



BOARD CERTIFIED

**CULTURALLY CONSCIOUS,
NEURO-CYCLE BASED LIFE &
RELATIONSHIP COACHING PROGRAM**



**Empower, Transform, Connect:
Unleashing Potential with Every
Coaching Journey**



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Welcome to GCSCORED-IMHERS Life and Relationship Coaching Training Program

Dear Aspiring Coaches,

As the Founding President of GCSCORED-IMHERS, I am thrilled to welcome you to an exciting journey towards becoming a life and relationship coach. In a world grappling with a profound mental health crisis, the need for culturally conscious, inclusive, and responsive mental health practitioners has never been more critical.



At GCSCORED-IMHERS, our primary goal is to increase access to mental health education and relationship strategies that are mindful of cultural nuances and inclusive in their approach. As a practitioner, researcher, educator, author, entrepreneur, and visionary, I have observed a disheartening shortage of professionals equipped to address the unique mental health needs of diverse populations. This gap extends beyond professional skill; it includes an understanding and appreciation of the rich tapestry of human experiences and stories that shape our lives.

Our mission is driven by a stark reality: adults worldwide are facing an epidemic of loneliness and isolation, while our children and youth are battling unprecedented levels of anxiety, depression, and interpersonal challenges. The very fabric of our societies – workplaces, schools, places of worship, and communities – is under strain, with trust and social connectedness eroding at an alarming rate.

The Board Certified Culturally Conscious, Neuro-Cycle Based Life & Relationship Coaching Program at GCSCORED-IMHERS is our response to this urgent call. We believe that everyone, everywhere, in need of life and relationship support, deserves access to a skilled and empathetic life coach – a true champion and hero in their journey.

Our program, as detailed in this booklet, is a testament to our commitment to culturally conscious, inclusive, and responsive training. We place the client and their story at the heart of everything we do, embodying the ethos, “It is my story, good, bad, or ugly, I will tell it boldly, without apology.” – Y. Larrier.

I invite you to join us in this noble endeavor. If you know someone with at least a Bachelor’s degree in any field and a passion for supporting others, encourage them to apply. Together, let’s renew minds, transform lives, and create safer, more socially connected communities.

Rumerizingly Yours,

Dr. Yvonne Larrier
LPC, BCC, NCC, NCSC
Founding President
GCSCORED-IMHERS

COACHING DEFINITIONS

Standard Definition: Coaching is a collaborative and results-oriented partnership that facilitates thought-provoking processes and inspires clients to maximize their personal and professional potential, guiding them towards defined goals and supporting their personal growth and action-driven progress.

GCSCORED-IMHERS Coaching Definition:

Coaching, rooted in the RUMERTIME Process®, is a culturally conscious, inclusive and responsive client-centered, collaborative, and outcome-focused partnership. This approach uses a 5-step neurocycle to enable clients to Recognize, Understand, Manage, Express, and Reflect on their TIME® (Thoughts, Interactions, Mindsets, and Emotions®). It guides clients from interpersonal and intrapersonal imbalance towards balance, and from unconscious to conscious living. This journey empowers them to realize their full personal and professional potential, setting clear goals and fostering comprehensive growth and proactive change.

ROLES AND RESPONSIBILITIES

The roles and responsibilities of a coach and a client in a coaching relationship are distinct yet complementary. Each party has specific duties to ensure the effectiveness of the coaching process.

Roles and Responsibilities of a Coach:

Facilitator of Learning and Development: Guide the client in identifying goals, developing strategies, and creating action plans. Encourage self-discovery and provide support in the client's growth journey.

Active Listener: Listen attentively to understand the client's perspective, needs, and challenges.

Questioner: Ask thought-provoking and open-ended questions to stimulate self-reflection and insight.

Feedback Provider: Give constructive feedback to help the client recognize their strengths and areas for improvement.

Accountability Partner: Hold the client accountable for their actions and commitments made during coaching sessions.

Resource and Tool Provider: Offer resources, tools, and techniques to aid the client's learning and development.

Maintain Confidentiality: Keep all client information private and create a safe, trusting environment.

Adaptability: Be flexible in approach and adapt coaching styles to suit the client's individual needs.

Professional Development: Continuously improve coaching skills and stay updated with the latest coaching practices.

Ethical Conduct: Adhere to ethical guidelines and professional standards set by relevant coaching bodies.

Roles and Responsibilities of a Client:

Active Engagement: Participate actively in the coaching process and engage in conversations and activities.

Openness to Feedback: Be receptive to feedback and willing to consider different perspectives.

