# THE QUANTUM TRANSFORMATION METHOD CERTIFICATION

SUZY ASHWORTH PRESENTS

# 2026

## PROSPECTUS

INTERNATIONAL AUTHORITY FOR PROFESSIONAL COACHING&MENTORING

Experts in Accreditation since 1998

ACCREDITED INTERMEDIATE TRAINING COURSE - EQUIVALENT LEVEL 5

# CONTENTS


| | |
|---|---|
| A NOTE FROM OUR FOUNDER | **Page 3** |
| ABOUT THE CERTIFICATION | **Page 5** |
| WHO IT'S FOR | **Page 7** |
| WHAT YOU WILL LEARN | **Page 8** |
| THE 6 PHASES OF TRANSFORMATION | **Page 9** |
| THE TOOLBOX | **Page 10** |
| WHAT'S INCLUDED | **Page 11** |
| YOUR PATHWAY | **Page 12** |
| IAPC&M ACCREDITATION | **Page 13** |
| HOW YOU QUALIFY | **Page 14** |
| STUDENT STORIES | **Page 15** |
| WINS AND OUR GUARANTEE | **Page 17** |
| FREQUENTLY ASKED QUESTIONS | **Page 18** |
| YOUR NEXT STEP | **Page 19** |



# A note from our founder

If you've found your way here, I want you to know something straight away: this is not a coincidence. You're here because life is gently (or maybe loudly) nudging you to step into something deeper. Something more aligned. Something that finally feels like yours.

For years, you've been the dependable one. The high achiever. The one people rely on. You've climbed ladders, hit goals and helped other people build their dreams, but deep down you've always known you were meant for more than spreadsheets, targets and back-to-back meetings that don't feed your soul.

This is your invitation to put yourself on the path that feels purposeful, expansive and wildly fulfilling.

I created the Quantum Transformation Method Coaching Certification for people exactly like you: ambitious, caring souls who want to create real impact and build real freedom. This isn't just about becoming a coach. It's about becoming the kind of leader who transforms lives, and who knows how to build a world class business doing it.

This IAPC&M accredited certification bridges the two worlds that matter most: the inner world of deep, transformational coaching mastery, and the outer world of a coaching business that actually reaches the people who need you.

What makes it different is that we don't just teach skills. We help you become the kind of coach who changes the room just by walking into it. You'll learn to facilitate transformation on a neurological, somatic and energetic level, so your clients don't just feel better, they become better versions of themselves.

Because you're here, I already know you're someone who cares. You want to help others. You want to serve. You want to make a difference. And now you're ready to do it in a way that also honours you. Your time is no longer on loan to someone else's vision. It's yours. Whether you're pivoting from corporate life, adding coaching to a healing or therapy practice, or answering the quiet voice that keeps whispering "there's more for you", you're in the right place. The coaching industry is evolving, and so are you.

Let's make your next chapter the one where you stop waiting and start leading.

With love and certainty,

## Suzy Ashworth

FOUNDER

ABOUT THE CERTIFICATION

# WORLD CLASS, ACCREDITED COACH TRAINING

The Quantum Transformation Method is a professional coaching certification for coaches, healers, therapists and career changers who want to create deep, lasting change for their clients. It is the only UK coaching school to combine intuitive and energetic coaching tools with system-based frameworks.

The programme is accredited by the International Authority for Professional Coaching & Mentoring (IAPC&M) as a **Level 5 Accredited Intermediate Training Course**. You'll be trained to independent professional standards, assessed on your real coaching, and ready to apply for your own individual accreditation when you graduate.

## BUILT AROUND THE FIVE CS

**Clarity**
Know who you help and how.

**Competence**
Coach across mind, body and energy.

**Communication**
Attract the right clients.

**Community**
Grow with heart-led peers.

**Compensation**
Get paid well for your work.

## YOU'LL LEARN

- How to structure a coaching session so your client gets the best possible result
- How to use multi-sensory listening to elevate your coaching
- How and when to use coaching, mentoring and consultation in your containers
- How to facilitate change on a neurological, somatic and energetic level, for yourself and your clients
- How to work ethically and within your scope of practice as a professional coach

WHO IT'S FOR

# IS THIS CERTIFICATION RIGHT FOR YOU?

01

**Aspiring coaches**

Career changers, often leaving corporate, who want a rigorous, accredited route into coaching.

