

Natural Vision Improvement Coach Training and Certification

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16-Week Program; 200 Hours

1. **In-Person Segment: Refer to Website for Specific Training Schedule**

44 hours (32 class hours, 12 hours personal study before start of training)

Dive into the Bates principles in an amazing group setting. Also practice EFT “tapping” and visualizations with fellow students. Typically 4 days, but hours may trade off between in-person and online classes. See website for specific location and schedule. Accommodations are typically available at a special “Vision Training” group rate. See website for airport shuttle recommendations, notes about local restaurants and groceries, etc.

2. **11-Week Online Segment: Refer to Website for Specific Training Schedule**

128 hours (33 hrs online class, 15 hrs buddy coaching, 26 hrs personal practice*, 54 hrs personal study – about 5 hours/week)

After being together in person for 4 days, enjoy how rich and engaging the online classes can be. Each week you will trade “buddy coach” sessions with a classmate by phone or Skype. Our buddy coaching process is flexible and supportive; even very shy people can find their way to being truly helpful. Providing “buddy coaching” builds your experience and confidence as a Vision Coach. Receiving buddy coaching from various classmates helps you widen your perspective and improve your own eyesight at the same time. Additional personal study each week includes reading, video, and audio.

The live online classes introduce new material and allow time to compare notes each week on “buddy coaching” experiences. We use a robust online meeting system where everyone can participate by video with their computer, tablet, or smart phone. If you are away from your computer you can dial in from any phone. Typically this segment includes 11 weekly classes, three hours each, with a week off about mid-way through; the schedule may vary and hours may trade off between in-person and online classes. You can find the schedule for a particular training on our website.

3. **Practice Coaching Segment: Your location, Final Online Class, Certification**

Optional 28 hours (25 hours practice coaching, 3 hours final wrap-up class)

Practice Coaching experience and Certification complete your requirements for Certification as a “Natural Vision Improvement Teacher and Coach”. This step is highly encouraged but optional, and is included in the basic tuition for the training. You can start the practice coaching during the online segment above, and can continue another 2 months after the wrap-up class if you need more time. (The final wrap-up class is 3 or 4 weeks after the “Online Segment” above, and marks the end of the formal 16-week class.)

4. Optional Ongoing Check-in Classes for Vision Coach Grads:

Ongoing, optional 2 hour class each month. Keep involved and inspired.

Schedule may vary; we attempt to choose times that are feasible for interested Natural Vision Coach grads in all countries. There is no charge for these enjoyable and inspiring online meetings. Everyone gets a chance to say check in about how things are going with any clients, classes, or even just their own eyesight. Typically one or more interesting topics will emerge for discussion. Be part of a cutting edge Natural Vision Improvement community.

Additional Vision Coach Training Details:

“Coach” Designation. Our program is based on a wellness coaching approach with clients, and we follow International Coaching Federation Core Competencies. The coach designation and identity represents a powerful model for client success and helps avoid regulation by any government agencies. We switched from a “Natural Vision Teacher” designation a few years ago because it was less clear. No states or countries currently regulate coaches (life coach, wellness coach, etc.) You may want to join a local or national coach organization and be listed with them as a Natural Vision Coach.

Certification. Our full certification (200 hours) is titled “Natural Vision Improvement Coach”. You are welcome to shorten this title to Natural Vision Coach for routine use.

Alternate Certification. If you do not want to complete the practice coaching hours, you can instead request a 175 hour (including wrap-up class) “Certificate of Participation”. Some participants take the training essentially to improve their own eyesight and may not be interested in formally coaching others. Full participation in segments 1 and 2 above is requested either way, including buddy coaching.

Prerequisites. You do not need perfect vision to be a Natural Vision Coach. You should have some personal success with the Bates Method and related techniques, and an ability to pass enthusiasm and understanding along to others. Our past grads have a very wide variation in education, job experience, and life experience.

Coaching Individuals vs. Groups. As a Natural Vision Improvement Coach you may want to offer workshops, provide individual coaching support, or both, depending on your skills and interest. Likewise you may prefer to work with adults, children, or seniors with eye diseases.

Not a Medical Approach. You are not providing medical advice, diagnosis, or treatment in any way. Instead, you are coaching clients to get more optimal vision from their own eyes and mind, through relaxation and regaining faith in their eyes. The Natural Vision Improvement approach is essentially “yoga for the eyes”. As a Natural Vision Coach you should get a signed waiver from each client acknowledging their responsibility to seek out a licensed medical professional whenever appropriate.

