

VITA™ COACHING

Student Handbook



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Welcome, my love!

Beloved Queen or non-binary Royalty,

Welcome to the VITA™ Coaching Certification!

You're here! You said yes, and I can't wait to share this magical year with you. My desire is for it to be the best year of your life so far with wild orgasmic pleasure, profound integration and healing, and all the adventures and empowerment you could hope for.

Enjoy it, revel in it, savor it.

This is a real heroine's journey where we have the privilege of finding our true selves and what we are made of. Like any good quest, there will be obstacles and challenges ... and there will be delight and beauty and friendship and pleasure in abundance!

Play, get sexy, explore, and use this container to try on new ways of being that are in deep alignment with who you really are, the way you desire to feel in your life, and what you are on this planet to do.

As you dive in, soak it up, and squeeze every bit of possibility and pleasure out of this experience, know that I and my team have you every step of the way. This Student Handbook is one of the ways we hold you in deep safety, love, truth, and professionalism so that you can go all in on a heroine's journey. Its purpose is to support you and give you greater permission to explore within healthy and professional boundaries, which give greater safety to the entire experience.

With deep love and gratitude,

Layla Martin

About This Program

The core values of the VITA™ Coaching Certification are based on the beliefs that sexuality is sacred, beautiful, powerful, and natural; that pure love is the primary force that sustains us; and that meaningful relationships are necessary for a joyful life. We work from a basic understanding that all humans are sexual beings with a tremendous capacity for love and connection. In supporting ourselves and our clients, we are creating the conditions for a new social structure to emerge.

As VITA™ coaches, we celebrate our sensual nature and we live authentically by choosing love over fear while embracing both with compassion. The transformation occurs not from trying to be something different than we are, but by gently integrating the blockages, fears, and contractions around our sexuality, hearts, and relationships to reveal the wholeness and health that is our birthright and original essence.

Taking the most effective teaching of modern neurobiology, holistic healing, and modern coaching, and blending them with the ancient & powerful teachings of Tantra, Taoism, and Sacred Sexuality, VITA™ stands for: "The Vital and Integrated Tantric Approach."

The 12 Foundations

The foundations outlined below are the underlying thread running through each element of this course. It was specifically designed to create the opportunity to personally experience these 12 Foundations as well as offer them as a coach in service to those you'll impact.

1. Love is THE superpower.
2. Unconditional self-love and creating the conditions to thrive are the two pillars of holistic coaching.
3. Everyone is perfect and whole at their core.
4. True transformation removes conditioning, wounding, and trauma, revealing the authentic core expression in anyone.
5. Presence heals.
6. Transmission is greater than tools.
7. Wholeness equals strength.
8. Returning to authentic sexuality is returning to truth.

9. Physical, emotional and mental freedom and ecstasy lead to health and wellness on all levels.
10. Lasting transformation involves body, mind, sensations, emotions, and spirit.
11. The best coaching eventually leads to a recognition of inner truth and wisdom.
12. Authentic desire is the path to freedom.

Methodology

The foundational roots of this program are in classical Tantra, neo-Tantra and Taoism, which Layla Martin has studied and practiced for over 18 years. These amazing wisdom traditions from Asia maintained a lineage of teachings that taught a practical, tool-based approach to realizing every experience of life as being sacred and divine.

Layla Martin has applied these traditions for our current time in history as a modern, holistic, transformational process that is rooted in deep self-love and acceptance. This process supports the ancient traditional practices with modern neuroscience, basic somatic theory, and foundational therapeutic principles from personal development systems. She created this holistic, transformational system by combining her years of embodied spiritual studies with her scientific approach that began in her Human Biology studies at Stanford University.

While reinvented in the unique transformational format we experience in this course, Layla uses direct or modified practices from her source teachers as well as practices she's created on her own. Some of her source teachers (that she also recommends) are:

- Ma Ananda Sarita: an enlightened Tantric master
- Minke De Vos: a Taoist teacher from Mantak Chia's lineage
- Byron Katie: a self-initiated wisdom teacher
- Adyashanti: an enlightened teacher from the Zen tradition

Program Structure

NOTE: we highly recommend you begin scheduling time on your calendar now to complete the items laid out in the different Trimester Structures below.

Program Calls & Lengths

Trimester 1: Live Practice (LP)	1 hr
Trimester 1: Live Practice (LP) with Teacher	75 min
Trimester 1: Interactive Session (IS)	2 hrs
Trimesters 1 & 2: Office Hours (OH) with Teacher	1 hr
Trimester 2: Coaching Development Calls (CDC)	2 hrs
Trimester 2: Practicum Matching Calls	2.5 hrs
Trimester 2: Coaching Forum (CF) with Teacher	90 min
Trimester 3: Major Calls with Teacher (MC)	1 hr
Trimester 3: Coaching & Business Development Call (CBDC)	90 min - 2 hrs
Trimesters 1, 2, & 3: Workshops	1 - 3 hrs

Trimesters

There are three trimesters in this program, each having its own unique purpose on your path to becoming a transformational coach and leader in this work.

Trimester One: Total Self-Transformation Process

January 10th - May 2nd, 2021

Experience yourself expand into your true, authentic nature of power and pleasure as you become an embodied Queen or nonbinary Royalty through the VITA™ techniques.

