

A black and white photograph of three people in a meditative pose. A man in the center, with curly hair and a beard, is in profile, eyes closed, wearing a light-colored t-shirt. To his left, a woman is also in profile, looking upwards, wearing a dark t-shirt and light jeans. To his right, another woman is in profile, looking downwards, wearing a dark t-shirt and light pants. The background is a plain, light-colored wall.

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ENERGY COACHING INSTITUTE

ENERGY COACH & PRACTITIONER DUAL CERTIFICATION

WHERE PROFESSIONAL COACHING MEETS ENERGY MASTERY

NEXT COHORT STARTS 3RD OF FEBRUARY 2026

An 80-hour training program internationally accredited by ICF and IPHM.



**“Energy work is no longer optional - it’s foundational.
The world needs coaches and practitioners who can hold the whole human.”
-Energy Coaching Institute**

WHO IS THIS TRAINING FOR

It is for:

- **Aspiring coaches and career changers** who want to step into a profession that blends structure with intuition.
- **Energy workers** and practitioners ready to gain coaching skills, ethical standards, and professional certification.
- **Certified coaches** who seek to deepen their work through embodiment, energy awareness, and nervous system literacy.

It is for those who are ready to:

- Learn proven coaching and energy tools grounded in both **science and soul**.
- Facilitate powerful client transformations through presence, resonance, and regulation.
- Grow into a confident, ethical, and **embodied practitioner of the future**.

WHY ENERGY COACHING?

The New Role of the Energy Coach Practitioner

- Coaching alone often works with goals and mindset.
- Energy work alone often lacks structure.
- Energy Coaching brings both together, integrating body, mind, emotions, and energetic intelligence.
- **Clients today don't just want guidance. They need spaceholders who can meet them energetically, ethically, and professionally.**
- As an Energy Coach Practitioner, you work at the root, supporting transformation through presence, regulation, and resonance.

This is for those who are ready to:

- Bridge intuitive tools with proven coaching frameworks.
- Work with nervous system, biofield, and emotion in a grounded way.
- Lead transformation without “healing” or “fixing” – but by holding space with power.

OUR VALUES

Embodied Spirituality. Depth. Growth.

We believe true leadership starts within.

This training invites you to embody your own transformation first, so you can guide others with clarity, compassion, and grounded presence.

WHAT IS COACHING?

Coaching is a professional process that supports people in **creating meaningful change** in their lives – through presence, deep listening, and powerful questions.

Coaches:

- work from the belief that **clients are whole, resourceful**, and carry the answers within
- ask questions that help clients gain clarity, shift limiting beliefs, and **reconnect to their full potential**
- accompany clients from where they are to where they want to be – with trust, structure, and compassion
- listen in a way clients may have never experienced, **creating a space** for insight and transformation

"A partnering process with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential."

- **International Coaching Federation**

**"The deeper meaning of coaching is deeply spiritual:
it is an intuitive art that helps people realize they are WHOLE the way they are.
And by reconnecting them to their WHOLENESS, anything becomes possible."**

– Mona Hassan

WHAT IS ENERGY WORK?

Energy work is the practice of tuning into the subtle, yet powerful, fields that shape our emotions, nervous system, and physical body.

It recognizes that we are not only mind and matter, but also frequency, resonance, and flow.

Working with energy allows us to:

- Release emotional and energetic blockages stored in the body
- Restore coherence in the nervous system and biofield
- Cultivate deeper presence, regulation, and intuition
- Connect with the full spectrum of our being – physical, mental, emotional, energetic, spiritual

Energy work doesn't replace coaching or therapy. It complements them, allowing us to meet the client beyond words, where deep shifts can happen.

“Holistic therapies work with the whole person – mind, body, and spirit.

This approach is designed to bring balance to all areas of life, rather than just treating symptoms.”

**– International Practitioners of
Holistic Medicine (IPHM)**

“Your energy is your medicine.”

– Patrick Guérin

WHY ACCREDITATION MATTERS?

In today's coaching and wellness industries, where spiritual and **somatic approaches are becoming more mainstream, accreditation matters.** It provides clients with trust, practitioners with structure, and ensures that depth is paired with integrity.

At the Energy Coaching Institute, we are **committed to bridging the world of energy and embodiment with the highest professional standards** – and that's why we align our training with the gold standards of ICF and IPHM.



ICF is the gold standard in coaching education. Our training includes 80 hours out of which **40 hours are ICF certified (15h Core Competency, 25h Resource Development).**



IPHM is a leading global accreditation body for holistic and alternative practitioners.