Self-Reflection: Reflect on their thoughts, feelings, actions, and the feedback received during coaching sessions.

Goal Setting: Clearly define personal and/or professional goals and be willing to work towards achieving them.

Honest Communication: Communicate honestly and openly with the coach about expectations, challenges, and progress.

Commitment to Change: Show a commitment to making necessary changes and taking action towards goals.

Accountability: Take responsibility for their actions and decisions, and follow through on commitments made during coaching sessions.

Preparation for Sessions: Come prepared for each session, having completed any agreed-upon tasks or reflections.

Feedback to Coach: Provide the coach with feedback on the coaching process and its effectiveness.

Self-Responsibility: Understand that the ultimate responsibility for growth and change lies with them, not the coach.

In summary, the coach's role is to facilitate, guide, listen, and support, while the client's role is to actively engage, reflect, set goals, and take responsibility for their personal growth and development. The synergy of these roles and responsibilities is what makes coaching an effective tool for personal and professional development.

LIFE AND RELATIONSHIP COACHING PROGRAM OVERVIEW

Where Cutting-Edge Neuroscience Meets Cultural Consciousness and Practical Expertise

Embark on an extraordinary journey with our comprehensive Life and Relationship Coaching course, designed to transform your coaching abilities with a unique blend of science, cultural consciousness, and practical skills. This course is not just a learning experience; it's a pathway to becoming a truly impactful coach in today's diverse world.

Core Components of the Program:

- **Culturally Conscious, Neuro-Cycle Coaching Framework:** At the forefront of our curriculum is the integration of a neuro-cycle coaching framework (The RUMERTIME Process®), emphasizing a deep understanding of how the brain influences behavior and relationships. This approach is infused with cultural consciousness, inclusion and responsiveness, ensuring that your coaching is relevant, respectful, and effective across diverse cultural landscapes.
- **CCE's Four Core Competencies:** Our program rigorously covers the Center for Credentialing and Education's (CCE) essential competencies:
 - **Coaching Ethics and Regulatory Guidelines:** Navigate the ethical complexities of coaching with confidence, adhering to the highest standards.
 - **Content Knowledge and Applications:** Gain a thorough grounding in key coaching concepts, skills, mindsets, and their real-world applications.

- **Assessment:** Skillfully tailor coaching to meet individual needs, balancing approaches for clients from both collectivistic and individualistic cultures.
- **Practice Management:** Master the essentials of both managing a private coaching practice and effectively collaborating within a coaching firm.
- **The Cultivating SEEDS System Framework® Integration:** Elevate your coaching with our exclusive Cultivating SEEDS System Framework®, including the transformative RUMERTIME Process®. This research-backed, distinctive problem-solving methodology is woven throughout the course, empowering you to facilitate profound change in your clients' personal and professional lives.
- **Holistic Understanding and Application:** Our course goes beyond theoretical knowledge. You will learn to apply these concepts and techniques in a holistic manner, addressing all competencies and themes. This comprehensive approach ensures that you are equipped to guide your coachees through their entire journey of self-discovery and growth.

Your Path to Becoming a Skilled Coach:

By joining our course, you're not just signing up for training; you're stepping into a role that has the power to change lives. Whether helping individuals navigate personal challenges or supporting relationship growth and development, your influence as a culturally conscious, neuro-cycle trained coach will be profound and far-reaching.

TRANSFORM LIVES WITH COMPREHENSIVE AND CULTURALLY CONSCIOUS COACHING

This program isn't just about learning; it's about becoming a beacon of change in the diverse landscape of coaching. Ready to start your journey?

Unique Features

- **Neuro-Cycle Approach:** At the heart of our program is the Neuro-Cycle method, a revolutionary approach that leverages the latest neuroscience research to optimize life and relationship wellness strategies. This approach ensures that our coaches are not just practitioners but also facilitators of brain-healthy habits.

- **Cultural Consciousness Training:** We believe that effective life and relationship coaching transcends cultural boundaries. Our program includes specialized training on cultural consciousness, humility and responsiveness, ensuring that our coaches can connect authentically with individuals from diverse backgrounds.
- **Inclusive Coaching Techniques:** Tailored to meet the needs of a diverse clientele, our curriculum equips coaches to adeptly navigate individual differences, including clients from collectivistic cultures, ensuring a truly inclusive coaching practice.
- **Practical, Real-World Application:** Blending theory with action, this program offers interactive workshops, case studies, and real-life coaching sessions for hands-on skill application, complemented by reflective exercises on TIME®(Thoughts, Interactions, Mindsets, Emotions).
- **Expert Facilitators:** Learn from seasoned mental wellness professionals and coaches who bring both academic knowledge and real-world experience.
- **Supportive Community:** Join a network of like-minded individuals passionate about mental wellness and interpersonal and intrapersonal growth and development fostering a supportive and collaborative learning environment.