This trimester is a deep dive into fully exploring your own sexuality, heart, and ways of relating. You'll start to fully embody all of the practices and techniques you'll be guiding your clients through. You'll explore your greatest fears and wounds and you'll also grow into your greatest gifts and capacity as a human and a coach.

Royal Orientation for Queens & Sovereigns Week

January 10th - 17th, 2021

The program begins with an exciting week of Royal Orientation for Queens and Sovereigns! These calls will help orient you to the program flow, the practices, and the content. They'll also give you important tools that will guide you to have the safest and most magical course experience possible for you! We'll release more information about the Royal Orientation for Queens and Sovereigns near the start date of the course.

Trimester One Weekly Structure:

REQUIRED

- Intro Video + Practice Videos: 1 hour per week
- Live or Pre-recorded Practices + Meditations: 4 hours per week (1 hour 15 minutes, 3 days/week)
- Playbook: 1 - 2 hours per week
- Live Interactive Session: 2 hours per week
- Reading: 2 hours per week
- Workshop: 3+ hours per month
- Weekly Report to your Connection Sister: 15 minutes per week

OPTIONAL

- Community Connection (FB, Emailing, Questions): 1 - 2 hours per week
- Crown Collective Call: 1 hour per week
- Office Hours with Teacher: 1 - 2 hours per week

Total: Approximately 15 hours per week

Suggested Prioritization

We understand that life doesn't stop when VITA™ Coaching is live. Sometimes you may not be able to fully participate in each module. While you will need to complete everything

marked as "required" in order to graduate, you can always come back and revisit materials later.

If you find that you can only complete some of the module for now, here is our recommended prioritization of weekly items:

1. Keep up with each module's practices + meditations.
2. Attend the weekly Interactive Session live or via replay to remain engaged in the transformative process and connected to the community.
3. Watch the lecture and practice videos on the website.
4. Engage with the program via questions and the FB group.
5. Work on your playbook.
6. Read the required books.

Suggested Scheduling

With all the moving parts of the program, here are two examples of how you could structure your schedule:

1. 3 hours per day, 5 days a week
 - 1 hour and 15 minutes per day, 3 days a week for the module practice + meditation
 - Spend the remaining time 5 days a week for the live calls, videos, playbook, reading, and Facebook
2. 1 hour and 15 minutes per day, 3 days a week + 4 hours per day on Saturday and Sunday
 - 1 hour and 15 minutes per day, 3 days a week for the module practice + meditation
 - Spend the remaining time on live call recordings, videos, playbook, reading, and Facebook

Trimester Two: The 10 Core Coaching Modules of the VITA™ System

May 24th - September 12th, 2021

An exploration of Layla Martin's proprietary 10-module system for expertly supporting your clients' transformation in a systematic and lasting way. The VITA™ Method allows you to solve virtually any issue by giving your clients the safety to drop limiting conditions and beliefs while restoring their original truth and ability to create their relationships, intimacy, and sexuality based on their true desires.

Because you learn and implement all of your coaching tools during this Trimester, this is the most demanding time of the program, so please plan your schedule accordingly.

Trimester Two Weekly Structure:

REQUIRED

- Intro Video + Practice Videos: 1 hour per week
- Self-Practices + Meditations: 4 hours per week (1 hour 15 minutes, 3 days/week)
- Playbook: 1 - 2 hours per week
- Coaching Development Call: 2 hours per week
- Two Coaching Practicums: 5 hours per week
 - Each practicum consists of giving and receiving coaching (1 hour each) and providing and receiving feedback from your practicum partner (15 minutes each), totaling 2.5 hours per practicum.
- Reading: 2 hours per week
- Workshop: 3+ hours per month
- Coaching Forum with Teacher: 1.5 hours per week

OPTIONAL

- Community Connection (FB, Emailing, Questions): 1 - 2 hours per week
- Crown Collective Call: 1 hour per week

Total: Approximately 15 - 20 hours per week.

Suggested Scheduling

1. 4 hours per day, 5 days a week
 - 1 hour per day, 3 days a week for the module practices + meditation
 - 3 hours per day, 5 days a week for the practicums, videos, live calls, playbook, reading and Facebook
2. 1 hour per day, 5 days a week + 8 hours per day on Saturday and Sunday
 - 1 hour per day, 3 days a week for the module practices + meditation
 - 1 hour per day, 2 days a week for the videos
 - 8 hours per day, both Saturday and Sunday, for the live call recordings, playbook, practicums, reading and Facebook

Optional Live Immersion Retreat in Costa Rica*

An absolutely epic week-long intensive embodiment process of Tantric activations, rituals, and your own profound wisdom, the retreat is an immersion into nature and a celebration of the wild feminine. It is a unique opportunity to receive direct transmission from Layla and her teaching team and to create life-long bonds with your peers in VITA™ Coaching.

The immersion is offered at a much lower cost than normal retreats with Layla as an optional part of the program. Included in your retreat investment are accommodation and food for the duration of the retreat. Travel costs are not included.

**Pending COVID-19*

Business Bootcamp

September 13th - October 31st, 2021

Note that Business Bootcamp is optional and not required for graduation.

Learn all the marketing and business skills necessary to build a thriving and profitable coaching business. Select a unique niche for your coaching practice and find clarity on bringing your gift to the world. Focus your message and marketing so you can reach and transform the lives of your ideal clients. You'll build your systems step-by-step while learning how to design and sell high-end coaching packages that are magnetic to clients! We introduce you to ready-made tools to get you set up with a brand, website, blog, Facebook page, list-building opt-in, lead magnet, and email software to start reaching clients and building your list.