02

**Established coaches**

Coaches who want to go deeper, refine their skills and upgrade what they deliver and charge.

03

**Healers and therapists**

Practitioners who want to integrate professional coaching into their existing work.

04

**Whole-person practitioners**

Anyone who wants to facilitate change on a neurological, somatic and energetic level.

If you are committed to your professional growth, willing to embody what you learn and ready to do the work, this programme is for you.

## OUR GRADUATES GO ON TO WORK AS

- Life & Business Coaches
- Transformational Coaches
- Wealth Coaches
- Money Coaches
- Manifestation Coaches
- Retreat & Wellness Facilitators

WHAT YOU WILL LEARN

# THE CORE CURRICULUM

A complete online curriculum of 19 modules, taught by Suzy and the Master Trainers. Every lesson comes with a workbook, key notes, slides and a full transcript, and every module ends with a Knowledge Check so you can see your progress.

01

**Foundations**
The Pillars of Infinite Receiving and what Quantum Transformation really is.

02

**Professional practice**
Contracting, ethics, boundaries, scope of practice and the AWARE session structure.

03

**Coaching mastery**
Powerful questions, multi-sensory listening and the 6 Phases of Transformation.

04

**Mind and body**
Why change is hard, nervous system awareness and somatic coaching skills.

05

**The energetic dimension**
Energetic and intuitive tools, used with clear indications and sound judgement.

06

**Your coaching audience**
Communicating your work, building your audience, niching and messaging.

OUR SIGNATURE MODEL

# THE 6 PHASES OF TRANSFORMATION

A flexible model for creating deep and lasting change. The phases are not a fixed sequence: you'll learn to recognise which one your client needs, so not every phase appears in every session.




**Awareness**
Bringing what is happening into the light.

**Aim**
Getting clear on what the client truly wants.

**Alchemy**
Transforming what is in the way.

**Adaption**
Shifting patterns, beliefs and identity.

**Assimilation**
Embodying and integrating the change.

**Action**
Turning insight into aligned action.

INCLUDED WITH YOUR CERTIFICATION

# THE TOOLBOX

Practical, ready-to-use tools you can bring into your sessions from the moment you learn them.

**The Freedom Codes**
Nine energy protocols to move clients through what is holding them back.

Connection · Acceptance · Pain · Anger · Brakes · Soul Drive · Presence · Alive · Harmony · + Self-Care

**Somatic Emotional Release Tool**
Help clients release what is held in the body, safely and with care.

**Creative Visualisation**
Guide clients to see, feel and step into the future they want.

**The Rewire**
Lasting change at the level of identity and belief.

**Plus session resources**
100 Coaching Questions and the Coaching Session Companion.

*Informed by neuroscience, somatic practice, mindfulness, solution-focused and trauma-informed approaches, and energetic work.*

HOW YOU'LL LEARN

# WHAT'S INCLUDED

**Pre-recorded core curriculum**
19 modules plus your introductory lessons, The Toolbox, with workbooks, key notes, slides and transcripts. Learn at your own pace.

**Live Coaching & Development Calls**
Watch Suzy coach, bring your questions and deepen your skills, at times that work around the world.