PROGRAM GOALS AND OBJECTIVES

Transform Your Coaching, Transform Lives

Embrace the opportunity to become a coach who stands out, equipped with knowledge, skills, and a compassionate mindset and understanding of the diverse tapestry of human experience. Join us and redefine what it means to be a life and relationship coach in the modern world.

Goals of the Program

Embark on a Transformative Coaching Journey with Key Objectives:

- **Ethics and Regulatory Mastery:** Gain a deep understanding of coaching ethics. Learn to navigate boundaries, confidentiality, safety, and legal compliance with precision and care in all coaching relationships.

- **Advanced Content Knowledge and Application:** Develop expertise in crucial areas such as self and social awareness, basic and advanced coaching skills, relationship and social management, and responsible decision-making, applying these skills effectively in real-world coaching scenarios.
- **Assessment Expertise:** Master a multidimensional approach to coaching, adeptly tracking and fostering coachee progress for both personal and organizational growth.
- **Practice Management Excellence:** Showcase proficiency in coaching integration and skills, engage in continuous self-improvement, and foster effective communication and collaboration in your practice.
- **Neuroscience-Informed Techniques:** Utilize neuroscientific principles to enhance your understanding of human behavior, growth and development and apply innovative, culturally conscious, inclusive and responsive emotional wellness strategies.
- **Hands-On Practicum Experience:** Apply your learning in practical settings through a comprehensive practicum, engaging in real-life coaching to hone your skills.
- **Life & Relationship Coaching Mastery:** Receive thorough training in life and relationship coaching, addressing the social, ecological, mental, emotional, historical and contemporary aspects of well-being.
- **Cultural Competency and Inclusivity:** Develop a coaching approach that is culturally conscious, inclusive, and empathetic, ensuring your practice is universally accessible and impactful.

Who Should Enroll

Ideal for those with a Bachelor's degree or higher, this program is tailored for individuals eager to support others in navigating life's interpersonal and intrapersonal challenges, without the commitment of extensive time in school. It's perfect for professionals considering a career shift, recent college graduates seeking direction, those contemplating a gap year, or anyone keen to blend neuroscience, cultural empathy, and practical coaching techniques to make a significant impact in life and relationship coaching.

JOIN US

Embark on a transformative journey with the GCSCORED-IMHERS **Board Certified Culturally Conscious Neuro-Cycle Life & Relationship Coaching Program**. Equip yourself with cutting-edge skills, mindsets, and knowledge to become a leader in the evolving field of life and relationship coaching.

Shape the future of coaching— Become a Board Certified Neuro-Cycle Trained, Culturally Conscious Coach!

BENEFITS AND OUTCOMES OF THE LIFE AND RELATIONSHIP COACHING PROGRAM

Empower Yourself and Others: A Journey of Growth and Opportunity

- **Deep Understanding of Human Dynamics:** Gain profound insights into how people think, interact, believe, and feel using neuroscience to inform your coaching strategies.
- **Cultural Empathy and Inclusiveness Skills:** Learn to navigate and embrace diverse cultural backgrounds, enhancing your effectiveness in a globalized world.
- **Practical Coaching Techniques:** Master a range of practical, evidence-based coaching methods tailored for life and relationship enhancement.
- **Enhanced Communication Abilities:** Develop advanced communication skills to foster deeper connections and more meaningful interactions with clients.
- **Professional Certification:** Obtain credentials that open doors to a variety of career paths in coaching, counseling, human resources, and more.
- **Career Flexibility and Opportunities:** Prepare for roles in various settings, including, but not limited to private practice, educational institutions, corporate environments, or wellness centers.
- **Personal Growth and Self-Reflection:** Embark on a journey of self-discovery, enhancing your own life while learning to assist others.
- **Network of Like-Minded Professionals:** Join a community of fellow learners, gaining lifelong connections and collaborative opportunities.

- **Entrepreneurial Skills for Private Practice:** Acquire the knowledge to start and manage your own coaching business effectively.
- **Empowerment to Facilitate Change:** Be equipped to make a tangible difference in the lives of individuals, couples, and groups, guiding them towards fulfilling relationships and life goals.

