

# The Freedom Certification Training Program

## Frequently Asked Questions

### Who is offering this program?

Jill Monaco Ministries is passionate about coaching people to encounter God's presence and find freedom in Christ. Our Founder, Jill Monaco, is PCC credentialed with the International Coach Federation (ICF), and a Master Coach with the International Christian Coaching Institute (ICCI). She has coached over 2500 hours. She also mentors new coaches to improve their skills and teaches at conferences about coaching.

### Who is the Freedom Certification Training Program designed for?

The Freedom Certification is for people who love to coach and minister inner healing but have thought they had to be kept separate. It's great for coaches, ministry leaders, counselors, or anyone who wants to learn how to effectively minister to people with coaching tools, see the brokenhearted healed, and the captive set free. This is different than other programs that teach coaches how to help clients set goals or change mindsets by an act of the will. Instead coaches who will love this program are interested in seeing clients have a thriving relationship with God and healing hearts, minds, souls, and emotions.

This is especially beneficial for coaches who want to stand out but don't want to create and market their own signature program. Since Jill is a PCC (will be MCC in 2024), she teaches at a master level — passing on that experience to those who join the program.

### How is Freedom Certification different than other coaching certification programs?

The Freedom Certification offers Christian Coach Training and **ICF CCEs**. There are many schools offering classes but none covering this material taught by a PCC credentialed and ICF Mentor coach. Coaches who need continuing education struggle to find something new that they are interested in and would use in their practice.

FCMC offers a coach a full scale coaching program for their clients. You'll be able to offer it as a **Signature Program** without having to create the content, forms, worksheets, marketing, etc. Or, if you prefer to use the tools in conjunction with your current coaching model, it will give you powerful resources to help your clients on their journey.

Jill has taken her experience and training to create a premier coach training program offering more hours of LIVE training, mentor coaching, peer practice coaching, and self-study than other programs.

The Freedom Certification Training Program teaches coaches the **proprietary tools within the Freedom Framework™** and **The Freedom Coach Model®**. Jill has developed these tools to help her clients get significant breakthrough no matter what the sticking point. The model blends a inner healing ministry and pure coaching in a way no other program does. (We will explain more of that below.) Our goal is to teach you how to help your clients *get free* and *live free*.

Participants in the program have the opportunity to apply for the **Freedom Certification** when the training is complete. If they meet all the requirements, they will be able to be certified as an "Associate Freedom Coach" and licensed to use the our Freedom Coach Model® trademarked name, logo, and material — joining a community of coaches who are known and respected for coaching excellence. Plus, they will have an opportunity to gain referrals and be listed on our website as certified coaches.

Unlike other coaching programs, we invite **pastors, counselors, and ministers** to go through the same coach training and apply for their credential of “Certified Freedom Minister” and receive the same benefits as coaches with access to updated materials, community, referrals, and use of our logo.

We believe coaching is a skill that is best achieved through a combination of experiential learning tools — teaching, demonstration, practice, feedback, discussion, worksheets, and outside study.

The program offers:

- Over 70 hours of live group training and mentor coaching (this is not a video course where you listen to a lecturer).
- ICF CCE’s (the max allowed of 40)
- 1:1 mentor coaching with Jill Monaco
- Peer to peer coaching practice (“Triads”)
- Worksheets and tools you can use with your clients.
- Everything you need to effectively coach your clients to a lasting breakthrough.

### **What do you mean by proprietary tools for “blending inner healing and coaching?”**

Jill has created the **The Freedom Coach Model** and **The Freedom Framework**—a catalyst for powerful and lasting change. We found that inner healing is great and we highly recommend it, but Jill discovered people don't know how to encounter God's presence on their own so they become dependent on the inner healing minister. Life Coaching is effective but the industry doesn't offer much training on how to coach around spiritual bondage. Even less are trained to coach clients to encounter God's presence, hear his voice, and invite Jesus into the conversation. So clients stay in bondage and repeat the same patterns. But when a client learns to meet with God, and can implement these tools on their own, they find lasting freedom!

### **What will the Freedom Certification Training Program cover?**

See our [Program Outline PDF](#) for a sample breakdown. To meet ICF qualifications we will be sure to touch on all the Core Competencies. You'll also learn tools created by Jill Monaco including; The Freedom Framework™, The Healthy Coach Formula™, Conversations with Jesus™ and The Validation Station™. We will also teach how to identify what tool needs to be used in a coaching session for business, health, relationships, finances, etc. Our tools can be used in any niche because they coach the person not the problem.