In-Person Segment, What to Expect. Refer to the daily schedule for a particular training on our website. We will adjust classes and breaks with the weather to hopefully be outside a bit. The setting will be relaxed but productive. We will be practicing Natural Vision Improvement and Bates Method techniques throughout the time as well as learning about them. This helps ensure learning and absorbing subtleties on a deep level. If you wear glasses you will want to keep them off or use them as little as possible during the training. It will be a splendid opportunity to “befriend the blur” at a new level and make quick progress with your own vision.

Weekly Online Classes, What to Expect. We’ll go deeper into various aspects of Natural Vision Improvement and related approaches. You’ll get great support for your Natural Vision Coach business and your personal

eyesight improvement. Our online class platform is able to share videos from each class member. You can use your computer, tablet, or smart phone. If you do not have high-speed internet service, you can participate by regular phone and optionally still view the class on a computer. After getting acquainted in person, it really adds a lot to see each other on video each week. You can mute your input sound or video whenever you wish. Each weekly class will include a class check in, example sessions, and new material. Reading, audio, and video assignments will be given from the resources noted below. Classes are recorded.

Missed Classes. Participation in the weekly classes is important to fully absorb the Bates Method and other techniques, and give and receive support from the class and your buddy coach. You can miss up to two classes and view the recorded class online.

More about Buddy Coaching. Practice giving and receiving coaching with fellow students, total of 10 sessions each direction by phone or Skype, a likely average of 45 minutes per session. Vary your experience with 60 minute, 45 minute, 30 minute sessions, and at least one 15 minute session. This practice with classmates will build your confidence as a Natural Vision Coach, and will also be a great help for your own eyesight when you receive buddy coaching.

More about Practice Coaching. Certification requires 10 practice hours of vision coaching with clients plus estimated 15 hours of prep time. These hours can be with groups, individual clients in person or by phone/Skype, or any mix. Offering a free introductory class is encouraged but not required. Includes support from Greg and from the class.

***Personal Daily Practice Time.** Practice the Bates Method techniques, visualization, EFT, etc. yourself at least 20 minutes per day during (and after!) the training program, to develop a deeper understanding and to improve your own eyesight. Try keeping a journal to help you gauge, appreciate, and amplify your progress.

Personal Study – Reading, Audios, Videos

Required Books

Except for Grace Halloran's book which is an easy and fascinating read, these will be treated as reference books, with some key portions of each book assigned between the weekly online classes. Our aim is to get familiar with each book, not to read every page. You will find them to be a helpful library as you work with clients. Additional books will be recommended but not required. Prices may change:

1. ***Relearning to See***, Thomas Quackenbush
\$18 new; \$12 used + 3.99 ship
A very thorough resource about the principles and techniques of the Bates Method
2. ***Better Eyesight Magazines***, William H. Bates, edited by Quackenbush
\$24 new/ \$11 and up used + 3.99 ship
An amazing resource, old but very useful, 700 pages, well indexed hard copy.
3. ***Take Off Your Glasses and See***, Jacob Liberman
\$10 new/ \$2 and up used + 3.99 ship, **Kindle available**
A popular book that has helped many, by an optometrist and light therapy expert.
4. ***The Bates Method of Better Eyesight Without Glasses***, William H Bates
\$10 new/ \$2 and up used + 3.99 ship, **Kindle available**
This popular version is abridged, but it's the version your clients have read.
5. ***Help Yourself to Better Sight***, Margaret Corbett, **OUT OF PRINT, only available used**
Used price varies + 3.99 ship. Substitute another Margaret Corbett book if this one gets too expensive.
The original Bates teacher, simple and inspiring techniques.

6. ***How to Improve Your Child's Eyesight Naturally: A Thoughtful Parent's Guide***, Janet Goodrich
\$13 new/ \$8 and up used + shipping
Excellent resource for coaching kids and adults.
7. ***Better Vision Now***, Clara Hackett
\$10 new/ \$2 and up used + 3.99 ship, **Kindle available**
Republished book from the 1950's "Relax and See", gives specific techniques for specific conditions.
8. ***Heal Your Body***, Louise Hay
\$7 new/ \$1 and up used + 3.99 ship, **Kindle available**
A great resource to help you dial in to possible emotional aspects of blurry vision and other health imbalances and "diseases".
9. ***Amazing Grace***, Grace Halloran, **OUT OF PRINT, only available used**
Used price varies + 3.99 shipping
Shows aspects of emotions, faith, and persistence in healing from eye disease.
10. ***Coaching Plain & Simple: Solution-Focused Brief Coaching Essentials***, Dierolf, Meier, Szabó
\$18new. A simple and inspiring approach for coaching, good model for Natural Vision Coaching.

