

# CEC Certification Requirements

## Overall requirements for CEC

- Attending opening and graduation + 80% of the core live sessions at one of the 3 time slots available (Tuesdays 9am, 6pm or 2am next morning UK time)  
→ means for FEC: 6 out of 7; for the whole CEC course: 18 out of 23 calls
- Participate in at least 80% of the weekly practice group meetings (pausing during the rest weeks is possible)
- Watch and mark complete all core complimentary resources on the learning platform, bonus material is optional
- Do your weekly personal practice and track your progress, e.g. in the Practice Journal
- Weekly submission of your learning and practice progress in the Practice Journal Summary via the form on the portal

## 2nd Semester - Getting into Embodiment Coaching

- Submit a short summary of your Practice Journal for each week of the semester via the survey on the learning portal  
(hand-in deadline for all weeks of the 2nd semester is Monday, 17th of June 2024, 9 AM UK time)
- min. 1h of Core Embodied Practice each week  
(recommended: 2h, Bonus level: 5h per week)
- Practise the learned embodiment technique of each week with your peers
- Find a volunteer to practise the embodiment technique learned the previous week  
(min. 30 minutes per week)

## 3rd Semester - Advanced Embodiment Coaching

- Submit a short summary of your Practice Journal for each week of the semester via the survey on the learning portal until Monday, 29th of July 2024, 9am UK time
- min. 1h of Core Embodied Practice each week  
(recommended: 2h, Bonus level: 5h per week)
- Practise the learned embodiment technique of each week with your peers

- Find a volunteer to practise the embodiment technique learned the previous week (min. 30 minutes per week)
- Finish the core reading for the overall CEC course
  - The Body in Coaching and Training* - Mark Walsh ([LINK](#))
- Hand in a 10-12 min coaching recording until 22nd of July 2024, 9am UK time via the survey on the learning portal (Exam)