



ALCHEMY OF BEING

Academy of Maturation Coaching

NICKY CLINCH



Be a space for human beings
to come home to being



One of the most important
trainings and bodies of work
needed on the planet today

Be a space for human beings to come home to who they truly are

Maturation is a process of growing out of who you thought you were into who you were born to be.

In this professional coaching training you will learn how to become a powerful alive and conscious space for human beings to break free of the confines of the masks, defences and stories that are limiting their reality and blocking the possibility of a deeper more meaningful relationship to their life, in order to allow deep and powerful maturation to occur.

Learning all the deep and powerful layers in which human beings attach themselves to and identify with in order to protect themselves from pain, leading them to become who they thought they should be and abandoning who they truly are.

This way of non-living, surviving, robs someone of so much of their power, their truth and their wisdom. Blocking them from aligning with their own purpose, fulfilment and meaning to their life.

Now more than ever before there is a call for human beings to come home to who they truly are.

To awaken from the slumber of surviving, of searching outside of themselves to be fixed and saved, and to rise in consciousness. In order to stand as a space of love, power, truth and purpose in our world.

For you to become a space for this depth of involvement for another, you too will need to go through your own powerful deep maturation.

This training offers you both opportunities. To heal deeply and evolve in the space that you are in the world and the skills to facilitate the same for another.

If you feel a calling to participate in the deepest healing and awakening of human beings on our planet and wish to be using your life for this purpose, then this training is for you.

Read on for further details.

This training is for people whose purpose it is to become a space of empowerment for human beings

THE TRAINING STRUCTURE

8 Months
of contact hours

6 Modules
provided in Video
Online Content

**8 x Monthly
Tutorials**
In small groups
of 4 or 5

**Each
participant**
is assigned a
tutorial coach
(past graduates
of this training)

**Monthly Live
Group Zoom
coaching
session**
with Nicky
(for deep
emotional and
maturation
participants
process)

**2 Live Online
6-Day
Intensive
Workshops**
Led by Nicky
Clinch and Guest
Facilitator David
Norris

Community
Support Group
Throughout

**Continued
Mentorship
and Holding**
by Nicky

**The majority of past graduates are
powerful working paid coaches and
facilitators in the world today**

REQUIREMENTS FOR QUALIFICATION

1 Written
Exam Paper

1 Interview
with Nicky

75hrs
of 1:1 Coaching Case
Studies required

6hrs
Observed Coaching Case
Studies via video required

Full attendance
for both Live Online
Intensives is required

1 Graduation
Ceremony

1 Certification
Graduation Certificate

This training offers the chance for you to heal deeply and evolve in the space that you are in the world and the skills to facilitate the same for another

MODULE ONE
APRIL 2023

EXPERIENCING ENERGY & UNBLOCKING STAGNATION

For you to experience a human being as an energetic flow and to be able to unblock any stagnation in that flow.

CONTEXT

We are programmed to see human beings as fixed solid objects. But if we see them as merely solid fixed objects this is the only way in which you will be equipped to coach them.

But human being are not fixed solid objects. We are alive moving and flowing channels of energy and the energy that we are is the energy in which we create our reality.

In module one you will begin to shift your perception of the fixed solid human being to be able to experience a being as an energetic flow. And to be then begin to learn how to see where energy is stagnant and blocked, which in accordance is blocking the flow of their own life and reality. Learning the skills, insight and seeing to be able to create an unblocking of this stagnation to return to flow once again.



NICKY'S TRAINING IS UNLIKE ANYTHING I'VE EVER EXPERIENCED

"You learn not only how to facilitate someone through the process of maturation, but you go through this fundamental process yourself. I didn't know what lived deep inside of me, I didn't know there was all that strength, courage and love, if only I could let it out. I've now peeled back the layers of programming, patterns and beliefs and I stand here a different person, more myself than I ever have been. Being able to do this with my clients is an honour and privilege. I don't believe there's any other training like this – that explores human behaviour and unlocks it in this way."

