

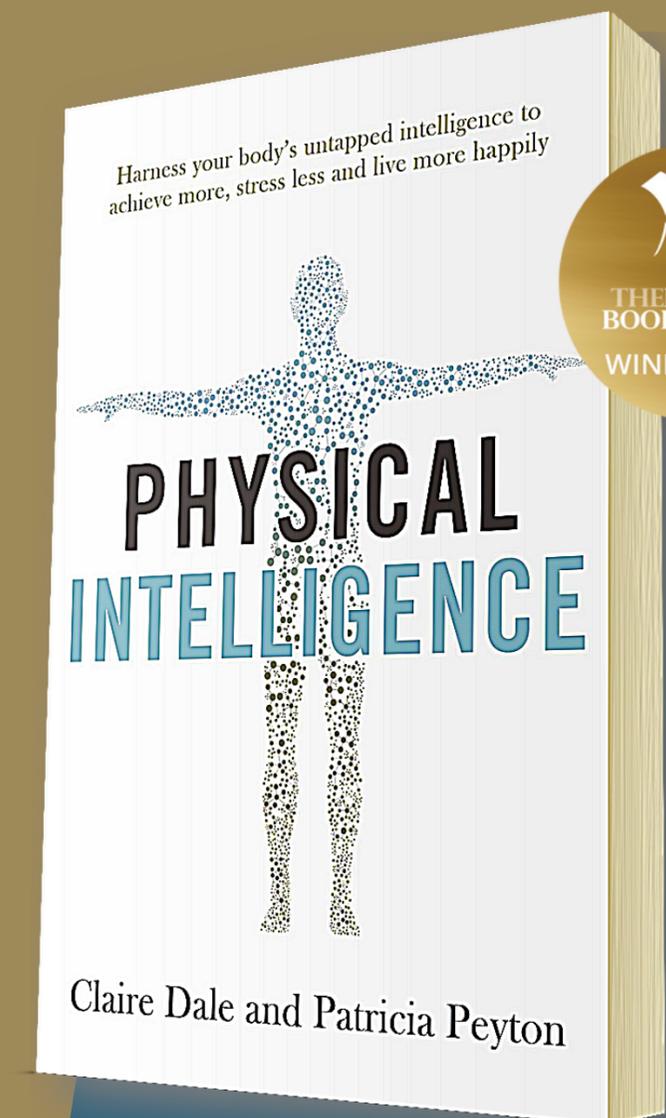
Coaching with Physical Intelligence

Time to upgrade your coaching ability

An extraordinary, up to the minute
scientific blueprint for optimising your life
and your coaching practice

"Convincing, thorough and pragmatic
- a brilliant resource for professionals
and practitioners."

- Roz Carroll, Body Psychotherapist and Author





Certification in Coaching with Physical Intelligence

Power up your coaching using scientifically proven techniques

- Increase your effectiveness with a toolkit of over 100 techniques
- Increase your confidence in your coaching practice
- Build your credibility and understanding of how a human being works
- Improve your own coaching presence and impact
- Differentiate yourself in the coaching market and win more clients
- Build deeper trust with your clients
- Get faster and longer lasting results
- Increase your value as a coach, and maybe your fees!
- Work and learn alongside leading coaches like you

Limited spaces

For leading coaches of all levels

New to coaching?

This course will give you a scientifically based toolkit to integrate into your coaching

Experienced coach?

Deepen your practice and confidence to unlock additional performance through the technology and untapped potential of the body



Why are leading coaches turning to Physical Intelligence?

Physical Intelligence is the ability to detect and actively manage the chemistry of the body to unlock enhanced performance – inner strength, cognitive function, energy, creativity, resilience, leadership presence and endurance. It is a fundamental element for a successful and powerful coaching practice.

Hundreds of chemicals (such as testosterone, cortisol, serotonin, oxytocin and dopamine) racing through each of our bodies, largely dictate how we think, feel, and behave. Yet most of us operate at the mercy of those chemicals, without realising that we can strategically influence them.

