

LMI Certification FAQ

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General

1. How is this different from other life coaching certification programs?

The *Coaching the Heart* certification has a different *focus*: coaching a person's inner world of core beliefs, emotional memories and desire, as opposed to their outer world of behavior and action. We aim to produce transformational change to the heart as well as the behavior by working from the inside out. We don't spend time on business building, or even on teaching destiny discovery: our focus is on the heart.

Our *methodology* is different as well. Most coaching programs teach a rational process of creating goals, exploring options, developing action steps and following through. Encounter Coaching, however, works with the emotional instead of the rational brain. And there is a completely different set of tools used for coaching the emotional side of the brain. For instance, you'll learn to drill down to desires and beliefs through emotion, then create experiential encounters with Jesus that fill and change the heart.

Another difference is our *values*. This is an overtly Christian program that trains you to bring Jesus directly into the coaching conversation, so that the client dialogs with Jesus during the coaching appointments instead of just with the coach.

2. Who is this program designed for?

Our target audience is ministry leaders, life coaches or those who want to learn to coach, professional and lay counselors who want to add coaching tools to their skillset—anyone who wants a powerful set of tools to help people (especially Christians) experience heart transformation. A great list of who the program is for and not for is on our [certification page](#).

3. What will I learn?

Check the following pages for in-depth info on each of our core courses:

- [Transforming the Heart](#) covers the fundamental workings of the heart, familiarizes you with desires and starts you out coaching the heart.
- [Living from the Heart](#) teaches you powerful reframing tools for helping your coachee see their own story from heaven's perspective.
- [Coaching the Heart](#) gives you extensive tools and practice in developing and using encounter coaching questions to create personal transformation.

4. I already have a coaching certification. Is this program for me?

Yes! We offer a Continuing Ed certification for those who've already gone through a formal coach training program. We subtract the basic courses you've probably already covered. And our core courses use different tools and methods, and focuses on a different part of the person than traditional coaching programs, so you'll find that this is almost all new and not a repeat of what you've already learned.

5. Can I use these techniques to coach people who aren't Christians?

The approach we use is overtly Christian, especially since the guts of it is about meeting Jesus in your desires. So if you are coaching someone who doesn't want God to be part of the conversation, there are important pieces of this you won't be able to use. On the other hand, most Americans believe in God, they just don't like religion. So if you invite them to ask Jesus a question and see what he says (instead of telling them what you think God says to them), you'll often get a positive response—and sometimes an incredible breakthrough.

6. Is this a life coaching certification program?

Depends on how you use the word "Life Coach". Most often, it is often used as a general term for coaches, with the word "life" used to distinguish this from sports coaching. In that sense, we are a coaching certification program.

However, sometimes "life coach" is used more specifically of the subset of coaches who help people discover and live their destinies. Destiny discovery tools are not a major focus of LMI's program—although realigning your inner world can often be the key to fulfilling your destiny!

Academics

7. What are your workshops like?

Fun. Emotionally Intense. Highly Interactive. Authentic. You've probably never been to a workshop like this before! Because the heart learns best from experience (as opposed to words and concepts), we use lots of learning games, demos, group exercises, practice sessions, encounters and more. We try to be heavy on interactive, adult learning approaches and go light on the talking head. And then there's the Taste of Heaven (see below)...

8. What is the Taste of Heaven Encounter?

The centerpiece of our core workshops is the [Taste of Heaven](#), a 90-minute God-encounter where we use actors, staging, lighting, original music, even ballet to create a powerful heart experience that bonds the group and creates an authentic culture for the rest of the workshop. Then we debrief on the experience, and use what happened in the participant's hearts to unpack the makeup and the functioning of the heart. Many participants say that hour and a half was worth the entire cost of the workshop! (Note: Coaching the Heart does not include a Taste of Heaven).

9. What are the qualifications of your instructors?

Our founder and key trainer, [Tony Stoltzfus](#), has been involved in coaching and coach training since 1999. He has helped launch three different professional coaching schools, trained thousands of coaches and authored 10 books on coaching (including [Coaching Questions](#), the best-selling coaching book on Amazon.com).

In addition to completing our three core courses, our hand-picked affiliate instructors go through a rigorous, year-long Facilitator Training Program that includes additional workshops, on-line courses, plenty of practice and feedback, co-teaching with other instructors and more. For more info on our team, visit the [Staff page](#) on www.Meta-Formation.com.

10. Can I take this program on-line?

No. Because transformation happens best in experiences and relationships, our program is all about creating experiences. That's hard to do on-line, so we've chosen to only offer our core courses in-person. Plus, we couldn't do the [Taste of Heaven](#) on-line, and you wouldn't want to miss that!

11. Will this course teach me the business side of coaching?

LMI's certification program does not have a business-building component. It is all about coaching the heart.

12. Do I have to do these workshops in any particular order?

While the three required LMI workshops ([Transforming the Heart](#), [Living from the Heart](#) and [Coaching the Heart](#)) can be done in any order, we'd highly recommend taking *Transforming the Heart* before you do *Coaching the Heart*. The [Foundations of Coaching](#) tele-course can be taken at any point (before, after or during the three core courses).