Business Bootcamp Structure

- Live Q+A sessions with Layla and/or guest collaborators each week
- Live Business Workshops
- Comprehensive 5-module training to develop your entire business
- Worksheets and PDFs to guide you
- Live weekly breathwork sessions to support your emotions and mindset

Total: Approximately 20 hours per week.

Optional Virtual Business Retreat

In this virtual immersion, you'll receive intensive business workshops on various topics like how to build your content platform on YouTube, Instagram, Facebook, or a blog. Receive peer feedback and practices to develop your speaking and presenting skills while also doing the inner work to allow yourself to be fully seen in your business and brand. Learn how to build a community that resonates with your truth and message by finding your authentic voice and sharing it in a way that excites you.

Trimester Three: Specialize in Your Niche

November 15th - December 16th, 2020

Trimester Three is optional and has separate graduation requirements and unique Facebook groups for each major. (Note that you have the opportunity to purchase additional majors in later years.)

In Trimester 3, you will have the opportunity to select specialized tracks that spark your passion. There will be Coaching and Business Development Calls to support coaching and learning.

You may choose from:

- Female Sexuality
- Jade Egg
- Men's Sexuality
- Conscious Dating
- Tantric Sex
- Relationship Transformation
- Life Transitions (Divorce, Aging, Menopause)
- Women's Empowerment

Trimester Three Weekly Structure

Trimester Three varies in weekly structure based on the major you select.

Each major contains:

- Specialized coaching sessions that you can use for clients in your niche
- Custom learning materials and playbooks for each track
- Additional learning materials for each track, such as suggested workshops, books, and extended learning opportunities

Trimester Three Weekly Structure (per major):

REQUIRED

- Intro Video + Practice Videos: 1 - 2 hours per week
- Self-Practices + Meditations: 3 - 4 hours per week
- Major-Specific Call(s) with Teacher: 1 hour
- Coaching and Business Development Calls with Layla or Teacher: 1 - 2 hours
- Coaching Practice Sessions: 3 - 10 hours/week

OPTIONAL

- Community Connection (FB, Emailing, Questions): 1 - 2 hours per week
- Crown Collective Call: 1 hour per week
- Office Hours with Teacher: 1 - 2 hours per week

Total: Approximately 15 hours

Team VITA™

Each member of our team has been hand-selected to create a profound container of learning and transformation. Check out their beautiful faces and bios below to get a feel of the magical support you can look forward to this year.



Layla Martin

Teaching Director

Founder of the Tantric Institute of Integrated Sexuality and
LaylaMartin.com



Stacy Snyder

Program Director

stacy@laylamartin.com

Stacy is delighted to be an integral part of developing and delivering the Layla Martin message. She is an innovative, creative leader who is committed to excellence and integrity. Her desire is that each and every person connects to their own truth and expression, and she is truly honored to be on this journey with you.

**Elizabeth Clair de Lune**

Community Mistress

elizabeth@laylamartin.com

Elizabeth has worked in higher education for 15 years. She completed VITA™ Coaching in 2018 and has her own coaching practice helping women heal from toxic relationships. She loves quirk, smashing the patriarchy, languages, unicorns, shadowy stuff, the awesomeness of energy orgasms, healing through sisterhood, and any opportunity to nerd out with people!

**Nick Smith**

Assistant Program Director

nick@laylamartin.com

Nick is an intensely loving, fabulously intelligent, mildly neurotic queen. Among her favorite things are her husband, waxflowers, and the lines that appear in the carpet after you vacuum. She loves holding up mirrors to show the people in her life their own inherent wisdom and vibrancy.

**Louisa Lamorna Phillips**

Program Assistant

Louisa@laylamartin.com

Louisa is a 2019 VITA™ Coaching graduate who majored in Women's Empowerment and Conscious Dating. Her quest to save the world led her through the dark underworld to save herself. She's passionate about the marriage of the scientific and magic; rooted in the shamanic and tantric. Trained in the powerful modality of shamanic healing, she's the self-crowned Queen of Claiming Treasures in the Depths & Freedom in the 'Fuck Ups'.

**Cory Scott***Teacher & Goddess*cory@laylamartin.com

Cory is a partner, mother of two, and lover of the elements. She fancies herself a performance coach for witches and a liberator of inner children. Formally, she is a licensed clinical social worker, a certified EMDR therapist, VITA™ coach, and 500 RYT yoga instructor. She is fascinated by the relationship between ancient tantric teachings, our human experiences, and neurobiology. She shines most brightly in the darkest places, although she is often caught dancing in the light, and loves to plant seeds and watch them grow.

**Marina Nabão***Teacher & Goddess*marina@laylamartin.com

Marina Nabão is a Holistic Sexuality Teacher and Embodied Empowerment Coach, serving womxn and non-binary folks internationally. She's passionate about the wisdom and healing power of our bodies and all the ways we are able to integrate mind-body-spirituality in a conscious and trauma-informed way. Marina truly believes that humankind thrives in diversity. Her biggest desire is for us to create a just, equal and loving world in which sexually liberated and empowered beings lead with passion and Divine inspiration.