The program is broken down into four modules:

- 1) *“Freedom Foundations Modules”* introduces you to the values of the entire program and sets a firm foundation using the ICF Core Competencies, how this model is different than pure coaching or inner healing ministry, practical tools for empowering clients, coaching like Jesus, having a coaching mindset, listening prayer, introducing **The Freedom Framework™**, and more.
- 2) *Get “Free Part 1 and Get Free Part 2 Modules”* are where we dive into what it looks like to partner with the Holy Spirit as a coach using **The Freedom Coach Model®**. Learn to hear God's prompting for what questions to ask, and what/how to hold back what you're sensing or perceiving. It is designed to introduce and build confidence in the 12 core tools of The Freedom Coach Model through practice and immediate feedback. Participants will learn how to evaluate a session and support their Triad partners.

- 3) *The “Live Free” Module* teaches the tools for lasting freedom including validation, compassion, joy, gratitude, addressing trauma responses, heart wounds, and The Emotionally Healthy Coach Formula™.

### **What will I learn?**

- Please see our sample [Program Overview PDF](#) for some session titles and learning objectives.
- How to refine your skills when applying the ICF Core Competencies to a Christian focused, inner healing emphasized, and freedom-based coaching session.
- How to use the proprietary Freedom Framework™ to identify where your client is struggling and determine the next step in helping them get at the root so they can get free.
- How to coach your client to hear God’s voice and see Jesus/God/Holy Spirit as their coach.
- How to use the Freedom Coach Model topical tools for walking out forgiveness, overcoming fear and rejection, uncovering lies/truth, and breaking generational patterns to address inner healing issues without defaulting to counseling or discipleship.
- How to ask powerful questions that get to the root of your clients area of “stuck-ness” — because it’s the question Jesus looking forward to answering for them.
- How to hear the Holy Spirit’s voice for guidance as you coach your clients.
- How to help your client get heart transformation and not seek first behavior modification.
- The art of active listening at a level that secular coaching would never address.
- And much, much, much, more!

### **Will you be teaching things I’ve learned before like SMART goals, values, life wheel, strength-based coaching, etc?**

No. There are great courses for those things out there already. What we teach is not being taught in any ICF training. (Jill has looked ... so that’s why she created it.)

### **Are there prerequisites to join the program?**

Yes. To go through the program - You need to be a certified coach, licensed counselor, pastor, or trained through an inner healing ministry (with at least 2 years of experience).

- 1) For those who already have coach training, are certified by an ICF Level 1, 2 or 3 program, and are looking to sharpen, add to their skills, and/or use a proven framework with their clients — *you have met the prerequisites*. If you want CCE credits with the ICF *they* require you to have completed at least a Level 1 program.
- 2) If you have completed your coach training have been certified in a program other than an ICF accredited program, or are a counselor, therapist, pastor, or trained in an inner healing modality, your skills will be assessed by our application and Zoom interview. You may be asked to go through our Coach Mentorship Program in addition to the Freedom Certification to get some additional training first. Feel free to apply so we can explore it together. There is an additional cost of \$1500 for this program and includes 5 group sessions (each for 2 hours) plus two 1:1 sessions with Jill Monaco.

- 3) This program is NOT for people who want to become coaches and are looking to be certified in the basics for the first time. This program is highly dependent on the understanding of the coaching competencies of ICF and will be building upon those.

### **What is the Application process?**

Once you fill out the application and submit your references, we will review it and send you an email with the next steps. If your application is accepted, you'll meet with Jill on Zoom so you can ask additional questions and we can make sure this program is a good fit. If all goes well, you will join our next cohort!

### **What kind of references do I need to submit with my Application?**

You'll need to submit the name, email, and phone number of 3 references: pastoral, relational, and professional. They must have known you for at least 2 years.

### **How many people are in the cohort?**

No more than 12 so you get lots of one-on-one attention, feedback, and interaction. And you'll build deep connections with others in the group.

### **Will I need to purchase other materials?**

Yes, you will have a reading list and you are responsible for acquiring those books.

### **Is this program affiliated with the International Coach Federation (ICF) or will I get CCE's for this training? (Coaches only)**

We are making the financial investment and time to submit our materials for review to the ICF once the first cohort is completed. They have assured us that it will be retroactive so once our paperwork is submitted and we can show them what you learned, you will receive CCE's. However, the CCEs are not dependent on this process being completed. You may report the CCEs on your own as well.

### **How long does the program take to complete?**

We believe growth and learning will come as you first experience the tools yourself. Then again as you coach others in and outside the group. As such, time is your friend a great teacher. We want you to have time to develop these skills at a heart level and not just learn them in your head. You will receive 32 weeks of training over the course of 12 months from January - December with some breaks around holidays and summer.

### **Do I need to sign an Agreement?**

Yes, for those accepted into the program, you will be able to review and sign the License Agreement that outlines most of what is here in the FAQ's, what is included in the training, and details about the certification requirements.

### **Do I need to be a Christian to apply?**

This content is based on Biblical truths, prayer, and the power of the Holy Spirit. If you are not a Christian you will not get value from this program.