A [detailed checklist](#) of every step you have to take to be certified is posted on-line.

13. How long does the program take to complete?

Usually less than a year. We run all three core courses at our central location at least once per calendar year, and our affiliates run many more. The courses themselves last nine weeks each (the single tele-course is 12 weeks). To see what courses are coming up, click here: www.coach22.com/Metaformation-Registration.html.

14. What is the peer follow-up process?

Each core course includes a series of eight, 90-minute virtual [follow-up sessions](#) with your team of four peers. You go through the workshop as a team, building intimacy and relationship, and that same team continues to meet together for the follow-up. We have teams that got so much out of their fellowship that they are still meeting years after the training is over!

The purpose of the follow-up process is to make what you learned at the workshop part of your everyday life—to actually **use** it. The statistic is that workshops with follow-up produce 400-500% better results than the event alone. Getting five times as much out of the workshop sounds like a super deal—and that's why we do follow-up.

15. Are you affiliated with the International Coach Federation (ICF)?

We are not affiliated with the ICF, and do not offer an ICF certification, although these classes may qualify for their portfolio process of certification.

16. What does my certification allow me to say about my credentials?

You'll be a fully certified coach, so you can legitimately call yourself a "Coach," "Life Coach" or "Encounter Coach." You also earn the ability to use the *Coaching the Heart* logo (at right) in your advertising or on your web site, as well as the right to say you are, "Certified in Coaching the Heart." You can also say you were "trained by" LMI or by a particular one of our trainers. To prove it, you'll get a *Coaching the Heart* certificate from LMI suitable for framing



What you **can't** do is claim to be an official representative of LMI, LMI staff, or use the LMI logo in your advertising. For instance, you can't say you are a "Leadership MetaFormation Coach"—that infringes on our name.

17. What do I need to do to pass the final exam?

Pray!

Ok, just kidding. The idea of the [exam](#) is that you actually coach someone using skills like Drilling Down to Desire or applying the Seven Frames that you learned in one of our courses. Then one of our trainers reviews a tape of the appointment, gives you specific feedback about how you did and works with you on one or two skills to help you improve. Certification will be granted if the student demonstrates competence in the skills learned.

18. You mentioned a quiz after each course. Tell me how that works.

After you complete each course (including the follow-up for the three core courses), you will take a 20-30 minute on-line quiz covering the material in the course and in the required reading. The quizzes aren't a cakewalk, so make sure you do the reading first! Also, you can't pass the quiz until you've finished the 8-week follow-up process. Complete info on quizzes with the links to take them is on our [exam page](#).

Financial & Logistics

19. How do I enroll in the program?

Enrolling is easy. Just go to our [registration page](#), select one of our three core courses and check the box next to it for the [certification fee](#), and finish the transaction. There are no other enrollment requirements. (The three core courses are *Transforming the Heart*, *Living from the Heart* and *Coaching the Heart*.)

20. Do I pay for the program all at once?

Instead of paying up front in one lump sum, our program is pay-as-you-go. Each course has a separate registration fee, and the books are sold separately. So you can take as much time as you like to finish without having your money tied up in something you've bought but haven't yet used. You can [register here](#).

21. What is the total cost, as well as the cost for each course?

In short, there are two different fees depending on whether you are doing the full certification program or the continuing ed version (for existing coaches):

- \$1899.00 for the Continuing Ed training (as of 6/17, not including early bird discounts).
- \$2124.00 for the Full Certification (as of 6/17, not including early bird discounts).

Here's the breakdown (these prices are as of June 2017). The three core courses are each \$479.00 each plus a \$79.00 certification fee, for a total of \$558.00 each. The one-time final exam fee is \$225.00. Therefore, the total cost for existing coaches of the continuing ed program (no including books) is \$1899.00. The full certification program adds the *Foundations of Coaching* tele-course for \$225, for a total of \$2124.00 (not including books).

For the latest pricing, visit our [registration page](#).

We often offer early bird and group discounts on our core courses, so sign up early and save! Please note that prices may change without notice.

22. What is the certification fee I see on the registration page?

We offer our courses to people who simply want training in heart engaging as well as those who want to be certified. The certification process requires extra work and recordkeeping on our part, so we have an add-on [certification fee](#) for our core courses for those being certified (so that we aren't charging people who aren't going for certification for something they don't get). The certification fees (as of 6/17) are \$79 per course for the three core courses plus \$225 for the testing/certificate fee.

23. Where can I purchase the books required for these courses?

You can purchase them direct from us at www.Coach22.com/lmi-certification-books.html, or at the book table during a workshop. We also have Kindle, Apple iBooks and Barnes and Noble Nook e-book versions available at their respective on-line stores.

24. What happens if I have a family emergency, or my plans change and I can't make it to the workshop?

Contact our office at Office@Meta-Formation.com as soon as possible. You may also want to view our [refund policy](#).