**Leigh Senna***Teacher & Goddess*Leigh@laylamartin.com

Leigh Senna is a multidisciplinary sexuality and pleasure coach, right of passage guide, and temple guide mentor practiced in creating the conditions necessary to enter into deep healing and transformative space. She brings us home to our essential nature by catalyzing the remembrance of our human dignity and jovial responsibility to being fully, vibrantly alive.

**Amanda Testa**

Teacher & Goddess

Amanda.testa@laylamartin.com

Amanda Testa, is a Sex, Love, and Relationship Expert who works with busy professional women and couples to feel incredible in their skin, tap into abundant energy, take sex from a "to do" to something they look forward to, and enjoy better connection and fulfillment in their relationships. She's also a mama to a gorgeous 8 yo girl, wife to her sexy hubs, and the host of the Find Your Feminine Fire podcast. Her methods bridge ancient tools with neuroscience and somatic healing to facilitate rapid and lasting transformation.

**Amanda Henderson**

Customer Service

Amanda@laylamartin.com

Amanda is a world traveler with a deep curiosity for finding out what makes things work. With a love of finding the simplicity in complex situations, she's happy to help you unwind any tangle you may come across. In her spare time you can find her building adventures from everyday moments, playing with her foster dogs, or competitively hugging others in jiu-jitsu. Rarely without a smile, don't hesitate to reach out to her if you need some help!

Course Supplies

(A.K.A. Your Pussy Gift List)

Please visit the following links to read our Course Supplies lists of required and optional tools in the listed categories:

Toys

Books

VITA™ Coaching Policies & Guidelines

VITA™ Code of Ethics

We know you will have a profound experience here in VITA™ Coaching, and we actively look for ways to create safety, love, clarity, and healthy boundaries so you can trust us to hold this space with integrity. We desire for you to thrive and go as deep as you desire in your transformation.

These guidelines offer clarity on how we create and maintain the VITA™ container for the present and long-term benefit of VITA™ students, Team VITA™, and the community at large.

Please visit this link to read our full [VITA™ Code of Ethics](#).

Confidentiality & Consent

Please visit [this link](#) to read our [Confidentiality & Consent guidelines](#) so you can understand and consent to our policies regarding information and participation.

Facebook Group & Guidelines

The VITA™ Coaching Facebook group is a key piece of the VITA™ Coaching experience which gives you access to sisterhood, connection, and community in a way that few other platforms can do. [Visit this link](#) to review our [guidelines](#) for using the Facebook group in a safe, self-responsible, and productive way.

Community Code of Conduct

Please [review our Community Code of Conduct](#) so that you understand the policies in place around operating in the VITA™ Coaching container in a way that creates a positive experience for all community members.

Pregnancy Guidelines

Please inform your VITA™ Teacher if you find out that you are pregnant during the program or inform your VITA™ Teacher at the beginning of the program if you are already pregnant. We celebrate you doing this course while pregnant as long as you're experiencing a healthy pregnancy. We require you to check in with your doctor about doing this course while pregnant just to be sure that everything is fine for your pregnancy. Please explain to your doctor that you will be doing sexual practices, gentle breathwork, and emotional healing in the program. Talk to your doctor about any issues that could arise for your specific pregnancy.

We will work with you to determine how to support you best. Our desire is for you to make decisions for your body and your baby that serve you both. If that means that you are not best served by continuing in the program this year due to your pregnancy, we have options available to you.

Please [visit this link to read our guidelines](#) so you can feel empowered to approach the course and practices while pregnant.

Communicating With Us

Team VITA™ is committed to providing you with the best possible experience during this training. We aim to balance focused support with the empowerment of each student. We are here to keep you informed, answer your questions as they arise, and support you to take ownership of your own experience in this course. Beyond standard customer support issues, we endeavor to mirror the coach/client relationship and help you recognize your own inherent power and abilities. Both our customer service team and your VITA™ Teacher and/or Connection Sisters and Siblings will respond to your emails personally to support you.

Tips on communicating with us:

Make a specific, direct request so we understand what you need or desire from us. Examples:

- I need a safe space to clear my experience.
- I desire validation of my experience.
- I desire advice.

Provide us with any additional details on what you've already done to solve the issue, if applicable.

Tips on how NOT to communicate with us:

- Emailing everyone on the team
- Emailing one person over and over in a short time frame
- Using Facebook Messenger or trying to connect with us via any other social media - we will not see or respond to your messages on these platforms
- Emailing without enough information for us to help
- Emailing without asking for what you need
- Emailing Layla directly

Communication with Layla

Please note that in this program Layla is present and supportive inside of the program; however, you are never guaranteed personal guidance from her. While she answers course comments on Monday and is available throughout the program on weekly live calls, she is not personally available for email or direct support outside of those containers.

If you want a response from Layla, please bring your questions and comments to the website or on the Interactive Sessions or Coaching Development Calls. Layla receives hundreds of Facebook notifications a day and will not see your post if you tag her on Facebook. Layla also doesn't respond to all Facebook posts but does visit the group and will respond to various posts along with Team VITA™.

If you feel something needs to be brought to her attention, please email your Teacher and they will notify her if needed.

Technical Support

Contact: vitacoaching@laylamartin.com

Contact customer support about issues regarding:

- Course access, password resets, and account changes
- Billing
- Website outages

Emotional Support and Accountability

Reach out to the Facebook group for support and accountability. If you need further support, reach out to your Connection Sister/Sibling, who may escalate your request to your Teacher if needed. These are your primary contacts for most inquiries and will be explained further in the section that follows.

