

FREQUENTLY ASKED QUESTIONS

Why would one participate in a Self-Coaching program?

There are so many reasons to become a Mindful Attentionist Self-Coach (MAC Self-coach), and here are a few of them:

- Accessing a deep exploration of self from physical & material, mental, emotional, and spiritual perspectives, learning the art & science of self-coaching, and living with a higher consciousness and deeper happiness.
- The reward of being able to be a role model - if you decide to continue to MAC Professional Coaching - and a coach to help others to do the same.
- Being an active participant in changing the world for the better.

Who can benefit from participating in the MAC programs?

The MAC program is a great fit if you are:

- Seeking liberation from living in survival mode, or just interested in a deeper understanding of life, yourself, and/or others.
- Ready to live a more meaningful life with a clearer understanding of why, where, and how you can transform your own life and assist others to do the same.
- Willing to do the work to make our broken world whole again, personally and/or professionally.
- Interested in upping your game or going deeper in the field of human well-being and growth.
- Aware that the nature of life and work as we know it has changed, and you're looking for a meaningful, change-proof, and rewarding career in coaching that can help the global community from the comfort of your home or your office.

Who can be part of this program?

Anyone over the age of 18 who is interested, committed, and prepared to do the work of going deeper in their inner growth journey. And if you wish to go from personal to professional, to find that place of learning to coach others to do the same. We will review every application mindfully and carefully, and select only the most willing applicants for this program.

Are there any pre-requisites to participate in the program?

Yes, the pre-requisites are:

- Passion to learn and grow,
- Commitment to fully participate,
- Willingness and discipline to practice,
- ...and an attitude of contribution.

What is the deadline to start or apply for the M.A.C. programs?

The Mindful Attentionist Self-Coaching program is self-paced, and you can start anytime. For Mindful Attentionist Professional Coaching program, please check our website as the deadline changes for each offering. Bear in mind that MAC Self-Coaching is a pre-requisite to MAC Professional Coaching program, and you need to first complete it to be able to apply for the professional program. Also, not everyone who applies gets accepted into the professional program.

What's my weekly commitment for this program?

- Listening to weekly lectures in a timely manner.
- Participating in live virtual meetings twice a month.
- Participating in peer-led monthly meetings.
- Participating in an on-going chat.
- Practice, practice, practice what you learn!

How long does it take to complete this program?

MAC Self-Coaching is 5 months long; however, you have 12 months to complete or review the program as many times as you wish and participate in AMA and Peer-led meetings.

Can I only participate in MAC Self-Coaching?

Yes, you can participate in only the 5-month self-coaching program for your own growth.

What is Mindful "Attentionist" Professional Coaching?

Graduates of MAC Self-Coaching program have an option of continuing their studies for another 6 months and participate in MAC Professional Coaching program when offered. In this program they'll learn the art and science of professional coaching which allows them to join one of the fastest growing industries – coaching -- while enjoying the rewarding career of helping others to lead a happier and healthier life of choice, be it in person or virtual. More information and selection criteria will be provided after the completion of Mindful "Attentionist" Self-Coaching program.

Can I only participate in MAC Professional Coaching?

No, Self-Coaching is the pre-requisite for Professional Coaching program. Every participant in MAC Professional Coaching is required to complete the MAC Self-Coaching. We believe if you haven't coached yourself, you can't coach others meaningfully.

How long does it take to graduate from the MAC Professional Coaching Program?

5 months Self-Coaching + 6 months Professional Coaching = **11 months in total**

Can I decide whether I want to participate in MAC Professional Coaching after completing MAC Self-Coaching?

Yes, you can, and we have designed it that way. We want you to know for sure this is what you want to do for a living before committing to it.

How do I access the weekly meetings?

- Once you register, you'll get access to audio lessons.
- Live virtual meetings will be on Zoom or a similar platform. We will send you a link after your register.
- Monthly peer-led meetings will be on the phone or Zoom on the third Wednesday of each month at 12 noon Pacific.
- On-going chats will be on WhatsApp or a similar platform.

What is your refund policy?

Once you register, your full tuition will become non-refundable. You'll have full access to everything the program has to offer for 12 months.

How much is the tuition?

- **MAC Self-Coaching** \$900
- **MAC Professional Coaching** \$1200

Do you offer payment plans?

Currently we do not offer any payment plans.

Do you offer partial scholarships?

Yes, we offer 50% partial scholarships to those who are unable to pay the full tuition.

How do I apply for a partial scholarship?

Before you register and pay for the program, email us at care@mitramanesh.com with the subject line of "Partial Scholarship". We will then forward a form to you, which we will use to determine your eligibility. Please note we are unable to accept your partial scholarship application after you have registered.

What if I do not have any coaching/counseling experience?

The MAC programs are designed for willing coaches of all levels, including beginners, as this is a completely fresh way of being and coaching, personally and professionally.

What if I'm already an experienced professional in a similar field?

The MAC programs are designed to add to your existing knowledge and experience, and we are sure you'll be able to refine, replace, or expand what you already know and do.

Do I get an official certificate upon completing the program?

Yes! Upon completion of the MAC programs, you'll receive an official certification that you can use as a reminder of your learnings and practices as well as on all professional platforms.