

*Leading Edge Coaching, Training and Mentoring in partnership
with Coacharya presents:*

ICF-ACCREDITED ACTP COACH TRAINING PROGRAMME 2016

BASIC: ACC (ASSOCIATE CERTIFIED COACH)

MODULES 1 TO 6

MODULE 1: THEORIES AND MODELS

- Intake Agreement
- Sharing: purpose and desired outcome
- What coaching is and what it is not
- Barriers to coaching
- Coaching process
- Coaching structure
- Adult learning models
- Coaching models
- Competencies of agreement, rapport, listening, questioning, and communication
- Coaching practice & mentoring
- Day review and homework

MODULE 2: GROW MODEL

- Review: learning, homework, sharing
- GROW Model
- Goal Clarification

- Questions for goal, reality, options and way forward
- Awareness in coaching
- Coaching journey
- Coaching practice & mentoring
- Day review and homework

MODULE 3: COACHING COMPETENCIES & STRUCTURE

- Review: learning, homework, sharing
- Coaching credentials and credentialing bodies
- Overview of Coaching Competencies
- Differences in credentialing body specifications
- Details of ICF and other major competencies
- Coaching structure start to finish
- Coaching practice and mentoring
- Day review, homework and session assignment

MODULE 4: PSYCHOLOGY, NEURO-SCIENCE & SPIRITUALITY

- Review: learning, homework, sharing
- Western psychological models: Freud, Jung, Rogers, Seligman
- Discovering Oneself and Values: Johari, Maslow, Hero's Journey
- Neuro-science view of the mind
- Eastern spiritual view of awareness
- Mindfulness: Zen and Upanishads
- Creating your future: Visualization
- Coaching practice and mentoring
- Day review and homework

MODULE 5: LIFE APPLICATIONS

- Review: learning, homework, sharing

- GROWTH Wheel and its application to life issues
- Joyful Index to establish values
- Dilt's Neurological Levels Model
- Coacharya Sweet Spot Analysis
- Coacharya 65 Back™: aligning future with now
- Coaching practice & mentoring
- Day review and homework

MODULE 6: ONTOLOGY & EMOTIONS

- Review: learning, homework, sharing
- Ontological coaching
- Exploring emotions
- Case studies
- ICF credentialing process
- Preliminary performance evaluation
- Day review, homework and assignment

Get the latest training dates and costs at www.leadcoaching.co.za/icf-coach-training

ADVANCED: PCC (PROFESSIONAL CERTIFIED COACH)

MODULES 7 TO 12

MODULE 7: INNER GAME OF COACHING

- Review: learning, homework, sharing
- Timothy Gallwey and Inner Game
- Redefining work and incorporating learning and passion
- Inner Game exercises
- Coaching practice & mentoring

- Day review and homework

MODULE 8: COACH FOR LEADERSHIP

- Review: learning, homework, sharing
- Leadership and Team Models: Jim Collins, Situational Leadership, Blake & Moulton
- 2020 leadership imperatives
- Coping with a VUCA world through coaching

- Feedback coaching
- Coaching for change
- Coach-to-Lead
- Coaching practice and mentoring
- Day review and homework

MODULE 9: NLP IN COACHING

- Review: learning, homework, sharing
- NLP fundamentals
- Representation systems and sub-modalities
- Changing states
- Perceptual Position
- Reframing techniques
- Introduction to Gestalt
- Coaching practice & mentoring
- Day review, homework & session assignment

MODULE 10: EI, AI, CBT, PP, AND TA IN COACHING

- Review: learning, homework, sharing
- Appreciative Inquiry and coaching
- Emotional Intelligence and coaching
- Cognitive Behavior Therapy
- Positive Psychology
- Transactional Analysis
- Coaching practice and mentoring
- Day review and homework

MODULE 11: BUSINESS APPLICATIONS IN EXECUTIVE COACHING

- Review: learning, homework, sharing
- Coach-to-Lead™
- SPEED™ and Group Coaching
- Project management by GROWTH Wheel
- Sweet Spot Analysis™
- Special coaching applications for aggression, conflict, cultural differences, and emotional dysfunction at work
- Performance evaluation
- Day review and homework

MODULE 12: ASSESSMENT AND EVALUATION

- Review: learning, homework, sharing
- Coaching through assessment and development centers
- Evidence based coaching
- Jungian analysis and MBTI
- Strength Finder
- 360 Feedback
- Psychometrics: PDA, Firo B, Hogan and Belbin
- Performance evaluation
- Learner feedback

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BRIDGING COURSE TO PCC (PROFESSIONAL CERTIFIED COACH)

If you have 60+ hours of coach training from non-ICF training bodies you could be eligible to join our PCC coach training programme. Costs and dates are the same as for the PCC course detailed above.

Contact us for more information.

CONTACT

Leading Edge Coaching & Training

www.leadcoaching.co.za | cindy@leadcoaching.co.za

082 465 0571

Century City, Cape Town