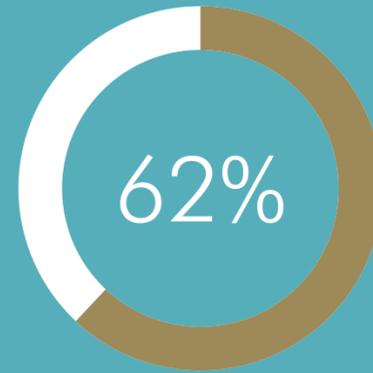
By working with scientifically proven techniques – ways of moving, breathing, thinking, visualising and interacting with others – we can change the chemistry of the body, and access enhanced levels of skill to unlock your own and your client's ability to transform.

The body is an under-explored and under-utilised resource to improve performance and our ability to change. It is of huge value for coaches to understand and tap into.

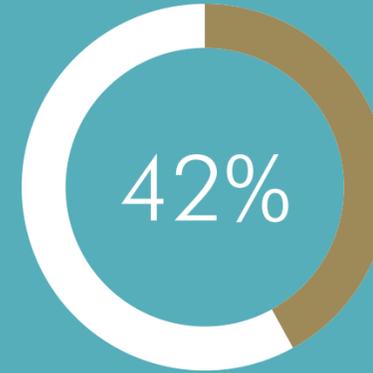


**Over 100 techniques
rooted in science and
underpinned by over
175 pieces of research**

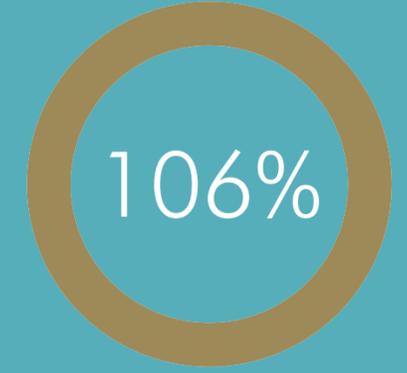
- ++++ Confidence
- ++++ Aptitude to change
- ++++ Better decision making
- ++++ Energy, resilience and endurance
- ++++ Leadership presence



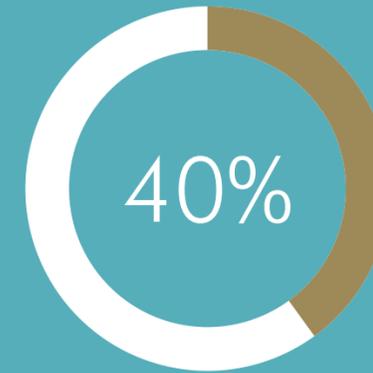
Improvement in
cognitive function



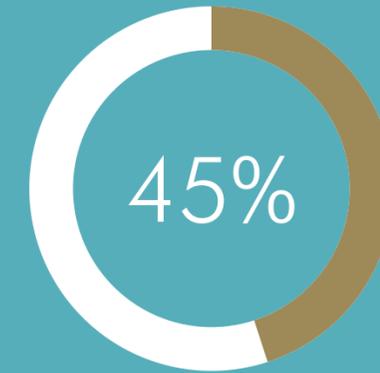
Reduced levels of
stress



Increase in energy



Decrease in
burnout



Increase in high quality,
innovative ideas



— “

I wanted this course to provide a basis for increasing my own awareness of my body, moment to moment. This is definitely happening.

” —

- Oliver, Coach and Psychotherapist

— “

The Physical Intelligence course helped make sense of my coaching. I want my clients to take real actions that will transform their performance and not pay lip service to what I suggest. Being able to explain the science underpinning the work helps my clients to take what I suggest seriously and commit to personal change.