TRANSFORM LIVES, STARTING WITH YOUR OWN

This program isn't just about learning coaching techniques; it's about becoming a catalyst for change, both in your life and in the lives of those you will coach. Embrace this opportunity to grow professionally and personally, and step into a fulfilling career that shapes lives.

Course Structure and Content

Each competency has an Overview Chapter that lists the following:

- The Themes within the competency
- The CCE Standards within that competency
- The Learning Objectives for each theme

Each Theme is further structured into six lessons:

THEME	STRUCTURE
<p>L1: Lesson Overview/ Landscape:</p>	<p>This introductory lesson sets the stage for each theme, providing a comprehensive view of the topic. It outlines the goals, objectives, and key concepts that will be explored in depth in the subsequent lessons.</p>
<p>L2: Presenting Narrative/ Story:</p>	<p>In this lesson, we present a real-world narrative or story that encapsulates the theme’s key concepts. This narrative serves as a relatable context through which the trainee can better understand and empathize with the experiences of their potential coachees.</p>
<p>L3: Narrative Assignment:</p>	<p>The Narrative Assignment lesson is an interactive task that encourages trainees to delve deeper into the narrative from Lesson 2. It requires trainees to apply their understanding of the theme to analyze the narrative, offering a hands-on learning experience.</p>
<p>L4: Connect & Apply Assignment:</p>	<p>This lesson provides an assignment that bridges theory and practice. It encourages trainees to connect their understanding of the theme with the narrative and apply this understanding to practical coaching scenarios.</p>
<p>L5: Recall & Assess:</p>	<p>In the Recall & Assess lesson, trainees are encouraged to revisit the learning material, solidify their knowledge, and evaluate their understanding through assessments such as quizzes or short tests.</p>
<p>L6: Reflect & Transform:</p>	<p>This final lesson prompts trainees to reflect on their learning journey, contemplate on key insights, and identify how they can apply their newfound knowledge to their coaching practice, thus fostering personal and professional transformation.</p>

The varied assignments - role plays, presentations, reflective papers, small group activities, project-based assignments, and quizzes - promote active learning, providing a robust platform for aspiring coaches.

By integrating the RUMERTIME Process® – Recognize, Understand, Manage, Express, and Reflect on Thoughts, Interactions, Mindsets, and Emotions – into your coaching methodology, you will provide culturally conscious, inclusive, responsive, empathetic, effective, and holistic support to your coachees.

Our course fosters a multidimensional approach to coaching, facilitating meaningful growth, and a deep understanding of the interplay of personal, environmental, cultural, historical, and organizational factors influencing a coachee's journey. Embark on this transformative journey to become culturally responsive, competent, ethical, and effective life and relationship coaches.

SUGGESTED COURSE TIME MANAGEMENT OPTIONS

Coursework (120 Hours)

- Scenario 1: 5 Hours/Week
 - Duration: 120 hours / 5 hours per week = 24 weeks
- Scenario 2: 10 Hours/Week
 - Duration: 120 hours / 10 hours per week = 12 weeks

Coaching Practice (100 Hours)

- Scenario 1: 5 Hours/Week
 - Duration: 100 hours / 5 hours per week = 20 weeks
- Scenario 2: 10 Hours/Week
 - Duration: 100 hours / 10 hours per week = 10 weeks

Combined Duration

- Scenario 1: 5 Hours/Week for Each Component
 - Total Duration: 24 weeks (coursework) + 20 weeks (practice) = 44 weeks

- Scenario 2: 10 Hours/Week for Each Component
 - Total Duration: 12 weeks (coursework) + 10 weeks (practice) = 22 weeks

Coursework (60 Hours)

- Scenario 1: 5 Hours/Week
 - Duration: 60 hours / 5 hours per week = 12 weeks
- Scenario 2: 10 Hours/Week
 - Duration: 60 hours / 10 hours per week = 6 weeks

Coaching Practice (40 Hours)

- Scenario 1: 5 Hours/Week
 - Duration: 40 hours / 5 hours per week = 8 weeks
- Scenario 2: 10 Hours/Week
 - Duration: 40 hours / 10 hours per week = 4 weeks

Combined Duration

- Scenario 1: 5 Hours/Week for Each Component
 - Total Duration: 12 weeks (coursework) + 8 weeks (practice) = 20 weeks
- Scenario 2: 10 Hours/Week for Each Component
 - Total Duration: 6 weeks (coursework) + 4 weeks (practice) = 10 weeks

Coursework (30 Hours)