Reach out to the Facebook group or your Connection Sister/Sibling about issues regarding:

- Your personal experience in the course
- Celebrations, clearings, and desires (CCDs)
- Reading list or book questions

Questions that your Connection Sister/Sibling can't answer will be escalated to your Teacher.

Program Logistics and Content

In general, questions about program logistics and content can be answered by our Femme Bot. You can reach our Femme Bot by clicking the pink icon in the bottom right corner of the course site. The Femme Bot can usually answer questions regarding:

- Holidays
- Retreat questions or requests
- Program structure
- Weekly email questions

In the case that the Femme Bot cannot answer such questions, the request will be escalated to the VITA™ customer service team who will reach out to you.

Course Process, Practice, and Coaching Questions

We want you to get all the information you need to feel comfortable in your personal practice, the process of this course, and learning the skill of coaching. Here are ways to get those questions answered:

- Post on the course website module page.
- Review other course posts on the website.
- Ask on the Interactive Sessions.
- Ask on the Coaching Development Calls.
- Ask your Teacher during Office Hours.

Anonymous Feedback Form

While we encourage transparency around feedback, we also want you to feel completely safe to share anything with us. We are committed to creating a container that makes profound transformational experiences possible, and it is our intention to address anything that does not serve this goal and your highest good.

This form is for course-related feedback throughout your entire experience in VITA™ Coaching. We check this form weekly and are grateful for your time and suggestions. You can access it [here](#), or on the Program Documents page of the course site.

Practicum-Specific Feedback Form (Starting in Trimester 2)

In this anonymous form, you can share any situation or experience from a practicum session where you were coached by a peer that you feel was unprofessional, problematic, and/or could result in potential harm to a client. You can access this form [here](#) or on the Program Documents page of the course site.

Crisis Support

If you are experiencing a state of crisis:

- **If you need immediate medical attention or emotional support, please reach out to a licensed professional in your local area.**
- Reach out to your own support network for the most immediate support.
- You can email your VITA™ Teacher for course-specific support, but please know that they do not work full time and may take a day or two to get back to you.

Support & Community

Our Support Program

The VITA™ Coaching Certification includes a unique support program with a Teacher and Connection Sister/Sibling:

- **A Designated Supportive Contact**

Your Connection Sister/Sibling is a point person who has been through the program and who will walk with you on your unique VITA™ Coaching journey. You are encouraged to share your hopes, history, dreams, and ambitions with her/them. Your Connection Sister/Sibling can help with your questions, offer valuable insight, support you to stay connected to your intentions and big vision, and help you stay on track. We will engage in deep practices in this program, and it is important to know that someone has been there before and is there to guide you if needed. Please note that your Connection Sister/Sibling is not your therapist, private coach, or a full-time staff member. However, she/they are here to cheer you on!

- **Our Goddess Teachers**

This course is a commitment of your time, energy, and resources. We want you to know that we have chosen rockstar Teachers who not only bring wisdom, but also care about how you are doing with the materials and can help you stay on track or make choices that are in service to you and your goals. We've found this to be a critical element in a virtual education setting with the intense depth of training and personal growth that VITA™ Coaching provides.

- **Confidentiality**

Any communication with your Teacher or Connection Sister/Sibling is not assumed confidential. Team VITA™ works together to provide the best possible experience for you within the program. In order to do that, your Teacher or Connection Sister/Sibling may share your experience with discretion in order to best support you and/or provide feedback about the program based on common comments and/or experiences. Also, if they feel that additional support or communication is needed in your situation, she/they may connect you to another member of our team and inform them about the situation so that they can support you.

Crown Collectives (optional)

In Crown Collectives, you have the opportunity to cultivate powerful relationships in the program. This is an opportunity to give and receive ongoing emotional support and practice accountability together.

The goal of these groups is to have a weekly space to express your experience, receive support, develop connection and relationships, and to support one another in your journeys. This is optional. If you opt-in we'll match you with other students in your geographical area to attend weekly calls and/or optional in-person meet-ups.

Stay tuned for further information on joining a Crown Collective.

Professional Support & Feedback

A key mission for the VITA™ Institute is to train excellent coaches who offer this work with full integrity and professionalism. In the VITA™ Coaching Certification, you will experience a personal development journey as well as professional training. This course prepares you for holding a professional coaching container for paying clients and guiding them through transformational personal development and healing work.

The intent of the VITA™ Coaching Certification is to prepare you to use this work professionally while honoring your unique needs as a student. In this spirit, Team VITA™ may share observations, feedback, concerns, and required actions with you as long as you are part of our community. We have a responsibility to graduate only the coaches that we believe can hold a certain level of integrity, safety, and professionalism in their coaching.

Offering professional support and feedback along with next steps serves the whole program and each student. Part of our commitment to you is upholding the values of love, compassion, and truth. We care about you, your future, and your clients who receive this work. We know it may be difficult to receive feedback, and we also know it is an important part of supporting your growth to provide reflection that helps you up-level your development, process, and skills.

While we are not perfect, our intention comes from a space of love for you and protecting and honoring the depth of this work. We also acknowledge that we can't prepare for every possible scenario and use grounded discernment when unexpected things arise. We endeavor to communicate transparently and to honor you as a sovereign and empowered being, while also being clear about our standards and what it takes to meet them.

