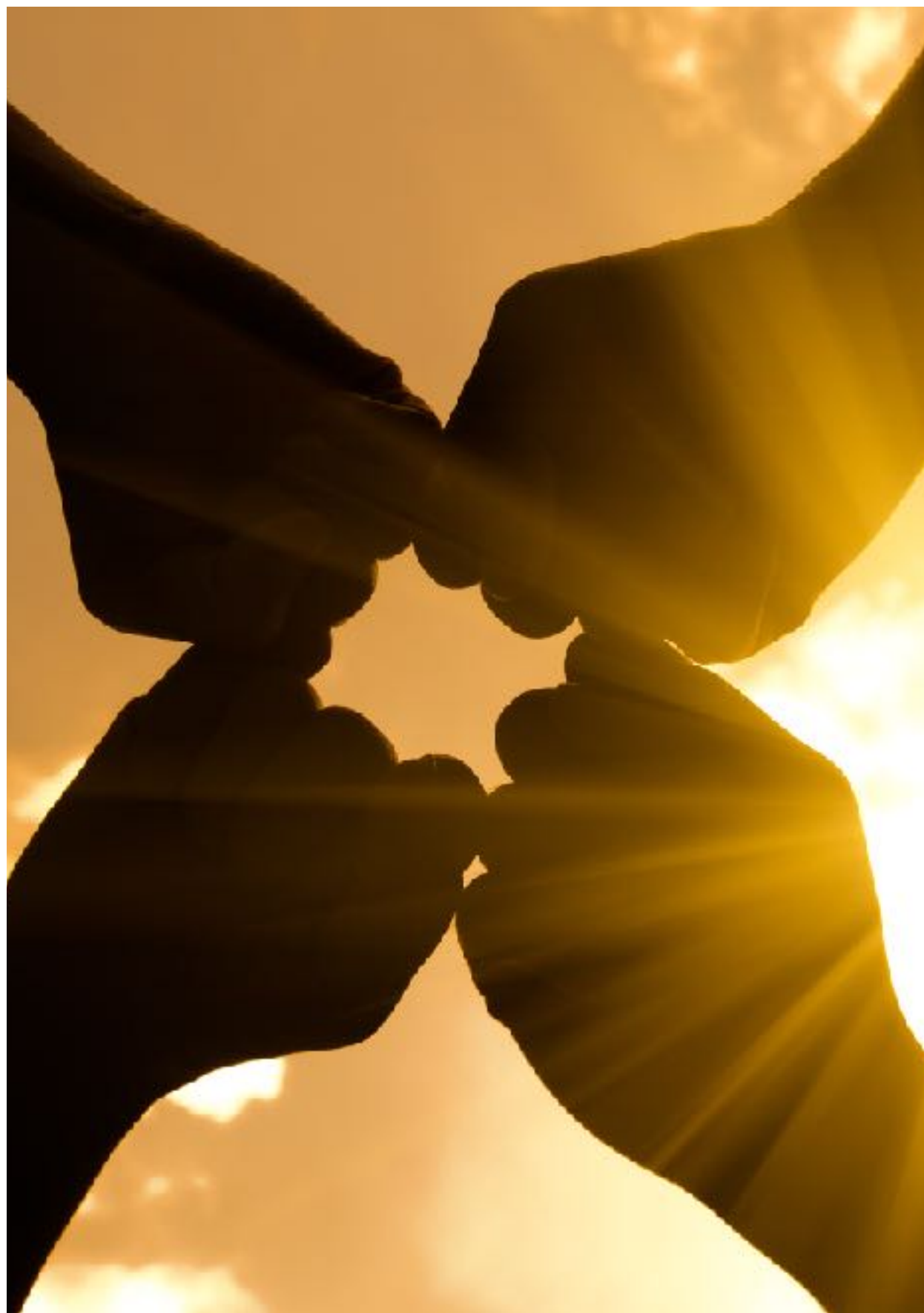
who are ready to explore the furthest reaches of human nature and potential.

The Meaning-Led Entrepreneur

looking to create a second income stream or transition into a new career path.

This curriculum is built for deep personal inquiry, professional boundaries and human growth. It is **not suited** for those seeking "quick-fix" performance tracking, superficial motivational strategies, or generic business coaching.