Our full **80-hour program is IPHM-accredited**, certifying you as an Energy Practitioner with global recognition.

YOUR TEACHERS

Mona Hassan

Mona Hassan is an internationally **certified coach trainer, consciousness guide, and co-founder** of two pioneering programs in the field of personal transformation, the globally accredited Women Empowerment Coach Certification and the multidimensional SONA® framework.

With a decade of corporate experience and cultural roots in Austria, Korea and Egypt, she brings a rare depth to her work, bringing ancient wisdom into a grounded, future-forward approach.

Mona is a leading voice in the evolution of personal development, **guiding individuals beyond traditional coaching into the realm of the multidimensional self**. Her teaching style is both rigorous and intuitive, creating spaces where transformation is not just understood, but truly embodied.

Her mission is to shape the future of conscious leadership and creation by bridging worlds.

Patrick Guérin

Patrick Guérin is an **energy master** and emotional bodyworker known for his **grounded presence** and valuable energetic awareness. For over a decade, he has integrated **energy intelligence with depth**, developing an approach that bridges precise energetic work with transformative impact.

With a background uniting high-performance mental training and advanced energy practices, Patrick works at the intersection of structure and intuition. Drawing from bio-energy, systemic work, shadow integration and sound, his skills apply each tool consciously to create profound change.

Patrick is **redefining energy work as a professional field**, where future-ready space-holders cultivate non-negotiable, full awareness, self-expression becomes natural, and energy coherence forms a foundation of life today.

ABOUT THE PROGRAM

The Energy Coach & Practitioner Certification is the first of its kind – a dual-pathway training that unites professional coaching with energy work in one internationally recognized program.

This is an immersive 80-hour training that blends the structure of coaching, the intelligence of the body, and the subtle power of energy work.

At the core of this training are our **3 foundational pillars:**

1. Coaching Excellence

Rooted in ICF standards, we train you in advanced skills of transformational coaching: presence, listening, questioning, ethics, and more.

2. Embodied Transformation

*We don't teach from the neck up.
We teach from the body, through the
body, with the body.*

3. Energy Mastery

*Learn how to work with the human
energy field, emotions, trauma, and
resonance using both ancient and
modern energy techniques.*

6-MONTH HYBRID TRAINING - ONLINE AND IN-PERSON

THE COURSE STRUCTURE

ONLINE SELF-STUDY

INCLUDES VIDEOS, GUIDED PRACTICES, REFLECTION PROMPTS, MEDITATIONS AND ASSIGNMENTS YOU CAN COMPLETE AT YOUR OWN PACE.

36 HRS

LIVE IN-PERSON

A 4-DAY IMMERSIVE TRAINING WHERE WE PRACTICE HANDS-ON TECHNIQUES, DEEPEN GROUP CONNECTION, AND EXPERIENCE EMBODIED ENERGY WORK TOGETHER.

28 HRS

LIVE ONLINE VIA ZOOM

INCLUDES LIVE COACHING DEMOS, GROUP MENTORING, AND INTERACTIVE Q&A SESSIONS SPREAD ACROSS THE TRAINING TIMELINE.

16 HRS

ABOUT THE ON-SITE TRAINING

As part of this certification, we will gather for a **4-day immersive training in the beautiful city of Vienna (Austria) 4-7 June 2026.**

This in-person experience is where the depth of the work comes alive, through embodied practice, energetic presence, and the kind of connection that only happens in real space. You'll train in a beautiful, modern energy studio in the heart of Vienna, designed to support both grounded learning and subtle energetic work.

Together, we will:

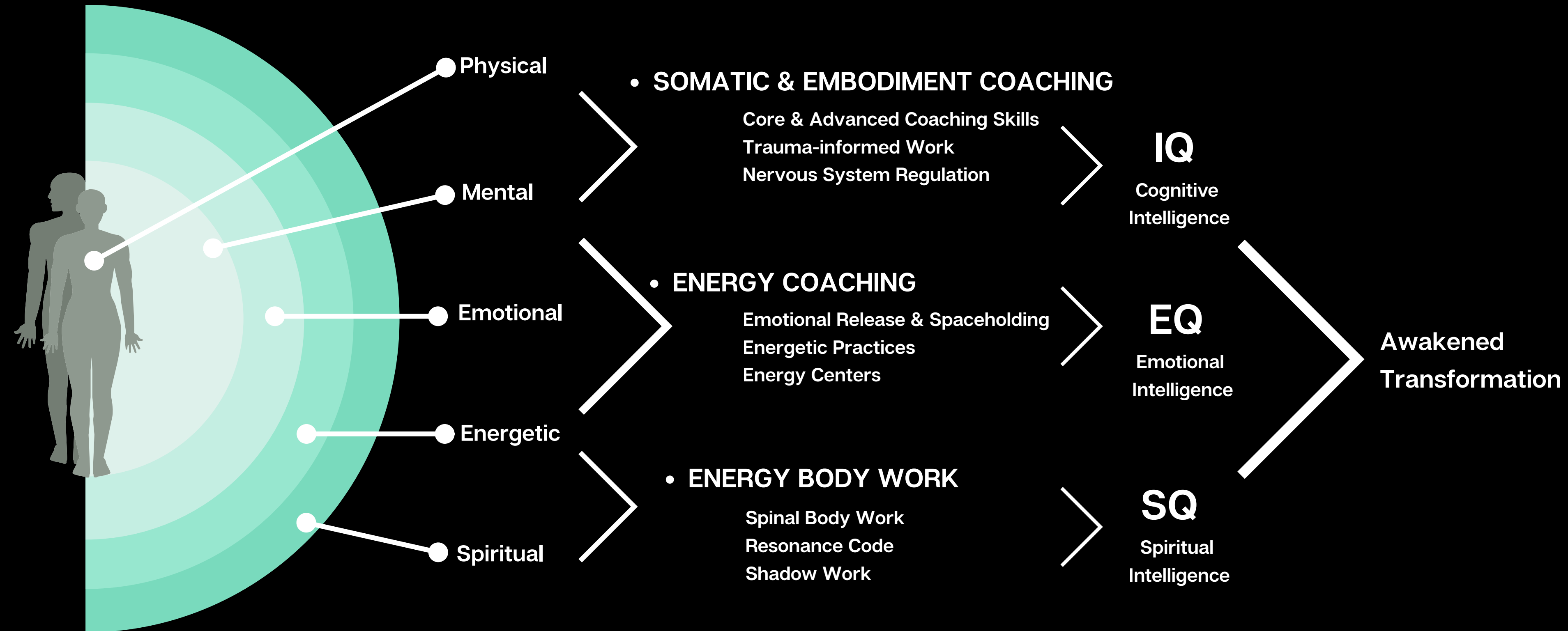
- Practice advanced energy techniques and hands-on methods
- Refine your spaceholding skills through real-time feedback
- Deepen emotional and somatic intelligence through partner and group work
- Build strong peer and community connections that carry beyond the training

These onsite training hours are included in your tuition.

Please note: accommodation, travel, and meals are not included and must be arranged independently.

THE AWAKENED BODY[©]

Our Unique Framework



COURSE CONTENT OVERVIEW

The Energy Coach & Practitioner Certification is structured around three core modules, each building a distinct area of mastery.

MODULE 1:

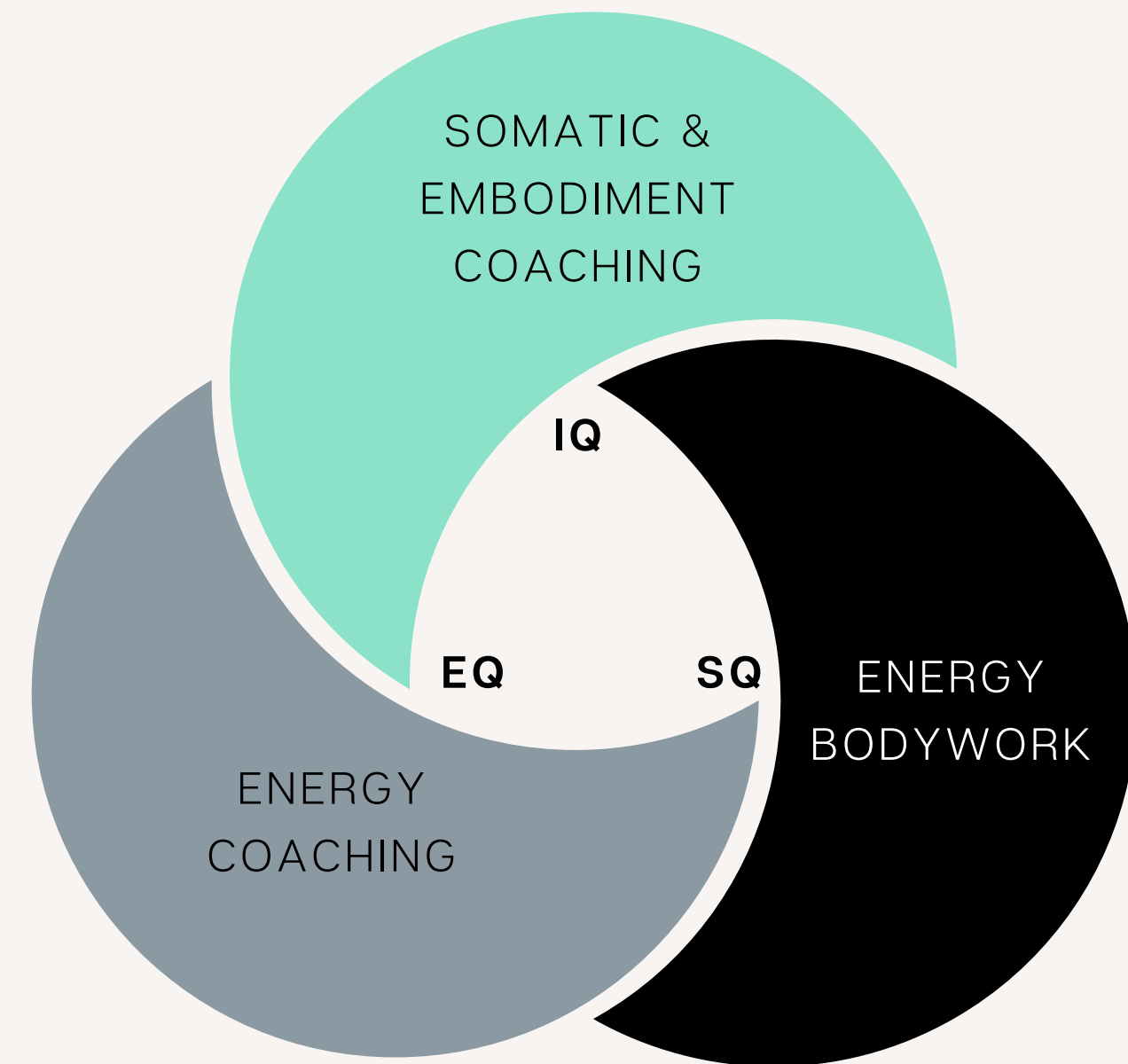
SOMATIC & EMBODIMENT COACHING

MODULE 2:

ENERGY COACHING

MODULE 3:

ENERGY BODYWORK



THE AWAKENED TRANSFORMATION FRAMEWORK

MODULE 1

SOMATIC & EMBODIMENT COACHING

What you'll learn

In this module, we'll briefly review the core principles and ethics outlined by the ICF, including the role of the coach, boundaries, and professional standards.

From there, we move into the **heart of this module**: advanced coaching skills. You'll deepen your capacity to hold powerful, client-centered sessions that are structured, yet intuitive – integrating body-based awareness, emotional spaceholding, and a strong ethical container. We focus on the how behind presence-led coaching: how to track somatic cues, hold deeper silence, guide integration, and work with the client's nervous system in subtle, attuned ways.

You'll walk away with an expanded ability to support clients through meaningful transformation using clear coaching frameworks enriched with somatic depth. The focus lies on conversational coaching, which includes the body in the process.

SOMATIC & EMBODIMENT COACHING FOUNDATIONS

DEFINITION & SCOPE OF COACHING
COACHING VS. OTHER DISCIPLINES
ETHICS & SCOPE OF PRACTICE
ICF INTRODUCTION

ADVANCED COACHING SKILLS

NERVOUS SYSTEM REGULATION
TRAUMA-INFORMED COACHING PRINCIPLES
EMBODIMENT-BASED COACHING TECHNIQUES
SOMATIC COACHING PRACTICES
EMOTIONAL SPACEHOLDING
INTEGRATION TOOLS FOR CLIENTS
CASE STUDY REFLECTIONS

ENERGY

INTRODUCTION TO ENERGY, FREQUENCY & VIBRATION
ENERGY CENTERS OVERVIEW
INTRODUCTION TO THE BIOFIELD
EMOTIONAL INTELLIGENCE & EMOTIONAL RELEASE

ENERGY COACHING

MINDFULNESS & PRESENCE TECHNIQUES
INTEGRATION OF BREATHWORK
GUIDED VISUALISATION & MEDITATION
ENERGETIC PRACTICES
EMOTIONAL SPACEHOLDING PRACTICES
CONSTELLATION EXERCISES (ENERGETIC DIMENSION)

MODULE 2

ENERGY COACHING

What you'll learn

In this module, you'll learn how to bring energy awareness into the coaching space. We'll explore the foundations of energy, frequency, and vibration, and how these unseen forces shape behavior, emotions, and presence. You'll begin to sense the energetic field of a client, understand how to work with resonance, and use energy as a lens for transformation, all still within the context of conversational coaching.