While you are part of our community, Team VITA™ may identify something that is interfering with your ability to hold a professional coaching container. Examples of this include but are not limited to:

- Inability to resource, ground or stay present
- Significant active trauma
- Using unsafe or non-consensual language in coaching

- Lack of consent from self or clients
- A significant distortion or disempowering story

For the vast majority of students, the feedback process is taken as an opportunity to:

- Self-reflect
- Step up your professional development; and
- Do additional work to empower yourself into a professional coaching role.

In some cases, we may request that you do additional personal or professional development outside of the program as a support to demonstrating that you can hold a clear and professional coaching space. While we cannot tell you exactly what to do, we can give you an idea of the professional standard we would like you to meet and suggest some possible methods for getting there. This could include engaging in deeper trauma integration, working with a psychotherapist or doing somatic healing work with a trained facilitator. While doing the work outside of the program is totally optional, meeting our professional criteria is not. In rare cases, you may need to pause the VITA™ Coaching Certification in order to take these steps. We'll work with you to determine if a pause is needed or if the request can be completed in tandem with the course.

Professional Conduct & Integrity

Part of the intention of the VITA™ Coaching Certification is to create high-level professionals and a trusted framework for clients to experience its transformational tools and processes. As a student, graduate, and - eventually - coach, your conduct and the conduct of your peers reflects not only on this work, but on the whole field.

As Sex, Love & Relationship Coaches, we are at the forefront of a powerful movement and we need each other in order to have a deep and wide impact with this work.

As pioneers, we also receive greater scrutiny around our training and integrity, especially in the field of Tantra and sexuality. While you are empowered to use these tools in ways that are in alignment with your personal niche and vision and via your unique transmission, we still need standards as a community. Therefore, professional conduct and integrity are essential for our community, clients, and movement to truly thrive.

Integrity Guidelines

While we aren't policing anyone in VITA™ Coaching, we ask you to respect the guidelines below to stay in integrity. Our [Code of Ethics](#) encourages you to discuss issues you witness with your peers to maintain a strong and healthy community. With these integrity guidelines, we also empower each of you to hold each other accountable and let us know if you experience something outside of integrity and professionalism.

We also recognize that coaching is not a regulated profession. So, technically speaking, you don't have to complete any training to call yourself a coach (or Teacher, guide, facilitator, etc.). However, the VITA™ Coaching Certification is a body of work and a methodology, so while the title "coach" isn't regulated by us, the VITA™ Method is.

Therefore, we are not regulating your use of the word "coach"; however, we are regulating your use of the tools of the VITA™ Method and your affiliation with it. By being in this program, you are choosing to go deep and offer the most cutting-edge tools in coaching. In order to ensure professional standards in this work, we request that you follow these standards.

How You Refer to Yourself:

- You can't call yourself a VITA™-certified coach until you've graduated.
- If you're already certified by another program, you can't say or infer that you are certified in this program or work until you've graduated.
- If you graduate with the core certification, which certifies you as a VITA™ Sex, Love & Relationship Coach, you can't give yourself a specialization title until you've graduated from that specific major in Trimester 3.
- You cannot use this methodology with a couple in a session unless you complete the Relationship Transformation major in Trimester 3 which gives you additional training to work with couples. Your core certification certifies you to work with a single person on their relationships.

[For additional teaching, coaching, citation, and IP guidelines, please follow this link.](#)

Graduation Requirements

Core Certification

The VITA™ Certification is the core certification offered in this program. It is exclusively focused on the content taught in Trimesters One and Two. When you graduate in this certification, you can call yourself a certified VITA™ Sex, Love & Relationship Coach.

In Trimester Three, you will receive content to specialize in one major. Your major is optional and has separate graduation requirements that you'll receive at that time. When you graduate from your major in Trimester Three, this is when you can call yourself, for instance, a certified VITA™ Jade Egg Coach or a certified VITA™ Female Sexuality coach depending on your major. This certification comes in addition to your core certification as a certified VITA™ Sex, Love & Relationship Coach.

Context

The core certification prepares you to:

- Have an embodied understanding of the journey of transformation
- Teach and coach around issues related to sex, love, and relationships
- Manage a professional coaching relationship with clients
- Understand the arc of a coaching session and relationship
- Use the VITA™ Method 10-module structure developed by Layla to guide your clients through effective change work

Trimester One and Two Core Certification Titles

Upon completion of the core graduation requirements, you choose to be certified as a:

- VITA™ Sex Coach
- VITA™ Love Coach

OR

- VITA™ Sex, Love & Relationship Coach

NOTE: "VITA™ Relationship Coach" is not an option for the core certification, as this is the title given specifically to those who major in Relationship Transformation in Trimester Three.

Requirements

1. **Complete the Playbooks for all Modules**
 - You have 12 Playbooks in Trimester One and 10 Playbooks in Trimester Two.
 - These must be submitted via each module's Playbook page on the course site.

2. **Complete All Progress Trackers in Orientation Weeks, Trimester One, and Trimester Two**

Log the completion of your practices, meditations, call attendance, required reading, and additional progress in each of the required Progress Trackers.

3. **Attend Live or Watch Recordings of All Workshops in Trimesters One, Two, and Three**

You will track Workshop completion by filling out notes on the course site.