- Scenario 1: 5 Hours/Week
 - Duration: 30 hours / 5 hours per week = 6 weeks
- Scenario 2: 10 Hours/Week
 - Duration: 30 hours / 10 hours per week = 3 weeks

Coaching Practice (30 Hours)

- Scenario 1: 5 Hours/Week
 - Duration: 30 hours / 5 hours per week = 6 weeks
- Scenario 2: 10 Hours/Week
 - Duration: 30 hours / 10 hours per week = 3 weeks

Combined Duration

- Scenario 1: 5 Hours/Week for Each Component
 - Total Duration: 6 weeks (coursework) + 6 weeks (practice) = 12 weeks
- Scenario 2: 10 Hours/Week for Each Component
 - Total Duration: 3 weeks (coursework) + 3 weeks (practice) = 6 weeks

Notes:

- **Overlap:** If the individual can manage coursework and coaching practice simultaneously (starting practice after a portion of the coursework is completed), the total duration could be shorter.
- **Intensity:** These scenarios assume a moderate intensity that's manageable with a full-time job. Adjusting the hours per week can change the total duration.
- **Flexibility:** The actual duration will depend on the individual's schedule, dedication, and other commitments.
- **Sequential or Parallel:** Depending on the program's structure, some components might need to be completed sequentially, while others can be done in parallel, affecting the total duration.



INSTRUCTOR CREDENTIALS

Dr. Yvonne Murray-Larrier, LPC, NCC, NCSC, BCC



Dr. Larrier is a Professor in the Department of Counseling and Human Services in the School of Education and served for eight years as the Department Chair. She is a Licensed Professional Counselor (LPC), National Certified School Counselor (NCSC) and a National Certified Counselor (NCC). She is soon to add the BCC credential to her achievements.

Dr. Larrier uses her 30 plus years of practice, passion, innovation, evaluation, and research in the fields of mental health, counseling, social work, school counseling and education to transform individuals, institutions, and communities. She founded GCSCORED and its divisions- Institute for Mental Health Education and Relationship Strategies(IMHERS), and the Listening Oasis Wellness Space(LOWS). GCSCORED is an approved Registered Coaching

Dr. Larrier is the creator of the Cultivating SEEDS System[®] (CSS[®]) Framework and the RUMERTIME Process[®]. The CSS Framework/RUMERTIME Process[®] is a culturally responsive, de-stigmatized, de-mystified, reconceptualized mental health approach that utilizes agriculture to illustrate and explain human growth, development and behavior. CSS[®] is an the internationally recognized social-emotional wellness framework that stretches across the life-span, geographic boundaries, and diverse workplace settings.



Dr. Geneva Fleming, LCSW, LISW-CP



Dr. Geneva Fleming, LCSW, LISW-CP, stands out with over 40 years of experience as a Licensed Clinical Social Worker in California and South Carolina. She plays a vital role as a Senior Wellness Champion with GCSCORED and serves as the esteemed Vice President of GCSCORED-IMHERS. Dr. Fleming also brings over two decades of expertise as an adjunct faculty member in Social Work across various esteemed higher education institutions, contributing significantly to the academic and professional landscape of social work. Her seasoned career and leadership roles underscore her profound impact on wellness and social work education.



Vanessa Kelleybrew, MS, LMHC



Vanessa Kellybrew, LMHCA, is a Lecturer in Counseling & Human Services at Indiana University South Bend, bringing a wealth of experience to her role. As a Licensed Mental Health Counselor, she champions mental wellness and personal growth. Vanessa's commitment is further demonstrated through her involvement with the GCSCORED Board and her leadership as a LOWS Wellness Champion-Supervisor, where she advocates for health and well-being within the community. Her multifaceted expertise makes her a pivotal figure in guiding individuals towards achieving holistic health.



Dr. Arline Edwards-Joseph, LPC, NCC, LPSC, BC-TMH



Dr. Arline Edwards-Joseph is originally from the twin-island nation of Antigua and Barbuda in the West Indies. She is currently an assistant professor in the Department of Counselor Education and Family Studies in the School of Behavioral Sciences at Liberty University. She is a Licensed Professional Counselor (LPC), a National Certified Counselor (NCC) Licensed Professional School Counselor (LPSC), and a Board Certified–TeleMental Health Provider (BC-TMH).

Dr. Edwards-Joseph has experience working as both a school counselor and a mental health therapist, in the United States and internationally. She is the Director of Educational Services with GCSCORED which has afforded her to opportunity to supervise students from several universities who are working on completing their field experience requirements through the Listening Oasis Wellness Space (LOWS). Additionally, she is passionate about advocacy, social justice, and equity for all (especially marginalized populations.)



