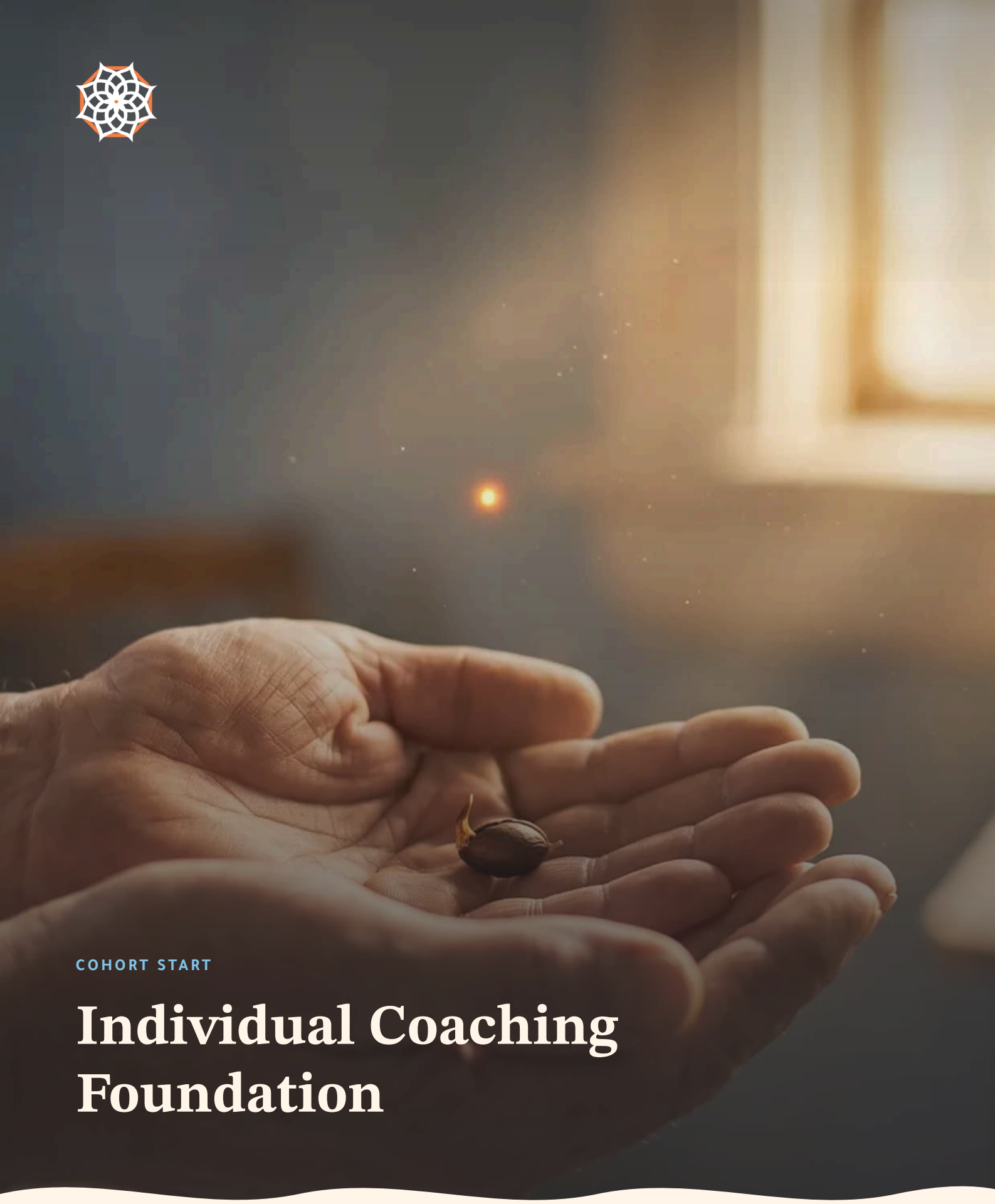


COHORT START

Individual Coaching Foundation

14 March 2027

Online



About the Gathering

"You cannot do the coach. You have to be the coach." This is the foundation everything Kun teaches stands on: not tools you perform on people, but skills grown into your humanity.