4. **Complete Twelve (12) Full Modules in Trimester One**

Each module consists of:

 - Lecture Video and Notes
 - Practice Video and Notes
 - Meditation Video and Notes
 - Three (3) 30-Minute Self-Practices
 - Three (3) 15-Minute Meditations
 - At least 60 minutes of the weekly Interactive Session with Layla (attend live or watch call recording)
 - Note: You must log the completion of the studies above in your Progress Tracker (online in each module)

5. **Complete Ten (10) Full Modules in Trimester Two**

Each module consists of:

 - Lecture Video and Notes
 - Coaching Videos and Notes
 - Coaching Core, Lasering Tools, and Blueprinting Tools
 - Self-Practice Video and Notes
 - Meditation Video and Notes
 - Three (3) 30-Minute Self-Practices
 - Three (3) 15-Minute Meditations
 - One Coaching Development Call (attend live or watch call recording) with notes on the course site

- One Coaching Forum Call (attend live or watch recording)
- *Additional progress items may be required depending on module.*
- Note: You must log the completion of the studies above in your Progress Tracker (online in each module)

6. Submit Twenty (20) Audio Recordings From Practicum Calls (Two From Each Module of Trimester Two)

A coaching practicum is an exchange with another VITA™ Coaching student where you give coaching for one hour and receive coaching for one hour. During Trimester Two, we host practicum matching calls each week where we will match you with a partner; you may schedule practicums on your own as well.

Both aspects of coaching and being coached are necessary for the mastery of each module and both are required elements of graduation. You'll log each session in your Development Diary on the course site with the date, time, person coached, brief notes of what you experienced both as the coach and client, and the feedback you received as the coach.

You must record the audio of all practicum sessions from each module where you are the coach, so you'll have twenty practicum audios to submit when you complete Trimester Two. You do not need to submit the recordings where you are the coachee.

7. Submit Ten (10) Hours of Additional Audio Recorded in Practice Coaching Sessions and Log Thirty-Five (35) Hours with Outside Clients

To graduate, you are required to complete forty-five (45) additional sessions of client coaching based on the VITA™ Method. You may begin these practice sessions once you have completed sixteen (16) out of the required twenty (20) practicums. Practice hours are as follows:

- **Part I: Ten (10) hours of audio recorded with a VITA™ Coaching peer through ten (10) Trimester Two modules.** After completing your twenty (20) practicums in Trimester 2, you will work with one peer to exchange coaching for all ten (10) sessions in succession. You will record and submit audio one session per module, for all ten (10) modules.

- Part II: Twenty-five (25) hours of logged sessions with coaching practice clients outside VITA™ Coaching in 60-minute coaching sessions. These must be one-on-one but can be with any number of clients. You must be clear with the practice client that you are in training, but these hours can be free or paid.
- Part III: Ten (10) hours of logged sessions with a SINGLE practice client outside VITA™ Coaching (i.e. in a series or package). You must be clear with the practice client that you are in training, but these hours can be free or paid. Ideally, you would cover all ten coaching modules from Trimester Two, but you can also offer the modules as required by the client's unique needs. If for some reason your client drops out, you must start Part III over, but you can apply the hours toward Part II.

8. Submit One (1) Client Session Video Recording

- You will record and submit one video with an outside client for graduation review. This final video will be submitted at the end of the program.
- You must record in English and submit it to us via Dropbox.

9. Complete All Trimester Three Coaching Development Calls

While doing a major during Trimester Three is optional, the scheduled Coaching Development Calls are mandatory for graduation. You must attend live or watch the recording of one (1) Coaching Development Call each week of Trimester Three.

You will document notes from each call on the course site.

10. Sign VITA™ Code of Ethics

11. Complete your Payment Plan

If you haven't completed your payment plan and have submitted your complete graduation portfolio and it's approved, you'll only receive provisional graduation. You are not considered fully graduated or fully certified until you have completed your payment for the program.

Proof of Completion

In order to receive your graduation certificate for the 650 hours of training from the VITA™ Coaching Certification signed by Layla Martin, you must:

- Submit all completed Playbooks from Trimesters One and Two via the course site;
- Complete all items in your Progress Trackers for all modules in Trimesters One and Two;
- Submit your completed Development Diary via the course site;
- Submit thirty (30) coaching audio recordings;
 - Twenty (20) practicum audio recordings
 - Ten (10) practice session audio recordings
- Submit 1 client video session

Submitting Your Graduation Portfolio

Timing:

The earliest you can submit for graduation is the day after the program ends. (This is the day that the Completion and Celebration Call with Layla takes place.) The latest you can submit for graduation is one calendar year after that date.

You must complete your core graduation portfolio and submit and receive approval and certification prior to submitting graduation materials for a major.

Portfolio:

You must submit your complete portfolio before we will consider you for graduation. If you have not submitted a complete portfolio, we will not review it.

Your portfolio is reviewed to assess your ability to hold this work professionally. It is at our sole discretion to determine whether your portfolio is approved. If your core graduation portfolio is not approved, we will provide you with steps to take in order to receive approval, unless we see a significant breach of basic coaching requirements or lack of understanding of the material.

Create and copy the Dropbox link for your portfolio. Submit the link via email to vitacoaching@laylamartin.com.

Delayed or Disqualified Graduation

Team VITA™ deeply desires to see you succeed and put your unique greatness into the world. We are also committed to high professional standards in awarding certification under this program. We take that responsibility seriously, given that (a) we are committed to advancing work around sexuality positively and without harm, and (b) the depth of the processes and tools you learn.