Nicky Duffell

CONTENT

1. To set a new context for human being, health, balance, alignment and life so there is no fixed state but only energy in flowing motion and fluidity or stagnation.
2. **THE ENERGETICS OF HUMANS**
 - Yin & Yang, Meridian Channels, Heaven & Earth's Energy,
 - Chakra Channels, the Central Channel.
 - Connecting emotions, ways of being, ways of perceiving, human experiences aligned with the flow of each channel. In balance & in imbalance.
3. Behavioural characteristics of each energy channel – both in balance & imbalance.
4. Connection of energy channels to the natural world.
5. Breathing exercises to strengthen and align energy channels.
6. Movement and body exercises to strengthen and align energy channels.
7. The Energetics of Food and how to use foods to create alignment and flow.
8. Recommendations for healing & a return to balance, alignment in the whole being.
 - Signs of recovery, alignment and balance.
 - Learning what stagnation and imbalance looks like, feels like and the effects that has on a human being – physically, emotionally and energetically.
9. Looking at your own energy flow and seeing where stagnation is within your own being.
10. Following powerful specially recommended diet and lifestyle recommendations to unblock stagnant energy in your own self and to experience abundant flow. This will be provided after your first tutorial as each healing plan will be created by Nicola bespoke to you.
11. **COACHING**

Learning about active listening, reading an energy body – yours and another. Using breathwork to create more spaciousness and flow.

The greatest privilege is to become who you were born to be and help others do the same

MODULE TWO

MAY 2023

FIVE ELEMENTS & ALIGNMENT



For you to experience the natural cycles of life, seeing that all things are connected as one. To be able to support a human being to live aligned and in the flow.

CONTEXT

We have been living in a paradigm that has programmed us to experience ourselves as separate entities to the natural world around us. Perceiving we are a solid object in life – and life is outside of ourselves. But this perceived separation is exceptionally limiting. Living this way will keep a perceived separation limiting the possibility of the expansion of who we are.

In this module you will learn how everything in our natural world also flows within ourselves. That what is occurring on the inside is connecting to the outside. That there is a natural flow of life in which we are not living in but that we are part of. We are life itself.

The flow of the seasons directly connect to the flow of life and the cycles in which we participate in. Which connect to the cycle of emotional healing and the flow of human maturation itself. As a seed blooms into a bud into a flower into full bloom into wilting and back into the earth, all in alignment with the seasons and the natural world, so too do human beings mature in the same cycle internally and externally.

There is no separation. There never was and there never will be. When we can coach a being from this place to stand there is limitless possibility of growth, power, life, healing and expansion.



TO BE ABLE TO STAND IN A DIFFERENT PLACE IS LIBERATING

“This training has been the most powerful and eye opening of my life to date. Nicky’s training is so unique in that she brings together many different threads so we may get the fullest picture of what it means to be human. I have a deeper insight into the being that is human being. My perceptions have been challenged and limitations have crumbled. It is such a gift. To strip it all back. To see how so much of our life is restricted by the constructs of our mind. To be able to stand in a different place is refreshing and liberating. It enables me to be that space for my clients’ maturation. To be that space for continuous evolvment.”

Susie Woods

CONTENT

1. THE FIVE ELEMENTS OF EASTERN PHILOSOPHY

Learning the energy of each element and their alignment with a season, taste, foods, behaviours characteristics, emotions, stages in human maturation, stages in creative flow.

2. GOING DEEPER INTO EACH ELEMENT

Learning the stage of human maturation in which each element is fundamental to human emotional well being, energetic well being and stages in consciousness.

3. Emotional root core causes of imbalance for each element from childhood and the impacts that has on the growth of a being, leading into ways of creating reality and perceiving oneself. Identifying behaviour, patterns, food cravings, health issues and life choices aligning with element imbalance.

4. SIGNS OF ELEMENT ALIGNMENT

Behavioural characteristics, food cravings, life habits, patterns, defences, issues and positives

5. Recommendations for healing, restoration of balance and alignment to the whole being.

- Bringing a human being onto the pathway home to their truth and who they were born to be.

6. Signs of recovery, alignment and balance.

7. Creating a shift in perception of separation into one of unity, connection, wholeness and expansiveness.

8. Looking at your own element imbalances and becoming responsible for your own healing and alignment.

9. COACHING

Internal Dialogue, Self-Triggers, Boundaries.

10. Following powerful special recommendations to create alignment and balance in your elements. This will be provided after your first tutorial, as each healing plan will be created by Nicola bespoke to you.

MODULE THREE
JUNE 2023

FIVE MASKS & DISSOLVING TRAUMA



For you to be able to see who someone 'is' distinct from their behaviour (beyond the mask) and to enquire with them into that behaviour such that it enriches who they are.

