

Advanced Certificate in Professional Coaching*



Program Outline

Advanced Certificate in Professional Coaching - ACSTH

In our **ACTP programme** our focus is on developing a coach who is competent, capable at the PCC level and beyond. From our point of view this requires the embodiment of a transformational way of being. The purpose of this programme is to develop highly skilled professional coaches in order to facilitate vertical development and sustainable and meaningful transformations at a deep level. Module 3: Transformational Coaching 1 and Module 4: Transformational Coaching 2 are the advanced coach training Modules and are focused on developing skills with our Transformational Coaching methodology. This is built on the foundations of either Modules 1 and 2 and/or other coach training that coaches may have undertaken.

Successful completion of Modules 3 and 4 earns the coach Transcend's **Advanced Certificate in Professional Coaching – ACSTH**. Successful completion of the entire pathway earns the coach our **Certificate in Professional Coaching Mastery ACTP (130 ACTP Hours)**.

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 EMCC Practitioner Level coach training.

- 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



NOTE: Each Module is divided into **UNITS** that are 120 minutes in duration

*This programme is comprised of 2 Modules (Modules 3 and 4) from our ACTP Program: Certificate in Professional Coaching Mastery. And is approved content for 63 ACSTH credits or 63 Continuing Coach Education Units.

Module 3: Transformational Coaching I

Aims and objectives:

This program lays the foundation for vertical development and transformational coaching, challenging and supporting coaches to move beyond performance coaching into the realm of transformational coaching. Coaches will deepen and expand coaching skills and competency preparing them to coach at the Practitioner level or higher as defined by the European Mentoring and Coaching Council (EMCC) and/or the ICF.

Learning Outcomes:

- Grounding in adult developmental theory and entry points for transformational coaching
- Enable coaches to develop skill in the application of models, theories, coaching moves and methods to support deep transformational change
- The evidence of the development of a "way of being" that embodies a transformational coaching ethos
- An understanding and application of the ethics, standards and competencies required for effective coaching at the Practitioner level
- To co-create relevant and effective competency based coaching programmes and development plans
- A commitment to competency-based development based on practice-based feedback and reflection
- A practice of seeking instructor (supervisor/mentor) support, engagement and reflective practice

Module 3: Transformational Coaching I

Module 3 Reflective Learning 1.0 – Your Personal Definition of Coaching

Module 3 Reflective Learning 2.0 – Culture and Bias and the Impact on Coaching

Day 1	Day 2	Day 3
Module 3 Unit 301 Review Introduction to Advanced Coaching and Bias	Module 3 Unit 305 Stuck Part 1 Observed Coaching Practice	Module 3 Unit 309 Creating Exceptional Emotional and Mental Balance Conative
Break	Break	Break
Module 3 Unit 302 Constructive Adult Development	Module 3 Unit 306 Stuck Part 2 Observed Coaching Practice	Module 3 Unit 310 Creating Exceptional Emotional and Mental Balance Conative Part 2
Lunch	Lunch	Lunch
Module 3 Unit 303 Core Values Advanced Elements - with a focus on observations	Module 3 Unit 307 Vertical Development	Module 3 Unit 311 Observed Coaching Practice
Break	Break	Break
Module 3 Unit 304 Observed Coaching Practice Core Values and integration of Elements	Module 3 Unit 308 The Four Balances	Module 3 Unit 311 Observed Coaching Practice
End of Day 3	End of Day 2	End of Day 3

Module 3 Reflective Learning 3.0 – Your Coaching Profile

Mentor Coaching 5.0 – After program

- **MC⁵** is an Individual Mentor Coaching session based on Mentor Coach feedback from

Observed Coaching Practice and intentional practice with observation with Mentor Coach (Observed Coaching Practice).

Mentor Coaching 6.0 – After program

- **MC⁶** is an Group Mentor Coaching session

Module 4: Transformational Coaching II

Aims and objectives:

This program grounds coaches firmly in developmental theory and challenges coaches to become highly skilled in transformational coaching. This is grounded in the development of exceptional emotional and mental balance along with the ability to remain resourcefully attentive to meaningful and desired results. Coaches will demonstrate competency at the Professional Certified Coach level as defined by the ICF and be aiming at the Practitioner Level or higher as defined by the EMCC, skill in transformational coaching and a commitment to ongoing development.

Learning Outcomes:

- Demonstrate skill in creating and working with developmental goals
- Understanding and ability to skilfully work with coaching clients towards cognitive, cognitive and attentional balance
- A commitment to long term competency-based development based on practice-based feedback and reflection
- A commitment to the engagement in supervision and reflective practice
- Confidence they have demonstrated coaching competency at the PCC level through competency-based assessment according to ICF standards

Module 4: Transformational Coaching II

Module Reflective Learning 4.0 – Reflection on Coaching Competencies

Day 1	Day 2	Day 3
Module 4 Unit 401 Review	Module 4 Unit 405 Attentional Balance 1	Module 4 Unit 409 Cognitive Balance 1
Break	Break	Break
Module 4 Unit 402 Review Continued	Module 4 Unit 406 Attentional Balance 2	Module 4 Unit 410 Cognitive Balance 2
Lunch	Lunch	End of Day 2.5
Module 4 Unit 403 The Four Balances	Module 4 Unit 407 Observed Coaching Practice – Attentional Balance	Module 4 Unit 411 Observed Coaching Practice – Cognitive Balance
Break	Break	
Module 4 Unit 404 Setting an Improvement Goal Coaching Practice	Module 4 Unit 408 Observed Coaching Practice – Attentional Balance Part 2	Module 4 Unit 411 Observed Coaching Practice – Cognitive Balance Part 2
End of Day 3	End of Day 2	End of Day 3

Module 4 Reflective Learning 5.0 – Coach Transformational Reflection

Mentor Coaching 7.0 – After program [

- **MC⁷** is a group mentor coaching session focusing on Preparation for PCC Assessment - Competency Review

Mentor Coaching 8.0 – After program

- **MC⁸** is an individual mentor coaching session for PCC Coaching Assessment and Debrief