Disqualification:

Examples that may disqualify you from graduation include but aren't limited to:

- Any form of violence witnessed in the program. This includes:
 - Verbal violence
 - Damaging the safety of the VITA™ container
 - Causing harm to other students or practice clients
 - Breaking confidentiality
- Inability to take responsibility and be accountable for actions or patterns
- Unwillingness to receive or act on feedback
- Significant active trauma without support
- Lying
- Copying other students' work
- Indications that you have not mastered the training. (Note that determining whether or not you have mastered the training is at our sole discretion.)
- Sharing your training materials and videos with others who are not enrolled in the program
- Breaking the Intellectual Property agreements
- Practical issues. This includes:
 - Failure to comply with your payment plan
 - Failure to complete all graduation requirements
 - Submitting your graduation materials after the final due date

Quick Graduation Glance: Required vs. Optional

	Required	Optional
Trimester One	<p>For each module:</p> <ul style="list-style-type: none"> • Intro + Practice Videos • Practice + Meditations • Playbook • Interactive Session - live or recorded <p>For the Trimester:</p> <ul style="list-style-type: none"> • All workshops + notes in the Development Diary • Required reading 	<ul style="list-style-type: none"> • Facebook Group • Crown Collective Call • Live Practice Group Calls • Costa Rica Retreat • Office Hours with VITA™ Teacher
Trimester Two	<p>For each module:</p> <ul style="list-style-type: none"> • Lecture + Practice Videos • Self-Practices + Meditations • Playbook • One Coaching Development Call + notes in the Development Diary • Two Coaching Practicums + notes in Development Diary • Coaching Forum <p>For the Trimester:</p> <ul style="list-style-type: none"> • All workshops + notes in the Development Diary • Required reading • 30 total audios • 3 total videos • 35 hours total of practice client sessions 	<ul style="list-style-type: none"> • Facebook Group • Crown Collective Call • Office Hours with VITA™ Teacher
Business Bootcamp		Fully Optional

	Required	Optional
Trimester Three: All Students Regardless if Pursuing a Major	<ul style="list-style-type: none"> • Coaching Development Calls (for all students regardless of whether you choose to complete a major) + notes in the Development Diary • Any Workshops • All workshops + notes in the Development Diary 	<ul style="list-style-type: none"> • Facebook Group
Trimester Three: Additional Requirements if Pursuing a Major	<p>For each major:</p> <ul style="list-style-type: none"> • All Videos • All Self-Practices • Any fillable PDFs in your major • All coaching Practicums and/or practice sessions (depending on your major) • Required reading 	<ul style="list-style-type: none"> • Major-specific live calls

Payments, Refund Policy, and Exits

Late Payments

We know that VITA™ Coaching students are conscientious and care about making sure their account is in order.

If late payments happen:

- They are often the result of a credit card number or expiration date changing or an accidental lack of funds; and
- Students usually desire to fix it quickly.

When a payment is late, you'll receive notice right away and have 30 days to pay before we pause your course access. Please communicate with us at vitacoaching@laylamartin.com as soon as possible so we know what's happening, and to prevent your access to the program from being revoked.

Refunds & Exits

The VITA™ Coaching Certification is a no-refund program and registering for the program is a commitment to complete the program and payments in full.

Layla and Team VITA™ are committed to delivering you a profound, transformative, one-of-a-kind experience and training. We understand that with a no-refund policy, you may fear you won't receive value, enjoy the course, or get what you hoped from it. However, we have put a lot of consideration into this being a no-refund course.

We want you to be fully committed, which creates stability for you and your peers. It helps calm those sneaky doubts and fears that creep in and try to convince you it's time to give up and supports you to continue on the path of empowerment and certification that you've chosen.

Layla and Team VITA™ are fully devoted to giving you the best education but this is strong work and if you don't have full dedication, it can be too easy to give up. The no-refund policy is designed to support you in evolving and graduating. Think of this as similar to going to university: if any student could easily drop out and get a full refund at any time, it would greatly impact the educational experience. When you enroll in your education, you do it with full commitment to seeing it through.

Freezing the Program

In extreme situations, it might make sense for you to freeze the program once it's started. When you freeze the program, you rejoin the next year's cohort in the Trimester you stopped in. Acceptable reasons to freeze the program include:

- Emergency medical issues;
- Family or personal emergencies; or
- Pregnancy (if necessary and best for you and baby)

Please understand that we will not freeze your program because you feel overwhelmed or fell behind. Again, think of this like university: you can pause your studies in cases of legitimate need, but not just because you're behind on your classes or feeling overwhelmed. We've seen that keeping students is supportive to them to keep their commitment to becoming a successful coach and leader in this field.

Finally..

We encourage you to use this time as an opportunity to release yourself from the repressive and limiting conditioning that is not in alignment with your true nature. This is a deep journey, and you may experience resistance along the way.

As much as possible, embrace the opportunity of what is here for you: a dynamic learning environment where you are safely supported to integrate and heal in potent ways and then supported to use the newly liberated space to empower and elevate.

Let's take each moment here together and be as present as possible so we can cry, heal, laugh, play, orgasm, celebrate, struggle, and shine through the year together. This program is an opportunity to embrace what it means to empower together, to love together, to lead together. To be a Queen/Sovereign amongst Queens/Sovereigns. We'll be here, supporting, cheering, embracing, and holding the highest vision for your awakening and empowerment.

Let's laugh as much as possible and let our pussy wisdom light up the world.