CONTEXT

Human beings are not their behaviour. They are not their beliefs, they are not their perceptions.

In the paradigm in which we have been living in we have been taught to see a beings behaviour as a calling sign of who they are. But this is only how they behave and behaviour is learnt.

In this module we will dive much deeper into the ways in which human beings attach themselves to five masks (defences) as a strategy to escape from pain and heart break. Learning the very distinct different kinds of trauma in which leads a being to then build their personalities in the form of a mask to protect and prevent them having to experience vulnerability, possibilities of rejection and experience pain.

But these masks are merely masks and are blocking beings from living in alignment from who they truly are. Existing in reality in survival rather than truly living. That the true depth and meaning of living and being alive is to be able to be fully present with all that moves through us without trying to escape or protect.

We will learn to be able to fully see a being for who they truly are, beyond the mask, beyond the personality they have adopted to present who they are, beyond the pain and into the wholeness and power and love of their truth. And to begin the dissolving process to walk them home.

You will dive deeply into the seeing of your own masks and begin the healing and dissolving process for yourselves.



NICKY'S TRAINING OPENED ME UP, WELL IT BLEW ME OPEN

"I found a space inside myself so so beyond; noise, story, pattern, whatever you want to call it. This sanctum is my own heart which I had forgotten. From re-discovering of my own heart I am safe enough to FEEL pain, joy, sadness, anger, love and my life is so much richer."

Georgia Pownall

CONTENT

1. FIVE DEFENCES AND MASKS OF HUMAN BEHAVIOUR

Characteristics, behavioural patterns, senses of perception, emotional patterns, health issues, food cravings, lifestyle choices, relationship patterns.

2. DIVING DEEPLY INTO EACH MASK

- Learning the specific points of trauma and pain that lead a being to attach to a specific mask and the most powerful forms of coaching that need to be offered for each being to begin to shift their relationship to pain, intimacy, love and life. Physical symptoms, body language, health & wellbeing issues aligned with each defence.
- Food cravings, body, health & wellbeing issues.

3. Connecting the defences with Five Element Imbalance & Energy Stagnation – leading to support through diet, bodywork, energy healing, emotional release.

4. Diving deeper into the understanding of patterns of behaviour and how to help the being distinguish the distinction that they have been hiding within a mask and it is not who they truly are.

5. How each mask blocks the being's process of maturation and helping them distinguish this for themselves so they can integrate deep healing and changes in the ways in which they show up in life.

6. Understanding the most effective way to coach a client in each particular defence.

- How to diagnose which defences are their main defences that need to be addressed (initially).

7. Recommendations of the healing for energy, dietary, lifestyle, emotional, relationship, spiritual, mental and physical.

8. Looking deeply at your own masks and diving deeply into the core wounds of pain in which these strategies were adopted to protect. Dissolving protection and aligning with the core power of your truth, vulnerability, authenticity and ability to be with all that moves through you.

9. COACHING

- Learning about Transference, Projections.
- Moral Conduct and Active Seeing.

Are you ready to add a deeper meaning and level of fulfillment to every aspect of your life?

FIRST 6-DAY VIRTUAL LIVE INTENSIVE
FOLLOWED BY INTEGRATION SESSION

JULY 2023



ENERGY WORK & DEEP
EMOTIONAL TRAUMA HEALING

July 2023 – First 6-Day Virtual Live Intensive Facilitated by Nicola Clinch

DATES

12th - 14th July
and
17th - 19th July

6 Days of diving deeply into the energy work from Modules 1, 2 and 3 to integrate the learning deep into your body and being.

Exploring your own points of stagnation and element imbalances and doing deep emotional and energetic healing to re-align your own energy into flow.

Followed by a Live Integration Session.



The greatest
need for our
planet today
is the rise
in human
consciousness

SECOND 6-DAY VIRTUAL LIVE INTENSIVE
FOLLOWED BY INTEGRATION SESSION

AUGUST 2023



LIVING BEYOND THE STORY
& BECOMING A SPACE
FOR MATURATION

August 2023 – Second 6-Day Virtual Live Intensive

Facilitated by Dr David Norris and Nicola Clinch

DATES

10th - 12th August
and
17th - 19th August

Who you will be when you complete this training
will not be the same person you are when you begin



THE TRAINING TOOK ME TO PLACES I DID NOT KNOW EXISTED IN LIFE

"Learning how to bring East and West philosophies together through, being taught the foundations and fundamentals of how trauma and pain become the directors of our lives without us even realising it. This course was a voyage of personal discovery and life changing awakening of what it means to be human.

