

## SUMMER 2012

# Natural Vision Coach Training and Certification

Presented by Greg Marsh, BetterEyesightNow.com, 970-224-5754

### 1. 4 Days In-Person: June 6-9, 2011 In-Person in Colorado

Best Western University Inn, Ft Collins, Colorado; 8:30 am - 5:30 pm with evenings free  
Convenient and fun location. Everything is within a short walk, so a car is optional.  
Hourly shuttles (for a fee) from Denver International Airport can drop you at the hotel.

### 2. Weekly Online Classes, Wednesdays 11 am -2 pm Eastern Time

Wednesdays, 11 classes, 8-11am PDT/11am-2pm EDT, Jun 20 – Sep 5, no class Jul 4  
Convert to your time, for instance 5 – 8 pm in much of Europe

### 3. Buddy Coaching, Practice Coaching, Personal Study, Personal Practice

(During and after the weekly classes) Integrate, learn and discuss in weekly classes.  
Gain experience and confidence with buddy coaching and practice coaching.

**Tuition:** \$2280 less early registration and paid-in-full savings if applicable, see website.

**Certification:** “Certified Natural Vision Improvement Coach”

**Certification requirements may be completed as early as the final class (Sept 5) or as late as Dec 15.**

The coach designation and identity helps ensure no regulation by any state agencies, and represents a powerful model for client success. No states or countries currently regulate coaches (life coach, wellness coach, etc.). The former “teacher” designation was more vague. You will likely want to join a local or national coach organization and be listed with them as a Natural Vision Improvement Coach. Graduates can refer to themselves as a Natural Vision Teacher or Bates Method Teacher if preferred.

### Important Notes:

1. Completing all practice and certification requirements is not essential. You may take this course simply to support your own vision improvement, however full participation including buddy coaching is requested. Coaching practice with real clients is optional if you do not want the certification.
2. You do not need perfect vision to be a Natural Vision Coach. A Natural Vision Teacher or Coach should have had at least some success with the Bates Method and other techniques, and an ability to pass their enthusiasm and understanding along to others.
3. As a Natural Vision Improvement Coach you may want to offer workshops, provide individual coaching support, or both, depending on your skills and interest.

## **PART 1 -- 4 Days In-Person: June 6-9, 2011 In-Person in Colorado**

**8:30 am - 5:30 pm each day with evenings free. See website or call us for more details. Rooms are available for \$69/night at the Best Western University Inn where we are holding the 4 day in-person portion of the training.** The setting will be relaxed but productive. We will be doing Natural Vision Improvement and Bates Method techniques all day 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.

## **PART 2 -- 11 Weekly Online Classes, 3 Hours on Wednesdays (33 Hours)**

**Wednesdays, 8 classes, 8-11am Pacific Time/11am-2pm Eastern Time**

**Convert to your time, for instance it will be 5 – 8 pm in much of Europe**

You’ll get great support for your Natural Vision Coach business and your personal eyesight improvement. Classes will be on the WebEx.com interactive platform, or a comparable alternative. Best experience is with a USB headset, video cam and broadband computer, but WebEx also supports phone participation. After getting acquainted in person, it really adds a lot to see each other on video. Even shy people have found they really like seeing each other and being on video themselves for the online classes. 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.

**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.

## **PART 3 -- Buddy Coaching, Practice Coaching, Personal Study, Personal Practice**

Included in weekly assignments. Practice coaching will likely extend beyond the weekly classes.

### **A. Buddy Coaching (Approx 15 hours)**

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 will build your confidence as a Natural Vision Coach, and will be a great help for your own eyesight when you receive coaching.

### **B. Practice Coaching (Approx 30 hours)**

10 practice hours (plus estimated 20 hours of prep time) of Vision Wellness Coaching, with groups, personal clients in person, or personal clients by phone/Skype, or a mix. Offering a free introductory class is encouraged but not required. Includes support from Greg and from class.

### **C. Personal Study – reading, audios, videos (Approx 66 hours) est. 6 hours/wk**

#### **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. Additional books will be recommended but not required.

**Total book cost is approx \$30 (used) to \$100 (new), amazon.com prices before shipping**

- ***Relearning to See***, Thomas Quackenbush (\$12 - \$18)  
A very thorough resource about the principles and techniques of the Bates Method
- ***Better Eyesight Magazines***, William H. Bates (edited by Quackenbush) (\$10 - \$22)  
Also available online but it's so nice to have this inexpensive, well indexed hard copy  
A kindle version by Clark Night is available for \$2
- ***Take Off Your Glasses and See***, Jacob Liberman (\$2 - \$10)  
A popular book that has helped many, by an optometrist
- ***The Bates Method of Better Eyesight Without Glasses***, William H Bates (\$2 - \$10)  
This version is abridged, but many of your clients will have read it  
A kindle version is available
- ***Help Yourself to Better Sight***, Margaret Corbett (\$2 - \$10)  
The original Bates teacher, simple and inspiring techniques
- ***Better Vision Now***, Clara Hackett (\$2 - \$10)  
Republished book from the 1950's, gives specific techniques for specific conditions
- ***Amazing Grace***, Grace Halloran (\$1 to \$23)  
Shows aspects of emotions, faith, and persistence in healing from eye disease

### **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. The DVD is \$5 to \$12 on amazon.com or available from Netflix.

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 80 hours are required to watch (EFT basics plus specific eyesight videos), but 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. Various other free audio tracks will be assigned as downloadable or playable links.

### **D. Personal Daily Practice Time (20-40 minutes per day)**

Practice Bates Method techniques, visualization, EFT, etc. for 20-40 minutes per day (or more if you like) during the 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.

## Areas Covered in the Natural Vision Improvement Coach Training Course

### 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

### 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

- Basic nutritional factors in vision and particularly helpful products
- Homeopathic remedies

### 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