**Live Somatic Coaching & Development Calls**
Build your body-based coaching skills with dedicated somatic practice.

**Group mentoring with the Master Trainers**
Mentoring and modular office hours, so you always know what to do next.

**Peer-to-peer practice sessions**
Practise with fellow students, with observers and structured feedback.

**Co-working sessions**
Optional drop-ins to protect focused time for study and your business.

**Suzy AI Assessor**
Detailed feedback on your practice sessions, whenever you need it.

**Clear, comprehensive feedback**
On your recorded coaching sessions from Suzy and the Master Trainers.

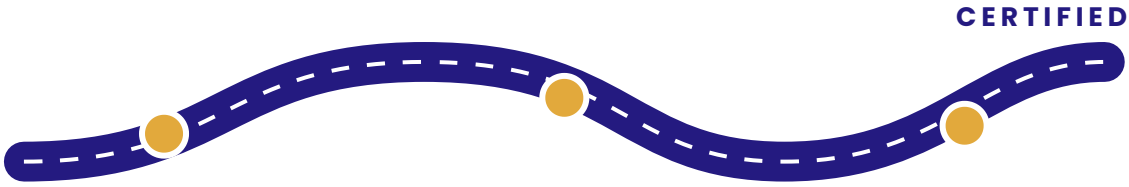
**A world class community**
A WhatsApp community for the whole of your qualification.

**Final assessment and certification**
A rigorous, fair assessment that proves your competence as a coach.

YOUR PATHWAY

# FROM FIRST LESSON TO CERTIFIED COACH

Start as soon as you sign up. Plan for a minimum of four hours a week, and you can qualify in a minimum of eight months.




1

**Coaching Confidence**
Work through the core curriculum, join the live calls and start practising with peers.

2

**Clients and Practice**
Log your coaching hours, submit your recorded sessions and get detailed feedback.

3

**Certified**
Complete your final assessment and graduate as a Quantum Transformation Coach.

WANT HELP BUILDING THE BUSINESS TOO?

**The Content Lab**

Alongside your certification, you get access to the Content Lab from the start, so you get clear on your niche and messaging while you train, and the right clients can find you.

- ✓ **Weekly Content Lab call**
- ✓ **Niching: know exactly who you help**
- ✓ **Regular content drops**
- ✓ **Messaging: talk about your work in a way that lands**

ACCREDITATION

# ACCREDITED BY THE IAPC&M

The International Authority for Professional Coaching & Mentoring is an independent professional body that accredits coach training and coaches worldwide. Our programme is accredited as a **Level 5 Accredited Intermediate Training Course**.

## WHY IT MATTERS

- Training that meets independent professional standards
- Credibility with clients, organisations and the corporate sector
- A commitment to high ethical and coaching standards
- A clear route to your own individual accreditation

**Your route to individual accreditation**

When you graduate our programme and certify as a Quantum Transformation Coach you can apply through the IAPC&M's **Accredited Training Provider Course Route**: the lighter, lower-cost route, with no client testimonials needed.

**Good to know:** course accreditation and individual accreditation are separate. When you graduate, if you'd like personal accreditation, you apply to the IAPC&M yourself. Their entry level, Accredited Practitioner Coach (APC), asks for 60 training hours, 60 hours of client experience and 30 hours of CPD, all of which you build during the course. If you apply at a later date, you'll need to keep your coaching hours and CPD up to date, and once accredited, you maintain it with ongoing coaching hours and CPD in line with IAPC&M guidance. Fees are set by the IAPC&M.

HOW YOU QUALIFY

# WHAT IT TAKES TO CERTIFY

You are assessed on what you know and, most importantly, on how you coach.

1. **Module Knowledge Checks**
   Score at least 80% on the Knowledge Check at the end of every module.

2. **Logged coaching practice**
   Keep a coaching log of your practice hours throughout the programme. Minimum of 60 required.

3. **Three recorded sessions**
   Submit three recorded coaching sessions of at least 45 minutes, each with a written reflection of 300 words or more.

4. **Final assessment**
   A knowledge test (85% to pass), a short written paper and a reflective portfolio.

STUDENT STORIES

# WHAT OUR STUDENTS ARE DOING

GRADUATE STORY

**Eloise**

The Money Alchemist, money coach and therapist

## £25,000

in four days after opening extra 1:1 spaces, a record for her.