Kalisha Aaron, MSc Counseling Psychology



Kalisha Aaron is a dedicated School Counselor with a Master of Science in Counseling Psychology, focusing on School Counseling, from Dominica, the gem of the Caribbean. She currently contributes her expertise to the Arthur Waldron SDA Academy, guiding students through their educational and personal challenges. For the past three years, Kalisha has been the driving force behind the GCSCORED Listening Oasis Wellness Space (LOWS) in Dominica, coordinating efforts to offer social and emotional support to those in need. Her coaching role within LOWS reflects her deep commitment to nurturing the well-being of diverse populations. Kalisha's passion for providing multifaceted support shines through her work, underscoring her as a pivotal figure in her community's journey towards wellness and empowerment.



Calisha Hyacinth Purcell-Charles, LMSW, CAP, ICADC



Mrs. Purcell-Charles, LMSW, CAP, ICADC, is a multifaceted social work professional with over 18 years of mental health experience, predominantly focusing on substance abuse disorders. Licensed in New York and certified in Florida, she has honed her expertise in addiction treatment and recovery. Currently, she serves as a Psychotherapist at St. George's University in Grenada, where she has been instrumental in establishing HOPE, the first Outpatient Drug Treatment group on the island, providing a beacon for individuals struggling with addiction. As the Vice President for Grenada, Carriacou, and Petit Martinique within GCSCORED since 2015, she upholds a commitment to mental health and substance abuse education and intervention. Mrs. Purcell-Charles's educational foundation includes a Bachelor's Degree from SUNY Stony Brook and a Master's in Clinical Social Work from Columbia University, New York. Her contributions to the field reflect a deep-seated passion for fostering healing and resilience within communities.



Tamara Lucas, MA, LMHC



Tamara Lucas, LMHC, is a Wellness Champion with GCSCORED and a seasoned Clinical Mental Health Counselor, with a specific mastery in aiding victims of Childhood Sexual Abuse (CSA). With around two years of focused experience in this area and over six years dedicated to working with individuals facing homelessness, she skillfully applies a blend of crisis intervention, Trauma-Focused Cognitive Behavioral Therapy, and Person-Centered Therapy in her treatment approaches. Her expertise includes facilitating psychological assessments, collaborating with multidisciplinary teams for comprehensive client care, and initiating therapeutic group interventions for CSA victims. In her current role, she provides essential case management services for the homeless, supervises staff training, and teaches graduate courses such as Crisis and Trauma Counseling at Indiana University of South Bend. Tamara holds a Master of Arts in Clinical Mental Health Counseling from Andrews University and continues to make strides in developing programs aimed at fostering self-sufficiency and stability.



Naomi Cills, LMSW, MSW, BS, LPN



Naomi Cills, LMSW, is a multifaceted professional, with a Master of Social Work degree and Specialization in Mental Health from the University of South Carolina, a Bachelor of Science Degree in Psychology and Sociology from Charleston Southern University, a Nursing degree, and is a United States Army Veteran. She is certified by the International Association of Chiefs of Police, (IACP), as a Law Enforcement/First Responder Alzheimer's Initiative Trainer, specializing in teaching techniques on handling and responding to calls involving families living with Alzheimer's Disease and other related Dementias. Additionally, Naomi is a certified Master Trainer for the Powerful Tools for Caregivers Class Leader Training Program for professionals, a Class Leader for the Powerful Tools for Caregivers 6-week educational program for family caregivers, a MSW Field Instructor with Winthrop University, and a LOWS Wellness Champion with GCSCORED. With over thirty years experience in Community Health, six years of Social Work/Mental Health experience, Naomi continues her passion as the Family Caregiver Advocate at The ARK of SC, a non-profit organization that provides help and support to Alzheimer's families through the lifespan, especially those living in rural, underserved communities, and small towns. Thorough family and individual assessments allow her to provide expert guidance specific to each family's need, through education, support groups, consultations, and referrals, empowering them to realistically navigate the daily challenges of caregiving and access resources, while continuing to effectively care for themselves.



Catherine Luces



Catherine Luces brings over two decades of extensive experience in Customer Service, Business Management, and Human Resources. Her academic achievements include a Bachelor in Business Administration from Andrews University and a postgraduate diploma in Customer Service Management from the University of Leicester. Furthering her expertise, she has earned a Certified Quality Manager Certificate, showcasing her dedication to excellence. As the GCSCORED Caribbean Director, Catherine's leadership is pivotal in steering the organization's initiatives in Trinidad & Tobago, where her blend of strategic vision and practical knowledge drives success and inspires service excellence in the region. Her career is a testament to her commitment to continuous improvement and professional development within the dynamic field of business and customer relations.



