

# Forward-Facing® Core Pathways

<u>Level 1 Alumni - \$300</u>	
Complete Forward-Facing® M(y) E(xperience)	
<u>Level 2 Advanced Alumni</u>	
<b>Health and Wellness - \$1000</b>	<b>Professional Resilience - \$1500</b>
<ul style="list-style-type: none"> <li>● 5 Personal Coaching Sessions (5 hours)</li> <li>● FFF OR FFTT</li> <li>● Posttraumatic Growth Specialist OR Certified Clinical Trauma Professional</li> </ul>	<ul style="list-style-type: none"> <li>● Receive 5-Session (10 hours) Accelerated Recovery Program</li> <li>● Compassion Fatigue Informed Professional</li> </ul>
<u>Level 3 Alumni</u>	
<b>FFH&amp;W Coach - \$2500</b>	<b>FFPR Coach - \$2000</b>
<ul style="list-style-type: none"> <li>● Art and Science</li> <li>● H&amp;W Practicum</li> </ul>	<ul style="list-style-type: none"> <li>● Art and Science</li> <li>● FFPR Practicum</li> </ul>
<u>Level 4 Alumni -\$2000</u>	
<b>FFH&amp;W Consultant</b>	<b>FFPR Consultant</b>
<ul style="list-style-type: none"> <li>● Training with Dr. Gentry</li> </ul>	<ul style="list-style-type: none"> <li>● Training with Dr. Gentry</li> </ul>

# Core Pathway FAQs

## **If I start on one pathway, but decide halfway through to switch to another pathway, can I transfer course credits to the new pathway?**

FFME will always be the gateway course for our certifications and counts for either. Beyond that, the pathways involve different experiences and information, so you will need to go back to the beginning of that pathway in order to switch.

We've had quite a few coaches complete both pathways who have benefited from completing both, granting them multiple services to offer clients in their coaching practices.

## **Why does Level 2 Health and Wellness cost less than Level 2 Professional Resilience?**

Both levels involve one-on-one coaching, but the amount of coaching is actually doubled for the Professional Resilience pathway. Health and Wellness Coaching offers one-hour sessions. The Accelerated Recovery Program (ARP) for Professional Resilience schedules 2-hour sessions by nature of the program. Typically Eric charges \$2000 for the ARP, so you're getting a really good deal receiving the ARP through our program PLUS the self-paced professional resilience course which comes with its own mini-certification.

## **Why does Level 3 Health and Wellness cost less than Level 3 Professional Resilience?**

The practicum in each program is different specifically regarding individualized attention for students. In the Health and Wellness program, you get matched with a mentor coach who gives you personalized feedback on your delivery of each of the 5 H&W sessions to your partner. The Professional Resilience practicum does not have that level of individualized attention.

**Do I have to do the levels in order?**

Mostly. If you have the time and are up for the intensity, you can actually do Levels 1 & 2 at the same time. You can also start Level 2 while you're waiting for an FFME group to begin. However, you cannot progress to Level 3 without having completed both Level 1 and Level 2, and you cannot progress to Level 4 without completing Level 3.

**What if I've already taken some of the courses in a level?**

Contact Mollie Gardner: [mollie@forward-facing.com](mailto:mollie@forward-facing.com). She can get you a customized invoice.