Individual Coaching Foundation is the root every branch of Somatic Thinking coach education is built on. Ninety two hours, in milestone 2 of a program accredited by ICF at Level 1, working on two tracks that never separate: the human behind the coach first, then the professional coach. You practise with real clients from the first weeks, and you receive Somatic Thinking coaching yourself, as a client, living the method from the inside before you ever offer it.

This cohort runs fully online, live: 18 to 24 live meetings of three hours each, every Sunday and Wednesday at 6:00 pm Cairo time, starting Sunday 14 March 2027. The cohort is capped at twenty-five seats, because live work needs closeness.

Its prerequisite is [An Introduction to Somatic Thinking](https://kuncoaching.com/en/courses/somatic-thinking-intro), a short recorded course that lets you taste the method honestly before you commit to its foundation.

This cohort is shared ground, serving two journeys at once. If you arrive from the coach-education ladder, it is your second step after the introduction, and milestone 2 of our program accredited by ICF at Level 1. If you arrive from [Your Method](https://kuncoaching.com/en/programs/menhajak), your Foundation phase happens here, in the same live room, doing the same work, and the March Your Method cohort begins the same day.
After the Foundation the paths part: ladder learners continue to Your Identity and their specialisations, and Your Method participants continue inside their own programme to its later phases.

In celebration of the launch of the Kun coaching platform, everyone who registers for this cohort by 7 March 2027 receives An Introduction to Somatic Thinking free. The offer is valid until 7 March 2027.

What will we do together?

- **Platform launch offer**
  Register for this cohort by 7 March 2027 and receive An Introduction to Somatic Thinking free. Valid until 7 March 2027.
- **92 hours of a program accredited by ICF at Level 1**
  Milestone 2 of 3, in a 104 hour program.
- **Real clients, and you receive first**
  You practise early with an experienced coach behind you, and sit in the client's seat first, knowing the session from the inside.
- **One room, two journeys**
  This same cohort opens the Foundation phase of Your Method; the paths part after the Foundation.

What do I need to start?

The prerequisite for this cohort is An Introduction to Somatic Thinking, a short recorded course that lets you taste the method honestly before you commit to its foundation.



How does this cohort run?

- **Language and timing.**
  This cohort is taught in Arabic, fully online, every Sunday and Wednesday at 6 pm Cairo time, from 14 March 2027 to mid May 2027 or early June 2027, depending on cohort size.
- **What is this cohort?**
  Milestone 2 of 3 in our program accredited at Level 1 (104 hours): 92 hours, 80 of them in live meetings of three hours each (18 to 24 meetings), mentor coaching and two coaching sessions you receive, and 12 you complete between meetings, practising with two volunteer clients and writing case files. The recorded Introduction to Somatic Thinking (6 hours) comes first, and Your Identity (6 recorded hours) follows it, along with 10 hours of mentor coaching, 3 of them one to one, and the final evaluation.
- **What do you receive from Kun?**
  Your Coach Education Certificate (the Level One certificate, 104 hours) after all three milestones and a passed final evaluation, expected around the end of June 2027. If you stop after this milestone, a Certificate of Partial Completion for its 92 hours is available on request, and a coach who holds an ICF credential may submit it toward credential renewal; ICF decides what it accepts. Add a branch afterwards (Family and Couples always comes after Group Coaching) and you receive the Level Two certificate once, printing your total hours.
- **What is left for you with ICF?**
  100 documented coaching hours (75 of them paid, with at least 8 clients, and 25 of the hours in the 18 months before you apply), then an application to ICF with its fee paid to ICF, then the ACC exam; ICF grants the credential once you meet its requirements.
- **And if you are aiming for the PCC?**
  You can begin Your Method directly, with no Level 1 and no earlier experience, on the same start date.
  See the Your Method cohort
- **And the evaluation?**
  The final evaluation is included in the program, so under ICF's current rules you send ICF no separate recording.
- **What if you do not pass the evaluation?**
  You take an additional mentoring session and a new evaluation, for an additional fee set on request; the same applies if the time limit for assignments and mentoring is missed.
- **Do your figures match the directory?**
  Look at what ICF's directory shows. Our program appears under two listings: Level 2 at 256 hours, and Level 1 at 104 hours. Your Method is the 138 hour path inside the Level 2 accreditation.
  Your path to an ICF credential, step by step

Phase one

- **The human before the coach**
  Deeper self-awareness, the balance of mind, body, and heart, and a presence that holds.