It has transformed how I work with my clients and how I show up in the world.

If you have a calling to empower human beings then this training is for you. In fact I believe this training is gift to anyone who wants to live with more freedom, peace and clarity. The world will not look the same after. You will be awakened to a new kind of seeing."

Sarah Page

MODULE FOUR
AUGUST 2023

ONTOLOGICAL INQUIRY & LIVING BEYOND THE STORY



For you to experience how reality is created from where a being is coming from and able to distinguish this distinction in order for it to shift the place in which they stand.

CONTEXT

We do not see what is there we see where we are. In this module you will begin to learn how reality itself is created from the place in which a human being is coming from. Learning about the culture of human beings and how the identification of a story and character is created within the perception and mind of human being. In which the reality of that being will be a projection and a source of evidence to the story in which they have come to know themselves as.

Living in a cycle of survival and strategy in order to 'get somewhere' only deepening their existence in the story in which they are captive in.

Learning that we are not a someone in a life. That the 'me' in which we have come to know ourselves to be is the main character in the story in which we ourselves have written. Creating our own reality, leading to repeated circumstances and experiences that we think we are having. But in fact we are creating.

In this module we will dive even deeper into the perceptions in which human beings know themselves to be, led by the memory and programming of the mind, and the distinctions such as time and space that support the development of the story in which we thing is our life.

These stories and characters are not who we truly are.

Distinguishing the distinctions of time as a man made construct and dissolving this perception.

Distinguishing the distinction of space as a man made construct and dissolving this perception.

When we can begin to *be* with the story and *be* with all of life experiences we are no longer a *me* in a *life* but we can experience that we are life itself. Allowing life to be expressed through us rather than we are expressing the 'me' that we are 'in' life.

CONTENT

1. THE CULTURE AND NATURE OF THE HUMAN BEING

Learning the concept of the development of the story and the character in which we identify ourselves to be aligned with the programming within the mind and memory.

2. THE MIND

Learning about what the mind is and how our identification of the mind is what creates reality itself.

3. THE EMOTIONAL BODY

- Learning the difference between Feeling Emotions and Feeling Emotions.
- One is occurring in the present moment and we are able to be with.
- The other is a reactivation within the mind that we think is reality.

4. Learning of the frozen moment in time in which the split in consciousness begins and the identification of the story activates.

5. THE DISTINCTION OF TIME

Learning how time itself does not exist other than within the mind.

6. THE DISTINCTION OF SPACE

Learning how space itself does not exist other than within the mind.

7. Looking deeply at the story and character in which you have identified yourself to be and how that has created your reality and how to begin.

Are you ready to stop playing small and start standing in a space of pioneering leadership?

MODULE FIVE
SEPTEMBER 2023

SHIFTING PARADIGMS



For you to be a space beyond your story in order to allow the maturation in a being to occur.

CONTEXT

This module is when you shift from the space of being a consumer to a producer of human maturation. The power in which you will be able to facilitate and coach another being is solely determined on the space in which you stand and come from.

In this module we will follow on from the powerful LIVE Intensive led by David Norris and for you to learn how to take a being through a deep regression process.

Facilitating a being to *be* with the frozen moment in time from childhood, trauma, pain, struggle, in which the story and identification of character was formed. And thus holding such a powerful space of being to allow the dissolving of this frozen moment to occur and the maturation of that being to continue once again.



I DISCOVERED DEEPER LEVELS OF POWER AND GROUNDING IN ALL ASPECTS OF MY LIFE AND WORK

"Coming from a classical psychotherapy background, where the approach to training is rigorous and deep reaching, I had high expectations for Nicky's practitioner programme. She absolutely delivered. I cannot speak highly enough of her integrity, expertise and ability to empower her students at every stage of the course. This is a profound and valuable opportunity to grow in your practice, tap into your resilience and learn to co-create transformation for your clients. Bringing mind and body and heart together, I discovered deeper levels of power and grounding in all aspects of my life and work, met an amazing group of people and remain forever grateful for this unique, extraordinary and life changing year of training."

