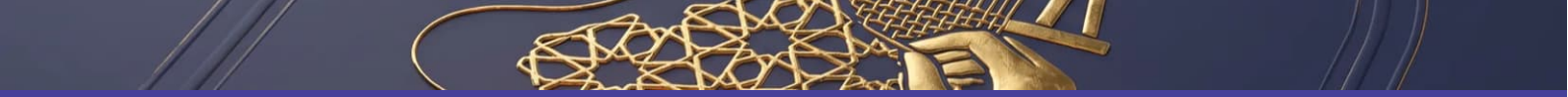


COHORT START

Your Method

14 March 2027

Online



About the Gathering

The tools were never the problem. What's missing is a method no one could mistake for anyone but you.

Your Method is the journey where you build exactly that: not borrowed from a template, but excavated from your own roots, your identity, your values, your lived experience, and given a structure. This is the March 2027 cohort, fully online, open to three doors at once: coaches and trainers who run rooms, leaders who decide under pressure, and founders building a company they want deciding like them long after they have left the room.
You walk in through whichever door calls you, and walk out holding a method that is yours.

The journey moves through four phases. Foundation builds the human first, then the craft: how to accompany one person deeply, the Somatic Thinking way, and you receive this work yourself before you ever offer it. This phase runs inside the same live cohort as the [Individual Coaching Foundation](/en/programs/stce#stic) intake, so if you are building a method of your own, you sit in the same room as those on the coach-education ladder.
Activation puts what you learned into your hands: real clients, sessions recorded and reviewed, and mentors who watch you practise and refine you one conversation at a time. Building is where the forge opens: from your identity you learn to lead group work that keeps its depth, then you forge the method itself, from your roots upward, until every principle holds and takes a structure and a name.
Graduation and Practice is the final stretch: your method's structure is completed and documented, with individual and group mentoring walking with you to the door.

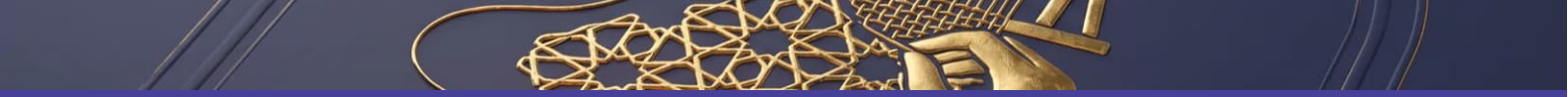
138 hours, within a program accredited by ICF at Level 2, with Samer Hassan, ICF MCC, guiding the journey personally. Twenty-five live sessions, every Sunday and Wednesday at 6 PM Cairo time, from 14 March 2027 through early June 2027. The cohort holds 15 seats, small enough to be seen by the person leading it.

You graduate with your method built and ready to lead with: a documented program carrying your name if you came through Coaching & Training, a decision-logic that holds under pressure if you came through Leadership, or an operating method that turns who you are into how the company decides if you came through Entrepreneurship. And when the journey ends, you join the Companionship, Kun's living worldwide community.

Read the full journey on the [Your Method program page](/en/programs/menhajak).

What will we do together?

- **138 hours · a program accredited by ICF at Level 2**
  The live March 2027 cohort, ICF Level Two accredited, your education pathway toward the PCC credential.
- **Fifteen seats**
  A circle kept deliberately small, built for depth rather than crowd.
- **Live with Samer, twice a week**
  Every Sunday and Wednesday at 6 PM Cairo time, Samer Hassan leads the journey himself.
- **Your method, not a borrowed one**
  You excavate your method from your own roots: your identity, your values, your experience, not a ready-made template.



How does this cohort run?

Language and timing.
This cohort is taught in Arabic, fully online with cameras on, across 25 live meetings, every Sunday and Wednesday at 6 pm Cairo time, from 14 March 2027 to early June 2027.

What is this cohort?
Your Method is the 138 hour path inside our program accredited at Level 2, and you can begin it directly, with no Level 1 and no earlier experience. Your first 104 hours run in the same live room as the Individual Coaching Foundation cohort, the start date is the same, and mentor coaching (10 hours, 3 of them one to one) and the final evaluation are included in its fee.

What do you receive from Kun?
Your Method completion certificate (the Level Two certificate, 138 hours) when you complete it, and you join the Companionship. It is your accredited education for applying for the PCC.