Our Living Cornerstones

Our work is guided by four core values:

Curiosity

A non-judgmental state of awareness which embraces the unknown, allowing us to explore and integrate the spectrum of the human and spiritual experience without the ego's need to control, label, or fix it.

Compassion

This is the capacity of the soul to witness the pain of the human condition with absolute presence—creating an antidote to our inner resistance by meeting our human struggles with open hearted warmth and understanding.

Courage

Protecting our inner integrity. Standing steady under pressure to speak truth, refusing to make choices from fear and trusting the intelligence of the transformative process, even when the ego cannot see the outcome.

Connection

In transpersonal coaching this is the bridge from isolation to belonging: where the illusion of separation dissolves into a deep alignment with Self, others, the world, and the more-than-human realms of soul & spirit.

About the Diploma

Why Choose This Training?

A Sacred Space for Professional Awakening

We provide a professional home for those ready to bridge transpersonal depth with practical coaching mastery. To guide others into deep self-awareness, you must first trace that map within yourself. This programme serves as the ground for your own inner development, equipping you to stand as an authentic, fully present guide for your clients.

Experiential & Organic Learning

Our educational approach is deeply experiential. Through somatic inquiry, nature-connected work, and creative exploration of consciousness maps, you will learn how to access the wisdom that lies past the analytical mind. You will integrate skills, techniques, and your own coaching presence - which invites new thinking and transformation.

Transformation & Professional Grounding

People are seeking greater meaning, purpose, and integration in a changing world. Our curriculum is built to address these deep existential patterns and transpersonal dynamics while upholding the absolute highest standards of professional safety and integrity. You will discover how to hold a secure, inclusive container that honours profound spiritual insights without losing professional grounding.



Peer Support

- 7 immersive in person weekend sessions
- 134 Hours of Coach-Specific Education
- 7 Hours of Mentor Coaching
- Reflective Practice
- Self-Discovery

About the Diploma

Ancient wisdom for changing times

Taught over 7 weekends, the modules include:

- **Module 1: Foundations & Belonging**

Opening ritual and cohort formation; establishing sacred group agreements; resourcing yourself as a coach; first encounters with transpersonal awareness through experiential practice.

- **Module 2: The Relational Container & Preparation for the Journey**

Building safety and trust as the ground of transformation; presence-based listening at multiple depths; mirroring and evoking clarity; foundational ethics and contracting; introducing values as the client's inner compass.

- **Module 3: Clearing the Path**

Meeting the protective ego with compassion; the Loyal Soldier and the inner voices that block descent; working with shadow without collapse; holding space for what the client is not yet ready to see.

- **Module 4: Descent Into the Creative Void**

The seven-stage journey mapped; the coach's role at the threshold; presence in unknowing without rescue; establishing session-level agreements and clean challenge; preparing for peer coaching practice.

- **Module 5: Crystallisation & Bridge to Action**

Anchoring what emerged from the void; naming soul-rooted power without inflation or collapse; interrupting the ego's defensive returns; designing precise experiments that carry insight into the world.

- **Module 6: Integration & Sustaining Transformation**

Holding the client's transformation under real-world pressure; the coach as instrument; recognising your own transformation; Life Review — gathering feedback from your circle to see how you're perceived versus who you're becoming

- **Module 7: Mastery, Closure & Emergence**

Presenting your Life Review insights; completing the arc with ceremony; building professional peer networks; next steps; graduation and stepping into practice as a Transpersonal Coach.



The Programme

Curriculum Delivery

As this course is in active development to ensure the highest professional standards, all listed module topics, titles, and exercises are subject to ongoing refinement and change before the January 2027 launch. The final programme will deliver the full advertised training hours.

Accreditation: This course is designed to meet the educational requirements for an ICF Level 1 programme. Final institutional accreditation is subject to the formal review and approval process of the International Coaching Federation (ICF).

Options to Enrolment

Attend an Online Information Evening

These are free, hour-long sessions held via Zoom. You will meet one of the founders, hear more about our ICF-aligned syllabus, and experience the transpersonal approach firsthand. Book [here](#).



Centre for Transpersonal Studies Founders:
Emma Pruen, Carl Hewitt, and CEO Joanne Sumner

Book Your Discovery Call

To be considered for a place, the Discovery Call with one of our founders is a chance to explore whether the programme is right for you, ask any questions, and for us to understand your readiness for deep transpersonal work. Book [here](#).