Emma Reicher

CONTENT

1. LOOKING AT THE PLACE IN WHICH YOU ARE COMING FROM

Creating more spaciousness in your being to allow more spaciousness for a clients healing to drop deeper.

2. REGRESSION PROCESS

- Learning the context of regression and how it needs to be used in order to dissolve the blocks of human maturation.
- Learning the technique and skills of leading regression.

3. How to see beyond what is being said and what is being shown.

4. Listening beyond ears. Listening with your entire being.

5. Learning how to hold and be with your own triggers and experiences within yourself in order to create more space to facilitate.

6. Listening to the space beyond the story, beyond the mind to here what is needed next in holding and facilitation.



If you feel a deep calling to serve this planet and the growth, healing and evolution of the people on it, then this is for you

A person wearing a red dress is walking barefoot on a wet beach. The water is shallow, and the person's reflection is clearly visible in the wet sand. The scene is captured in a soft, artistic style with a warm, golden light.

MODULE SIX
OCTOBER 2023

EMBODYING THE FACILITATOR

For you to re-establish your commitment and responsibility to being a producer of this work whilst leaving the consumer within you behind.

CONTEXT

There is a significant difference between being a consumer of maturation in this world and being a producer of this work. Once you are fully committed to who you are in this world and the calling that you wish to use your life for, then everything is an education in order to serve and feed your work.

Once we are standing and committed to standing a space beyond our story then all that we are and all aspects of our life are a source of education. As we are also human beings and thus how we see the world and others and the space in which we come from will always be an active commitment and source of evolverment and education for the offering that we are to other beings.

Alignment cannot be 'a little here and there' – alignment is all aspects of who we are in life and how we are being.

This module is the final completion of the training where you are able to recommit who you are now and the space in which you stand now to the calling and vision of your work in the world.



THIS TRAINING AWAKENED A FREEDOM, AN ALIVENESS AND SENSE OF POSSIBILITY IN ME

"I cannot speak highly enough of the contents & teaching. Each module was fascinating, insightful and taught at such a deep level. I felt so held throughout the whole process by Nicola, David, my mentors and the other wonderful women on the training. It was a privilege to be learning under Nicola and David, the experience and wisdom they bring together is very difficult to put into words. This is deep and at times challenging work but I truly loved every aspect of it and would do it again in a heartbeat.

I feel I'm just at the beginning of this process of becoming a maturation coach, even though the training has technically finished. There are so many layers to this work which I'm excited to keep exploring in myself with my coach and also bring to my case studies. This training awakened a freedom, an aliveness and sense of possibility in me and I urge anyone considering Alchemy of Being to join now."

Joanna Ridgway

CONTENT

1. Learning to be a stand for the whole being beyond the story
2. Ruthless Compassion, Speaking Truth, Accountability, Responsibility and Commitment

Written examination and interview will be October 2023.

Are you ready to embody your true purpose?



IT'S BEEN A COMING HOME. A LIBERATION

"A learning how to be with myself, how to see myself as life moves and dances through me. The way of seeing myself in the world and how that has led me to see others, has allowed for a compassion and grounding that has taught me how to build an empowered, open heart to hold space to for others in this way.

It is hard to put into words the journey and impact this training has had on me and my life.

It is a deep dive into the world of yourself while learning how to support others in this deeply healing and empowering process.

I am forever grateful for the gift this has given me, it is an honour to become part of this lineage."

Sara Nori

THE INVESTMENT

I have created three ways in which you can invest in this life changing training.*

Option 1

Single payment option

£12,000

Option 2

10 x monthly payments

£1,250

Option 3

12 x monthly payments

£1,111

*All fees are exclusive of VAT.



REQUIREMENTS FOR APPLICATION

Completion of my Listening to Life Programme.
(Please elaborate in your application).

1. Commitment to ongoing work with a therapist or maturation coach throughout the training
2. Unfortunately you cannot attend this training if you have been hospitalised for psychosis within the last 3 years or if you are on any form of anti-depressants for the training.
(This is extremely powerful work of shifting the consciousness of the mind and being.)

If you fit the requirements for application and feel a deep calling within you to say yes to life and answer the call to your purpose, please get in touch to [book a discovery call](#) with Nicola.

nicky@nickyclinch.com





We are not in life,
we *are* life



nickyclinch.com

NICKY CLINCH