Ordering from Amazon.com (similar prices on BarnesAndNoble.com)

- Quickly look up most books by author's name on amazon.com and add to cart. Four of the ten listed books are available as kindle downloadable books, as noted.
- All books except the two out-of print books qualify for amazon "Prime", free 2-day shipping. There is an annual fee for Prime, but they do offer a free trial period. A recent total price for the 8 books available new was about \$110 with free shipping. You can save on some of them by getting used instead of new, but remember to add \$3.99 for shipping on each used book.
- Books #5 and #9 below are out of print, and prices fluctuate. Please let us know if they get beyond about \$15 plus shipping, and consider waiting to order until they drop again. The two used books may cost at least \$22 with shipping. Price varies since they are out of print. The Corbett book is a gem. Skip the Halloran book if it gets too expensive.

Required Videos

All Natural Vision Coaching students should watch the 2004 movie "What the Bleep Do We Know". It conveys a great deal about how we see and why it can change. If you've seen it before, watch it again for its wealth of material about vision. You may find it on streaming Netflix or free on YouTube. The DVD is inexpensive on amazon.com.

Gary Craig's extensive EFT library is included free with the Natural Vision Coaching course, under Gary Craig's copying agreement with original sale of the DVD's. Just a few of the 130 hours are required to watch (EFT basics plus specific eyesight videos). You will find many others compelling to watch on your own. Tap along!

Various other free short videos will be assigned with links to YouTube or other websites.

Required Audio

Each student is required to listen to Greg Marsh's 7 hour program, Reclaim Your Eyesight Naturally (or the older version Secrets of Improving Your Eyesight Naturally), preferably before the 5 days of classes in Fort Collins. Also please read the small 62 page guidebook which provides a nice overview of the Bates Method and Natural Vision Improvement. Contact us for a special price with the Coach Training.

Various other free audio tracks will be assigned as downloadable or playable links.

Areas Covered in the Natural Vision Improvement Coach Training Course

Others May be Added

A. Bates and Vision Improvement Essentials

- Bates Method principles: relaxation, movement, imagination
- Bates Method basic techniques
- Bates Method subtle techniques
- Bates Method centralization (central fixation)
- Bates Method numerous examples
- Importance of benchmarks
- Relaxation techniques, Bates and others
- Movement techniques, Bates and others
- Imagination; visualize success
- Eye charts, fusion games, other props
- Use of home study programs

B. Coaching Approach

- Wellness coaching: help client clarify what they want; readiness for change
- Choosing activities with a client
- Choosing goals; always plan for client's success
- Weekly buddy coach practice between classes, with discussion in class

C. Mental and Emotional Aspects

- How eyesight reflects what we "see" in our lives
- Personality/emotional patterns and eyesight conditions
- Intro to EFT (Emotional Freedom Technique) for vision
- EFT to help dissolve emotional factors in blurry vision
- EFT to help clarify what client want wants
- Importance of enthusiasm and expectation
- Choosing affirmations that will really help eyesight

D. Additional Techniques Included in Training

- Guided visualization to relax body and visual system
- Guided visualization to envision specific changes or outcomes
- Breathing exercises
- Rebounding on a mini trampoline
- Martial art based movement to arouse visual system

- Various other techniques

E. Guidelines for Sessions with Clients

- Preparing for clients
- Group classes, introductory classes
- Vision coaching by phone, Skype
- Working with kids, other demographics
- Extreme prescriptions
- Eye diseases, relaxation and emotional support
- Help clients work with their eye doctors

F. Awareness of Other Approaches

- Overview of various alternative treatments (micro current stimulation, etc.)
- Overview of other Natural Vision practitioners and approaches
- Behavioral optometry and vision therapy
- Overview of conventional optometry and ophthalmology
- Typical Surgeries

G. Nutrition (Not an emphasis; info easy to find)

- Basic nutritional factors in vision and particularly helpful products
- Homeopathic remedies
- You may want to learn more on your own

H. Different Specialty Areas for Vision Coaches

- Groups versus individual clients
- Considerations for children, teenagers
- Support for eye diseases
- Whatever you do, being clear this approach is not medical; waivers

I. Business Considerations

- What client demographics do you want to attract?
- HANDS-ON PRACTICE
- Practice with fellow student
- Initial practice group teaching, 20 minutes each person
- Growing your business; networking, referrals
- Basic website, search engine, and mailing list tutorial and resource