### **Will I receive a certification at the end of 12 months?**

Once you successfully complete and pass the training, you will *receive an application* to become certified. We believe it's important for participants to not only be trained and mentored

but to be able to demonstrate a measurable level of competence in the Freedom Framework and Freedom Coach Model in order to be certified. Requirements include but are not limited to:

- Attendance – 90% or more of training sessions
- Active Participation – In trainings and activations
- Assignments – Earn a passing grade in each of the assignments
- Assessment – Jill Monaco will assess each coaches competency
- Supervision – Three 1:1 sessions with Jill Monaco
- Recordings - Submit two coaching sessions with clients for review
- Prerequisite - Either ICF certification or possibly having gone through our Coach Mentor Program
- Minister Hours - 50 hours with clients using the Freedom Coach Model and Freedom Framework to be granted the credential of “Certified Freedom Minister”(counselors, pastors, ministers only)
- Coaching Hours – 50 coaching hours with clients using the Freedom Coach Model and Freedom Framework and at least 100 overall coaching hours to be granted the credential of “Certified Associate Freedom Coach” (coaches only)
- Application - Show you’ve met the requirements plus a one time fee of \$99

If we feel you need to grow in an area you may be instructed to continue to practice and be evaluated again. Certification is not guaranteed after taking the Freedom Certification training but we believe that will be a very rare case, we will communicate along the way, and you will not be caught off guard by what needs to be developed.

We also reserve the right to revoke the certification and license of the Freedom Certification at any time if we see things that do not line up with our terms and conditions, emotional or spiritual health, ethics, statement of faith or License Agreement.

### **If I get certified, how can I share my credentials?**

We offer four credentials based on an approved application, your experience and ongoing education. (We can explain more about the different paths after your Application is accepted.) You cannot use “Freedom Coaching®” as that would infringe on our trademark.

1. If you are a certified coach you can use the title “Freedom Coach Model Certified” or “Certified Associate Freedom Coach” or “Associate Freedom Coach” in your branding and marketing.
2. If you are a counselor, pastor, or minister you can use the title “Certified Freedom Minister” or “Freedom Minister” in your branding and marketing. If you take the coach track and meet the prerequisites then you would be able to use #1.
3. The Agreement outlines how you can market your new certification. You’ll also be able to use the Freedom Coach Model® logo on your website.
4. We will offer “Professional Freedom Coach” and “Master Freedom Coach” starting in 2025.

You are NOT released to train other coaches, ministers, or lay people about how to use the Freedom Framework or Freedom Coach Model as our materials are copyrighted. For more details on how you can use the tools, logo, name, will be outlined in the License Agreement once accepted into the program.

### **Will I receive referrals from Jill Monaco Ministries?**

Coaches who have completed the Freedom Certification Training Program and received certification are eligible to apply for our referral program.

If you are accepted into our referral program, you will be listed as one of our coaches on our website and eligible for referrals.

Coaches are not guaranteed to be a part of the referral program by completing the certification. Those in our referral program are required to be a part of continued education through Jill Monaco Ministries, agree to our terms and conditions, live out our statement of faith, and uphold our code of conduct.

### **Can I cancel or get a refund after joining?**

No, due to the fact that you receive the program materials from the start, the program is non-refundable. We will turn people away so your spot is secured for you and payment plans will continue whether you chose to continue with the program or not. Please prayerfully consider your decision to join us.

### **Do you offer scholarships?**

We do not offer any discounts or scholarships at this time. We hope this program will attract major donors who want to sponsor a coach in the future. You are more than welcome to find a sponsor—if they donate any amount to Jill Monaco Ministries on your behalf, 100% of that amount will be taken off your tuition. We need to be aware of the designated gift so please email us before it is donated. You may not donate to yourself and receive a tax deductible contribution receipt since you are receiving a service.

### **I need to think about it, will you offer it again?**

Yes, God willing. We want to offer this program every year. However, the price will go up in 2025. Since 2024 is our first cohort we are offering it at beta pricing.

### **What is the cost?**

Paid in full: \$10,000

Payment plan: \$3500 upfront and \$833/month for 9 months.

### **Ouch, that feels expensive.**

Maybe consider—what is it costing you and your clients to NOT be equipped? (See how I added a coach question there?)

To help put the investment into perspective, if you received this training with Jill one-on-one, it would be an investment of \$22,000 just for the training. We aim to over-deliver by adding mentoring, coaching feedback, community, worksheets, marketing resources, business coaching, and developed tools for you and your clients. The most valuable part is the use of our trademark, which we will pay to maintain.

More than anything else, we pray that the Holy Spirit leads you as you encounter God's presence and love. May he show you if this is the next step for you personally and professionally. If you have questions please feel free to **email us at [info@jillmonaco.com](mailto:info@jillmonaco.com)**.