What is left for you with ICF?
Documented coaching hours, during your education and after it: 100 hours for the ACC (75 of them paid, with at least 8 clients, and 25 of the hours in the 18 months before you apply) and 500 for the PCC (450 paid, at least 25 clients, and 50 of the hours in the 18 months before you apply). Sessions with volunteer clients count as unpaid hours. Then the application and its fee, then the exam. ICF grants the credential once you meet its requirements, and the ACC is not a prerequisite for the PCC.

And if I stop before the end of Your Method?
Every milestone you complete stays yours as a Certificate of Partial Completion, showing its hours: 6 for An Introduction to Somatic Thinking, 92 for the Individual Coaching Foundation, 6 for Your Identity, and its own hours for each branch you finish. A coach who holds an ICF credential may submit it toward the hours of their credential renewal; ICF decides what it accepts. It is a certificate for part of an accredited program, and it carries no ICF mark.
The hours of Your Method and your PCC checklist, step by step

Phase one

Foundation
The human is built first, then the craft: accompanying one person deeply, the Somatic Thinking way, and you receive this work yourself before you ever offer it. This phase runs inside the same live cohort as the Individual Coaching Foundation intake.

Phase two

Activation
What you learned gets activated: real clients, sessions recorded and reviewed, and mentors who watch you practise and refine you one conversation at a time.

Phase three

Building
From your identity you learn to lead group work that keeps its depth, then you forge the method itself, from your roots upward, until it holds and takes a structure and a name.

Phase four

Graduation and practice
The final touches: your method's structure is completed and documented, with individual and group mentoring walking with you to the door.

About the program

Your Method

Duration 138 hours

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

- 25 live sessions across four phases, every Sunday and Wednesday
- The Foundation phase inside the same live cohort as the Individual Coaching Foundation intake, with real clients from day one
- Individual and group mentoring that walks with you to the door
- The Your Method completion certificate from Kun (138 hours), for a program accredited by ICF at Level 2
- Membership of the Companionship after you graduate
- Flexible payment of up to six monthly instalments, the first as your deposit

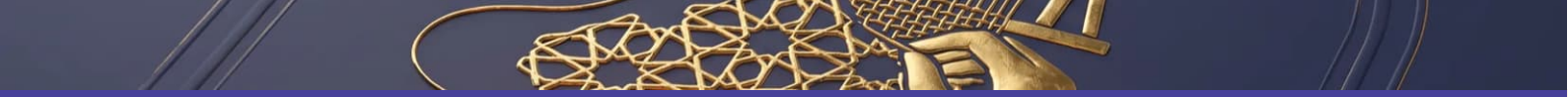
Up to 15 participants

Reserve with a 17% deposit

Register by 13 March 2027

Price and registration on the page:

kuncoaching.com/en/events/your-method-mar-2027



Frequently asked questions

Who is this cohort for?

For three doors at once: coaches and trainers who run rooms and lead groups (Coaching & Training), leaders who decide under pressure (Leadership), and founders building a company they want deciding like them (Entrepreneurship). You enter through whichever door calls you; the forge is the same, what changes is what you build in it.

Do I need any prior experience?

Nothing is required. If you would like a first taste before committing, Impact Engineering, the five-hour opening, is a suggested first step, not a requirement.

What exactly do the 138 hours cover?

Four phases: Foundation (which carries the live Individual Coaching Foundation intake), Activation with real clients and mentors, Building where your identity and your method are forged, and Graduation and Practice where your method's structure is documented and completed. The full journey is on the Your Method program page.

How does the schedule run, and in what time zone?

25 live sessions, every Sunday and Wednesday at 6 PM Cairo time, from 14 March 2027 through early June 2027.

Can I pay in instalments?

Yes. You can pay in up to six monthly instalments, the first as your deposit, for a maximum of six payments in total. Instalment plans running four to six months carry a 3% administration fee.

Is there an early-bird discount?

10% for anyone who registers by 7 March 2027. After that the full price applies; you will find it, with every detail, in the registration card on this page.

Is this cohort online only?

Yes, fully online and live, no travel and no accommodation. You only need a stable internet connection and a camera.

What does ICF Level Two accreditation mean?

It means this cohort's hours are ICF-accredited coach education at Level Two, your education pathway toward the PCC credential. The PCC credential itself you earn directly from the ICF, by adding coaching-experience hours and passing its exam.



Your Method

The current event page, with the latest details and contact

kuncoaching.com/en/events/your-method-mar-2027

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