This is where we move beyond the body into the field, without losing our center.

You'll walk away with the ability to support clients through meaningful energetic shifts using grounded coaching tools, subtle awareness, and an embodied understanding of how energy works in the human experience.

MODULE 3

ENERGY BODYWORK

What you'll learn

In this final module, we go beyond the coaching conversation and into **direct energy-based practice** – **working with the body**, the field, and the unseen layers of the human system.

You'll learn how to sense, move, and support energy through hands-on and off-body techniques. We'll explore the biofield, energy centers, the spine, and the elemental systems of the body, combining ancient knowledge with modern coaching ethics. You'll also learn how to regulate your own energy, stay clear and grounded while working with clients.

You'll walk away with the ability to facilitate gentle but powerful energetic shifts – whether in person or remotely, using a grounded, intuitive approach that respects the client's system and honors your own.

ENERGY BODYWORK

HANDS-ON ENERGY PRACTICES
DISTANCE ENERGY WORK
SPINAL ENERGY WORK
BODYWORK PRESSURE RELEASE
MUSIC-ASSISTED ENERGY WORK
INTRODUCTION TO FIELD WORK
RESONANCE CODE
ENERGY HYGIENE & PRACTITIONER PRESENCE
5 ELEMENTS BODY MAPPING
SHADOW WORK INTEGRATION
CASE STUDIES (ENERGY BODYWORK)
CONSTELLATION EXERCISES (ENERGETIC/GROUP FIELD)

CLASS SCHEDULE 2026

LIVE ONLINE CLASSES via Zoom

Taking place the following Tuesdays from 18.00 - 20.00 CET via Zoom

Feb 3rd

Feb 24th

March 17th

April 7th

April 28th

May 19th

June 16th

June 30th

LIVE IN-PERSON TRAINING in Vienna

June 4th-7th

To receive the full 40 ICF accredited CCE hours all Live Classes and the 4 days Live in-person training need to be attended.

ABOUT THE CERTIFICATION

At the end of this training, you will receive your official certification as an Energy Coach & Practitioner, a dual-pathway certification.

The certification acknowledges your completion of 80 hours of accredited training – fully recognized by IPHM, and including 40 hours of ICF-accredited Continuing Coach Education (CCE).

Here is an overview of the main requirements to obtain your certificate:

ATTENDANCE

Attend all Online Live Sessions and the 4 day In-person Training

SELF STUDY

Complete all the required 36 hours of Self-study

FINAL ASSESSMENT

Pass the Online Exam (Knowledge based Multiple Choice)

Hand in 5 Case Studies (Real World Example)

THIS 6-MONTH TRAINING INCLUDES:

- ✓ Dual Certification: Energy Coach + Energy Practitioner
- ✓ 80 total training hours (ICF and IPHM accredited)
- ✓ Access to a private community of fellow coaches & practitioners
- ✓ Advice for launching or expanding your business
- ✓ The confidence to guide deep, integrated and lasting transformation
- ✓ Direct feedback and mentorship from experienced trainers
- ✓ 28 hours of in-person training for supervised hands-on learning with real humans
- ✓ 16 hours of online live sessions for Q&A, practice, and community
- ✓ 36 hours of self-paced online learning, integrating body-based tools, energy practices, and advanced coaching techniques
- ✓ Lifelong access to the self-study platform to revise tools, practices and meditations

You'll walk away with more than a certificate, with the confidence, clarity, and presence to hold powerful space for others, because you've embodied it within yourself.

This training marks the moment you step into who you're here to be, as a coach, a practitioner, and a leader of the new paradigm.

INVESTMENT & PAYMENT PLANS

EARLY BIRD

Pay in full
4400 EUROS

or

Payment plan
10 x 490 EUROS

Ends December 31st, 2025

REGULAR PRICE

Pay in full
5500 EUROS

or

Payment plan
10 x 590 EUROS

Pay latest 24 hours before
start date Feb 3rd, 2026

REGISTRATION

The future is shifting. Are you ready to take your place?

Start Date Feb 3rd, 2026

Special Early Bird Offer ends December 31st, 2025

[CLICK HERE TO ENROLL NOW](#)

CONTACT



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DISCLAIMER

Please note the following:

- Please note that coaching or energy work is not therapy, medical treatment, or crisis intervention. This training is designed to equip practitioners with tools to support personal and professional growth, not to diagnose, treat, or heal mental health conditions.
- Participation in this program does not guarantee specific outcomes, income, or business success. Your experience will depend on your personal engagement, commitment, and integration of the material.

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