

Foundations of Coaching*



Program Outline

Foundations of Coaching – This three day program is designed for people who would like to build an in-depth foundation for integrating coaching skills into their existing areas of expertise. This is Days 1-3 of Module 1: Professional Coaching I.

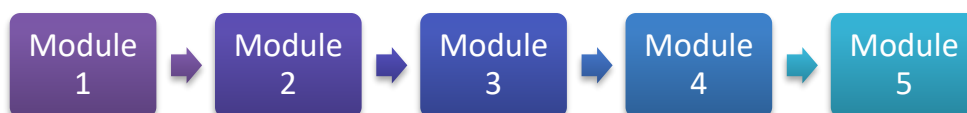
Once completed there is an option to complete the rest of Module 1 and if desired a certification pathway of your choosing. This program is often chosen by managers, leaders and individuals who want to get a grounding in basic coaching skills or explore if coaching is for them.

Successful completion of **Module 1: Professional Coaching I** will earn participants a certification of completion which includes the number of coach specific training hours.

Program Information

Our ACTP program has 4 distinct **Modules** that comprise 2 stages of Certification. Module 5 is an additional Module that qualifies for Continuing Coach Education (CCE's) and is a pathway to EMCC Practitioner Level coach accreditation.

- a. **Module 1 – Professional Coaching I**
- b. Module 2 – Professional Coaching II
- c. Module 3 – Transformational Coaching I
- d. Module 4 – Transformational Coaching II
- e. Module 5: Mindfulness-based Coaching



*This programme is comprised of 1 Modules (Modules 1: Professional Coaching I) which is a part of our ACTP Program: Certificate in Professional Coaching Mastery. And is approved content for Continuing Coach Education Hours with the ICF.

Module 1: Professional Coaching I

Module1: Reflective Learning 1.0 - The Challenge of Defining Coaching

Module1: Reflective Learning 2.0 – Ethics and Professional Standards in Coaching

Day 1	Day 2	Day 3
Module 1 Unit 1 Introduction to Coaching	Module 1 Unit 5 Coaching Topics	Module 1 Unit 9 Trust and Mindset
Break - 15 Minutes	Break - 15 Minutes	Break - 15 Minutes
Module 1 Unit 2 Transcend Coaching	Module 1 Unit 6 Introduction to Well- formed Goals	Module 1 Unit 10 Observed Coaching Practice
Lunch	Lunch	Lunch
Module 1 Unit 3 ICF Competencies, Listening and Questioning Practice	Module 1 Unit 7 Reality	Module 1 Unit 10 Observed Coaching Practice Continued
Break - 15 Minutes	Break - 15 Minutes	Break - 15 Minutes
Module 1 Unit 4 Structuring a coaching conversation GROW	Module 1 Unit 8 Options and Wrap Up	Module 1 Unit 11 Professional Standards, Ethics, Contracting, Managing a Coaching Program
End of Day 1	End of Day 2	End of Day 3