*"I can sit here today and say, I'm a world class money coach and therapist."*

STUDENT STORY

**Wendy**

EFT therapist and counsellor

## 8 packages

sold in her first two weeks, once she started charging for coaching.

*"Do it. Know that if you hit a problem you are not on your own with it."*

STUDENT STORY

**Cleo**

Financial coach and money trauma specialist

## £23K

with clients within eight weeks, and her first two payments covered within five days of joining.

GRADUATE STORY

**Yinka**

Seasoned coach and business owner

Called the Certification one of the most brilliant learning opportunities she has ever had.

*"You make it look so pedestrian and easy, but honestly it's been phenomenal."*

STUDENT STORY

**Emma**

Retreat founder

Emma had dreamed of running women's wellness retreats for almost a decade. Inside the Certification she rebuilt her confidence after years in a toxic job, broke lifelong patterns, and is launching her first coaching programme alongside her retreats.

IN THEIR WORDS

# WHY OUR STUDENTS CHOSE US

A

*"I wanted to include the energy aspect to my business and this was the perfect blend of metaphysical knowledge and physical action."*

**ALUN**

L

*"This course is perfect for me as I like to be led by research and science while incorporating spiritual philosophy and teachings."*

**LEAH**

E

*"If you are looking for a coaching certification that goes beyond just techniques and strategies and actually transforms YOU as a person, this is it."*

**EMMA**

T

*"If you're looking for a comprehensive, well-supported, and deeply engaging coaching certification, I'd highly recommend this one."*

**TRACEY**

K

*"I am becoming a whole new level of me. I feel I'm becoming more magnetic. People are interested in what I'm up to."*

**KAT**

E

*"It's a fantastic program whatever level you're at. I learn so much in the calls and feel really well supported."*

**ELOISE**

OUR COMMUNITY

# WINS AND OUR GUARANTEE

*"I managed to turn it round in the next discovery call and they signed up! £15k in sales!"*

**STUDENT WIN**

*"First phone call after Suzy's session and I sold another retreat space. That's 2 in one day."*

**STUDENT WIN**

*"Signed 2 new clients today and got another woman I am really excited about potentially working with."*

**STUDENT WIN**

OUR GUARANTEE

## A COMMUNITY OF 1,000, OR WE KEEP COACHING YOU

You show up. You do the work. You receive the coaching. You implement.

If you haven't built a community of 1,000 people by the time you've completed the programme, we will coach you for free until you do.

A

*"This certification teaches me so much more than just being a coach."*

**ALISON**

QUESTIONS

# FREQUENTLY ASKED QUESTIONS

**Q How long does it take?**

You can start as soon as you sign up. Plan for a minimum of four hours a week; you can qualify in a minimum of eight months.

**Q Is the course accredited?**

Yes. The IAPC&M accredits the programme as a Level 5 Accredited Intermediate Training Course.

**Q Will I be accredited as a coach when I graduate?**

Course accreditation and individual accreditation are separate. You graduate with your Quantum Transformation Method certification, then apply to the IAPC&M through the Accredited Training Provider Course Route.

**Q Do I need coaching experience?**

No. The programme is designed for new coaches, established coaches, and healers and therapists adding coaching to their practice.

**Q What if I can't make the live calls?**

Live calls run at times that work around the world and are recorded, and the core curriculum is pre-recorded so you can learn at your own pace.

**Q Are payment plans available?**

Yes. Book a call and we'll talk you through the options.

# THE QUANTUM TRANSFORMATION METHOD CERTIFICATION

YOUR NEXT STEP

## FILL OUT THE SHORT APPLICATION FORM

Then we will be in touch to answer your questions and help you decide whether the Quantum Transformation Method Coaching Certification is the right next step for you.

**SUZYASHWORTH.COM/APPLYFORTHECERTIFICATION**

INTERNATIONAL AUTHORITY FOR PROFESSIONAL COACHING&MENTORING
Experts in Accreditation since 1998
ACCREDITED INTERMEDIATE TRAINING COURSE - EQUIVALENT LEVEL 5

FAITH + ACTION = Miracles