” —

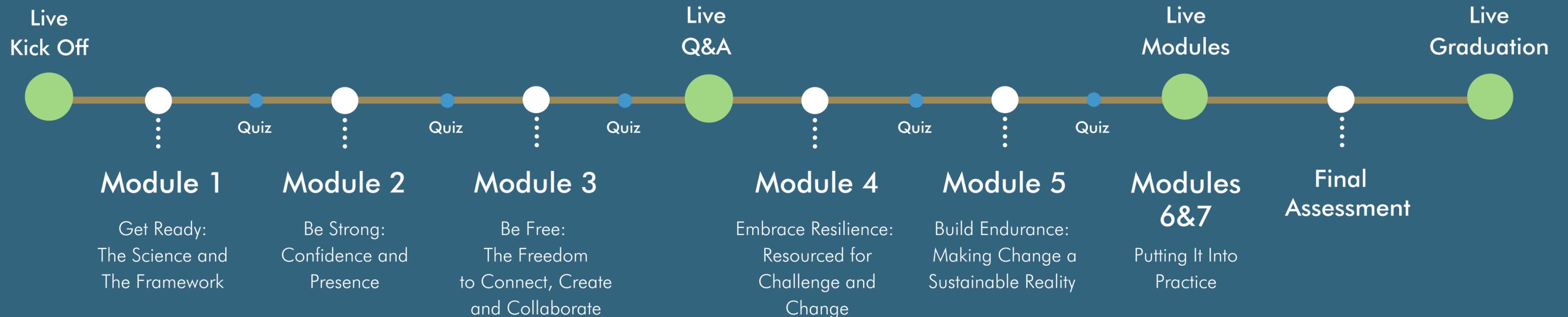
- Amanda, Coach and Singing Teacher

[BOOK NOW](#)

Find out more
www.piicoach.com



Your course at a glance



7 MODULES, 7 WEEKS

Online content - work at your own pace
Peer coaching and practice in small pods throughout the course
Video assessment and certification



Course Experience

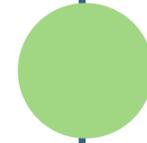
A 7 week, 7 module experience of blended learning and reflective practice working with other leading coaches

Understand the science that underpins Physical Intelligence techniques and integrate these into your coaching practice. Learn how to harness your own Physical Intelligence as a coach, and market, position and differentiate yourself with clients.

BE STRONG: Confidence and Presence

- Inner strength for success
- Somatic markers – memories and emotions
- The chemistry of confidence
- Change your breath; change your chemistry
- Why posture really matters
- Creating a state of receptivity and listening

Quiz and Power Assignments



LIVE KICK OFF



GET READY: The Fundamentals of PI

- How a human being works
- The 7 systems for health and performance
- Memories, beliefs and experiences are chemically encoded in our bodies
- Creating change in under 10 seconds
- How to build determination
- Holding your clients to account



Quiz and Power Assignments

Test your knowledge, try PI yourself, use it with clients, practice with peers in your pods





3

BE FREE:

The Freedom to Connect, Create and Collaborate

- 7 moves for flexibility
- Unlocking the chemistry of freedom
- Connecting brain hemispheres for increased creativity
- Techniques for generating more choices for clients
- Leveraging the three brains
- Accessing essential data from the body
- Things that create and destroy trust

Quiz and Power Assignments

LIVE Q&A

4

EMBRACE RESILIENCE:

Resourced for Challenge and Change

- Three key resilience challenges PI can help address
- Working with the chemistry of renewal
- How you can help your clients to increase capacity
- Coaching people through overwhelm and overdrive
- Building mental, emotional and physical fitness
- Working with resistance and finding release

Quiz and Power Assignments



THE PI COMMUNITY, INSTITUTE AND FOUNDATION:
Creating a Physically Intelligent World

VIDEO & SELF ASSESSMENT

5

BUILD ENDURANCE:
Making Change a Sustainable Reality

- Engaging the visual cortex in imagining a future
- How and why visualisation works
- How to help your clients to stay on track
- When the going gets tough – how to help your clients get going
- The chemistry of appreciation – how to boost performance

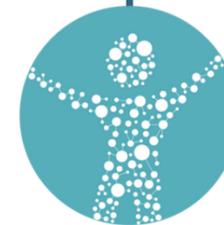
Quiz and Power Assignments

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7

PUTTING IT INTO PRACTICE



CERTIFICATION & GRADUATION

BECOME A MEMBER OF THE
PHYSICAL INTELLIGENCE INSTITUTE!



BBC RADIO LONDON

Listen to Claire Dale, Founder and Director of the Physical Intelligence Institute, on the Robert Elms Show each Monday at 11.30AM (UK)

[LISTEN HERE](#)

BBC WORLD NEWS

Aaron Heslehurst introduces viewers to Physical Intelligence with the Physical Intelligence Institute Director, Patricia Peyton

[WATCH HERE](#)

FOSTERING INNOVATION TO EXCEED GOALS

How to leverage the great minds around you and more

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