

For coaches who want to create safer, more impactful spaces for client growth.

When safety leads, growth follows.

ROOTED™: A Nervous-System-Informed, Trauma-Aware Coach Development Program is a 10-week professional learning experience designed to help coaches integrate the science of safety into their practice.

It supports coaches in strengthening self-regulation, deepening presence, and building the capacity to stay steady and effective even in complex client moments.

Through a blend of reflection, dialogue, and applied fieldwork, coaches explore how the brain, body, and relationship all shape insight and growth—and how to bring this awareness into real coaching spaces with courage, care, and clarity.

PROGRAM OVERVIEW

In this program, you'll explore ways to:

- Understand how the **nervous system influences insight, courage, and safety** in coaching.
- Recognize and respond to **activation and regulation** cues—in yourself and your clients.
- Cultivate **grounded presence** and **co-regulation** as core coaching skills.
- Strengthen your **ethical foundation** and **navigate boundaries** with confidence and care.
- **Integrate neuroscience, reflection, and practical tools** to support whole-person growth.

FOR COACHES WHO WANT TO....

- Deepen **self-understanding** and **embodied presence**.
- Build trauma awareness **without stepping outside coaching scope**.
- **Strengthen ethical practice through** a nervous-system-informed lens.
- Foster **client trust, reflection, and meaningful growth**.

PROGRAM FORMAT:

8 live **virtual group** sessions (90 minutes each, over 10 weeks)

GROUP SIZE:

Maximum 10 people.

TIMING:

Spring 2026 Cohort begins on March 11, 2026.

CCEs:

Earn 28.0 Continuing Coach Education hours

TUITION:

Standard tuition: \$1,695 USD

Converge Offer: \$1,450 USD

Save \$245 when you register by December 31, 2025.

TO REGISTER

Registration opens **October 28, 2025**.

Visit

www.rosaedinga.com/CoachSupport to join the Waitlist for **VIP access** to registration and early program updates.

