

The Premise - It is who you are

To BE a Masterful Coach is much more than competence, it requires a unique Way of Being and a discerning way of observing. This program focuses first on who and how you are being as a coach and then integrates what you do and the ICF MCC coaching competencies.

MCC Program A Deliberate Pathway to Excellence, Mastery and Artistry in Coaching

If you desire a profound, personal, evolutionary experience, are passionate about coaching and your own development, and are pursuing your ICF MCC, this program is for you.

You will discover and exponentially develop your range and depth as a coach through experiential learning, practice and ongoing reflection both individually and in community.

The learning takes place in a personal, intimate and safe space, strongly focused on building community and using the collective wisdom of the group.

Using the Ontological Coaching approach as a foundation, and drawing from other

coaching methodologies, embodiment and human development frameworks, you will learn new concepts and distinctions, continuously experimenting with, integrating, and embodying them throughout the program. Ultimately you will blend in the ICF MCC competencies enabling you to demonstrate mastery and artistry as a coach at ICF MCC level.

The Program

14 x 3 hour sessions over 7 months

36.5 CCE's

10 Mentor Hours

Self-Observations

Reviewing ICF MCC Coach Recordings

Learning Groups and Partnerships

More Information

Cathy@thehumanconnection.co.za

Karen on +27 83 455 4744

MASTERY
COMMUNITY
INSPIRATION
DEVELOPMENT

Dates and Times *

Monday, 23 February 2026	16:00 – 19:00
Monday, 16 March 2026	16:00 – 19:00
Monday, 30 March 2026	16:00 – 19:00
Monday, 13 April 2026	16:00 – 19:00
Monday, 4 May 2026	16:00 – 19:00
Monday, 18 May 2026	16:00 – 19:00
Monday, 8 June 2026	16:00 – 19:00
Monday, 22 June 2026	16:00 – 19:00
Monday, 13 July 2026	16:00 – 19:00
Monday, 27 July 2026	16:00 – 19:00
Monday, 17 August 2026	16:00 – 19:00
Monday, 31 August 2026	16:00 – 19:00
Monday, 14 September 2026	16:00 – 19:00
Monday, 5 October 2026	16:00 – 19:00

SAST Time *

[Click here for time zone conversion](#)

Participants

A maximum of 10 participants

Application Process

[Complete reflection](#) and request a conversation

Program Investment

R41 500 + VAT – South Africa

USD 4 150 – Europe and North America



**DISCOVER.
LEARN.
EVOLVE.
GROW.**

Karen White

Karen's principal focus is on the comprehensive development of coaches and advancing coaching as a profession. To this end she has been a faculty member on a number of coach training programs over the past 14 years and attained her MCC in 2016.

Committed to creating value and excellence in coaching, Karen is the Director of Training for The Ontological Coaching Institute.

She co-leads the 18-month Certified Ontological Coaching and Leadership Programme in South Africa, the USA and Europe.

She holds 3 world-class Coaching Qualifications:

- Certified Ontological Coach
- Leadership Embodiment Coach
- Integral Coach

Karen acts from a strong sense of purpose and is attracted to help others develop excellence with efficacy, precision and discernment.

She is sought out as a Mentor Coach and a Coach for Coaches' internationally, with an ability to translate abstract approaches into well-structured coaching programs.



Previous Participants

"I embarked on the Coach Mastery MCC as an experienced coach, interested in elevating my coaching and preparing myself to apply for the ICF MCC accreditation.

This excellent programme so thoughtfully designed and masterfully facilitated by Karen White gave me that and so much more. The Ontological underpinnings, the high calibre of fellow coaches the programme attracted, and the valuable coaching practices and learning

Karen guided us through, blended to provide a rich learning experience that perfectly balanced stretch and support. Karen beautifully held our collective learning space and in my assessment, truly embodies masterful coaching."

- Erma Steyn, Leadership coach with 20 years experience.

"I so appreciated the opportunity to deepen my coaching skills in the presence of a wise and empowered community of peers, convened and masterfully facilitated by Karen.

Having procrastinated for at least 10 years in taking the step to submit my MCC application the programme was just what I needed to gently nudge me into recording practice sessions to get the ball rolling. Karen's considered and astute feedback unlocked a much deeper level of appreciation and understanding in me about what coaching mastery truly is.

Karen truly embodies the 'being' of a master coach and her example along with her wisdom and humour made this such an enriching journey. "

- Stephanie Martinis, coaching since 2004, PCC since 2007

"I would highly recommend this program to coaches who are ready to embark on the daunting journey to achieve their ICF MCC. It certainly paves the way and helps you to build the required competence.....

But more importantly, I would say that this course is a MUST for seasoned coaches who really care about WHO and HOW they are being as a Coach. The learning has been deep and profound and my coaching range and depth has shifted significantly as a result.

Thank you Karen for your Mastery and the deep care that you demonstrate for the professional development of Coaches."

**- Lisa Hansford
Leadership Coach since 2007**

"I am delighted and excited about Karen's offering to coaches who are committed to gaining MCC certification.

As an executive and leadership coach and coach trainer for more than twenty five years, it has been my privilege to have worked with Karen for nearly 10 years. I continue to be inspired by her deep commitment to continually progress towards mastery as a coach and a coach trainer in the development of her uniquely caring and powerful style.

Her heartfelt commitment to contribute to the professionalisation of coaching is reflected in the depth and breadth of the program she is offering for advancement to MCC.

She has skilfully designed a course that enables the coaching application of core ontological knowledge and skills in the development of the necessary competencies for MCC certification and I highly recommend it."

- Alan Sieler, Director Newfield Institute and Ontological Coaching Institute; author of Volumes I-IV of Coaching to the Human Soul

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"Karen is a brilliant coach facilitator. She is inspirational and skilled at helping coaches discover how they can live more into their coaching potential. Karen understands the power of unifying mind, body and spirit in order to inspire and empower coaches so they can pass it along to their clients. Her ability to understand and embody the art of connection, communication and discernment allows her to transmit aspects of coaching that are often mentioned but not developed - especially the embodied aspects.

This is your opportunity to learn from someone who is wise, compassionate and has a deep understanding of coaching methodologies."

- Wendy Palmer, founder of Leadership Embodiment

"As a professional Executive coach for 12 years I felt I needed more sharpening of my skills and have been working with Karen as my mentor coach for the last six months.

Karen is a very experienced integral, somatic, and ontological coach who I respect for her breadth of knowledge and ability to get to the heart of the matter quickly. With her powerful questions, deep listening, intuition and humour she supported me in quickly surfacing the underlying issues I was facing and has enabled me to take my own coaching conversations with my clients to a much more powerful and impactful level. "

**- Valerie Villiger-McNeill
Organisational Development Coach and Consultant**

Initially, achieving MCC certification looks seductively simple. In practice, meeting the requirements of the MCC performance evaluation requires a deep inquiry into your own way of being in the way you coach. Many hours of oversight and scrutiny are required from an expert mentor coach to usher you to a point where you can confidently pursue the MCC performance evaluation. It is a deep learning process.

Karens' unique set of competencies and her nuanced approach will significantly amplify your learning in this demanding undertaking.

**- Keith Harvey
Certified Ontological and Integral Coach**