Denise Nduwku, MS. Ed, LMHCA Clinical Mental Health



Denise Nduwku is a seasoned school counselor renowned for her innovative strategies in advancing students' social, emotional, and educational objectives. She established a college-oriented mindset among students, led group counseling for academic improvement, and hosted pivotal financial aid programs. Her hands-on experience includes manuscript reviewing for a global journal, data analysis on completion rates, and mentoring through Girl Scouts. Denise's educational background features a Master of Education in School & Mental Health Counseling from Indiana University South Bend, a Certificate in College Counseling with distinction from UCLA, and a Bachelor of Arts in Urban Studies from Columbia University. Her proactive approach and educational initiatives have significantly impacted students' preparedness for future challenges.



Rosemarie Wilson, BSW



Rosemarie Wilson is an author, international speaker, human rights defender, board member of several organizations, and a seasoned professional with over 30 years of leadership experience, predominantly in local government. Her career began at Bridgeway House, where she developed the Transitional Employment Program, drawing from her community roots and involvement in her local church's Adventist Youth department. Rosemarie's impactful journey includes serving as the Employment Director and later as the Economic Development Director at the Morris County Urban League. In these roles, she notably coordinated the First Entrepreneurial Day at Allied Signal Corporation.

Her extensive experience also spans roles as Director of Welfare Services and Human Services Director, showcasing her versatile leadership skills. Rosemarie holds a degree in Social Work from Oakwood University, Huntsville, Alabama, and currently leads ACCELERATE Strategy & Leadership Inc. Her passion lies in empowering others, guiding them towards success and leaving a lasting positive impact in every role she undertakes.

CERTIFICATION INFORMATION:

Key Highlights of the Certification:

- **Recognized Credential:** The Board Certified Coaching (BCC) credential is a highly respected certification in the coaching industry, recognized both nationally and internationally.
- **Enhanced Credibility:** This certification signifies a high standard of professionalism and competence in coaching, increasing your credibility as a coach.
- **Career Advancement:** Holding a BCC credential opens up numerous opportunities for career growth in various sectors, including corporate, healthcare, education, and private practice.
- **Commitment to Excellence:** This certification reflects a deep commitment to the ethical, effective practice of coaching and a dedication to continuous learning and development in the field.
- **Networking Opportunities:** Gain access to a professional network of Board Certified Coaches, offering opportunities for collaboration, learning, and professional growth.
- **Global Recognition:** With its international acknowledgment, the BCC credential empowers you to practice as a coach across different countries and cultural settings.

STEP INTO A WORLD OF OPPORTUNITIES

Earning the BCC certification is not just about gaining a title; it's about joining an elite group of professionals who are dedicated to the highest standards in life and relationship coaching. Your journey with us will equip you with the skills, knowledge, and credentials to make a lasting impact in the lives of those you coach.

TAKE THE FIRST STEP TOWARD YOUR COACHING FUTURE

**Embark on Your Journey to Become a Certified
Life and Relationship Coach**

Enroll Now

Don't just dream about making a difference – make it a reality. Click below to register for the Life and Relationship Coaching Program and begin a transformative journey with us. For further inquiries, feel free to reach out. Your path to becoming a certified, impactful coach starts here!

Register Today

Contact Us for More Information

imhers@gcscored.org

Phone: 574-315-9981

Be the Change. Begin Your Journey Today.

CONTACT INFORMATION

Easy ways to get in touch or inquire further, including an email address, phone number, or contact form.

Email: imhers@gcscored.org

Phone: 574-315-9981

WhatsApp: 574-315-9981

Website: www.everypiecematters.com/neurocyclecoaching

TESTIMONIALS OR ENDORSEMENTS

A Moment of Connection: Transforming Lives through Wellness Coaching - W.M's Journey

Amidst a poignant setting, as Dr. Larrier stood by the bedside of her 93-year-old mother receiving medical care, she was touched by a heartfelt story shared by the attending nurse, W.M. This nurse, a former student from the local premiere University's Nursing Program, had once taken part in Dr. Larrier's course, which included attending five neurocycle Social Emotional Wellness sessions conducted by one of Dr. Larrier's Wellness Champions®. Originally intended to address her social anxiety, these sessions, and especially the RUMERTIME Process®, profoundly impacted W.M's personal and professional life.