Phase two

- **The craft, supported**
  The ICF competencies grown in practice, with real clients and an experienced coach behind you.

Phase three

- **Direction**
  You know where you stand and where you continue: toward the specialisations, or inside Your Method.



How does this cohort run?

About the program

Professional Coach Education Journey

Who will you meet?



Samer Hassan

Founder of Kun Academy, Creator of Somatic Thinking, ICF MCC

Samer Hassan is the creator of Somatic Thinking, a published coaching methodology, and a Master Certified Coach (MCC) with the International Coaching Federation (ICF). In 2019 he received the ICF's Young Leader in Coaching award.

He began in martial arts more than thirty years ago and carried one question from there into coaching: how does a person recover their drive from within, rather than from a teacher outside them? With that question he has conducted more than ten thousand one-to-one coaching sessions. Through Kun Coaching Academy, which he founded and leads from Dubai, he has helped train 1000+ coaches across 15+ countries in three languages. He co-authored the peer-reviewed Coaching Presence (McGraw-Hill, 2021) and wrote From Balance to Baraka (2025).

In a session with him, the objective is yours. He does not hand you an answer from outside you; he listens and accompanies until you hear your own. People come to him when the question is larger than a situation: who you are, what all of it is for, and where this chapter of your life is going. If you want to find out whether this path is yours, the exploration session is free: twenty minutes in which you hear how he works, and he hears what you are carrying.

If you are a coach, mentoring with him is a different kind of work. In coaching you work on your objective; in mentoring you work on your practice. He holds the ICF Mentor Coach Specialization (MCS) and accompanies coaches toward their ICF credentials, with clear feedback measured against the core coaching competencies.

Where we meet

- **Format**
  Online
- **Platform**
  Live online

What your booking includes

What's included

- 18 to 24 live online meetings of three hours each, led by the Kun team
- Practice with real clients from the first weeks
- Somatic Thinking sessions you receive yourself, as a client
- A Certificate of Partial Completion from Kun for this milestone on request, and the Coach Education Certificate (104 hours) after all three milestones and the final evaluation
- A payment plan of up to four monthly instalments, the first being the deposit
- 10 hours of mentor coaching (3 one to one), the final evaluation and Your Identity, all included



What your booking includes

Up to 25 participants

Reserve with a 25% deposit

Register by 13 March 2027

Price and registration on the page:

kuncoaching.com/en/events/stic-mar-2027

Frequently asked questions

What is the prerequisite for this cohort?

An Introduction to Somatic Thinking, a short recorded course that lets you taste the method honestly before you commit to its foundation: An Introduction to Somatic Thinking (https://kuncoaching.com/en/courses/somatic-thinking-intro).

When do the sessions run?

Between 18 and 24 live sessions, depending on the size of the cohort, every Sunday and Wednesday at 6:00 pm Cairo time, starting Sunday 14 March 2027.

Is there an early-bird discount?

Yes, 10% for anyone who registers by 7 March 2027. The discounted fee is shown in the registration card on this page.

I am registered in Your Method. Is this my room?

Yes. The Foundation phase of Your Method runs inside this same live cohort, and the March Your Method cohort begins the same day. After the Foundation, each path continues inside its own programme.

What is the platform launch offer, and when does it end?

In celebration of the launch of the Kun coaching platform, everyone who registers for this cohort by 7 March 2027 receives An Introduction to Somatic Thinking free. The offer is valid until 7 March 2027, and does not apply after that date.

Can the fee be paid in instalments?

Yes, up to four monthly instalments, the first being the deposit. The maximum is four payments including the deposit, and the four-month plan carries a 2% administration fee.

What accreditation does this cohort carry?

ICF Level 1 accredited coach education: 92 hours, 80 of them live, milestone 2 of 3, in a 104 hour program.



Individual Coaching Foundation

The current event page, with the latest details and contact

kuncoaching.com/en/events/stic-mar-2027

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