W.M confided in Dr. Larrier that the benefits she gleaned from these sessions were so significant that she extended her participation beyond the mandatory five, attending several extra sessions. She warmly remembered her Wellness Champion® and the transformative experience, which continues to resonate with her in her nursing practice.

Inspired by W.M's story, Dr. Larrier felt a deep sense of fulfillment and pride. In that moment, by her mother's bedside, the testimonial served as a powerful reminder of the positive ripple effect of GCSCORED's culturally conscious, inclusive and responsive mental health education programs, touching lives in profound and unexpected ways."

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I firmly believe that real healing comes from confronting and processing our experiences, and I'm so grateful for how the RUMERTIME Process® has equipped me to do just that, both in my life and in the lives of those I coach."

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Broward County School Social Workers

Broward County School SWs Supervisors

<https://youtu.be/Z66YYe9keKg?si=EGFjZbUwDF1zr3IS>

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Javion Hodge

Javion Hodge Testimonial

https://youtu.be/1z4UBwL6_Ws?si=x7zzYFmVnm8F1FG_

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Kim George & Associates Testimonial

Kim George & Associates Testimonial

<https://youtu.be/JRSQhY-ArLw?si=WIBxMpTQu55Z8Ka0>

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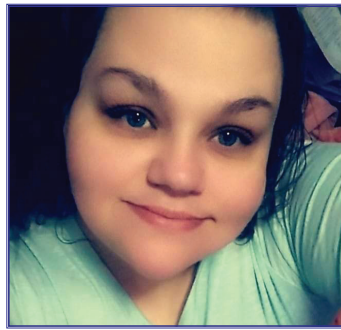
Melissa Kuczanski Testimonial

Melissa Kuczanski Testimonial

<https://youtu.be/kFL7bgWB-SE?si=jFl6dw0B9oyyrYvk>

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Cassie Stewart



Hi, I'm Cassie, a coach volunteer, and my journey with GCSCORED's culturally conscious, neuro-cycle coaching framework, particularly The RUMERTIME Process®, began with a transformative 12-week Social Emotional First Aid® (SEFA®) course I took at the Center for Community Justice. This experience profoundly changed my life. It gave me a powerful new way to process life's challenges, stressors, and events - past, present, and future.

Ever since this training, I've been teaching my clients how to more effectively process stress, trauma, and life's ups and downs. But it's not just my clients who benefit. I use the RUMERTIME Process® in every part of my own life too. I've even started introducing it to my 13-year-old autistic daughter, and it's been amazing watching her grow and learn through it.

For years, I was weighed down by anxiety, stress, and depression. The RUMERTIME Process® has been instrumental in my journey, helping me move beyond these challenges. It taught me the importance of working through hurt and trauma, instead of just masking it with medication.

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Rodney Dale



Hello, I'm Rodney, an Assistant Fire Chief and a coach volunteer. When I first embarked on the Social Emotional First Aid® (SEFA®) training, I thought it was all about helping others manage their trauma. Little did I know, it would become a journey of profound personal discovery for me as well.

You see, I've experienced my fair share of trauma – losing my mother at the age of 9, growing up with an alcoholic father, enduring verbal abuse about my complexion, physical abuse, and poverty. For the longest time, I hadn't really faced these experiences head-on. The SEFA® training opened my eyes to the impact of these past traumas on my life. It shed light on the struggles I've battled with throughout my life and, more importantly, it has set me on a path to truly addressing them.

Despite the odds from my challenging childhood, I've achieved successes beyond what anyone, including myself, could have imagined. This training, however, has been a key in helping me break down emotional barriers that I didn't even realize were holding me back. It's not just about what I've achieved, but also about overcoming the internal obstacles that have stood in my way.

I am immensely grateful for how this training has enriched my life, not only in terms of personal growth but also in empowering me to help others more effectively.”

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PRICING INFORMATION*

Detailed pricing or payment plan options, if applicable: Contact GCSCORED-IMHERS for pricing information (imhers@gcscored.org or 574-315-9981)

30-hour Advanced Accelerated Track (\$1,499.99 | Duration: 1-3 months)

60-hour Intermediate Accelerated Track (\$2,799.99 | Duration: 3-5 months)

120-hour Foundational Growth Track (\$4,999.99 | Duration: 6-9 months)

**These prices are subject to change over time.*

SCHOLARSHIPS OR DISCOUNTS

If available, information on financial aid or early-bird discounts: Contact GCSCORED-IMHERS for scholarships, financial aid and discounts, etc. (imhers@gcscored.org or 574-315-9981)



CONTACT INFORMATION

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