



Institute of
Coaching Studies

MODULE 1

PROFESSIONAL COACHING SKILLS
CERTIFICATION

ACSTH

ICF APPROVED COACH SPECIFIC
TRAINING HOURS

ICF

DISCOVER MODULE 1

Our module 1 is a 75-hour ICF-accredited programme. You will receive a Certificate in Professional Coaching Skills.

ABOUT THE TRAINING

The 75 hours are split in three sections:

- > 53 hours of live training and coaching practice
- > 10 hours of ICF Mentor Coaching
- > 22 hours of self-study

You will find more information about the content of the classes, the mentor coaching and the self-study in the following pages.



TRAINING SET-UP

One day or two half-days per week

For 7 weeks

TRAINER QUALIFICATIONS

Our trainers are ICF PCC accredited coaches with extensive coaching and training experience.



THE DOING OF COACHING

The first part of the live training focuses on the skills and tools you will use to support your clients' growth during your sessions.

COACHING COMPETENCIES TAUGHT

Coaching agreements
Trust and safety
Active listening
Powerful questioning
Impactful observations
Action design



THEORIES, MODELS & TOOLS

Structure of a coaching session
Positive psychology
Personality psychology
Emotional intelligence
Change models
Wheel of life
Goal mapping



THE BEING OF THE COACH

The second part is dedicated to the mindset and the self-awareness coaches can develop to expand their practice.

COACHING COMPETENCIES TAUGHT

Self-awareness
Coaching presence
Ethical standards
Professional development
Self-reflection



THEORIES, MODELS & TOOLS

Core values
Coaching philosophy
ICF Code of Ethics
Mindfulness
Conscious-competence model
Cognitive biases
Cognitive dissonance
ABC model



ICF MENTOR COACHING

Module 1 also includes 10 hours of Mentor Coaching which are a requirement for the ICF ACC credential.

GROUP MENTOR COACHING

Coaches coach each other in front of the class while other participants observe and learn from them. Everyone receives feedback on their practice.

The **7 hours** of group mentor coaching are completed on the last day of the training.



INDIVIDUAL MENTOR COACHING

3 hours of individual mentor coaching are dedicated to your growth as a professional coach. You will meet with the trainer in a 1:1 setting to discuss your self-learning and any questions you may have before graduating.



SELF-STUDY

Throughout the programme you will have to complete a few learning activities on your own.

ASYNCHRONOUS ACTIVITIES

You will:

- > Journal about your coaching practice,
- > Watch videos on the ICF Code of Ethics,
- > Reflect on your best and worst coaching sessions,
- > Read an article on professional development for coaches.

You will also practice 10 hours of coaching with your own clients while you are attending the programme.

GET 2 COACHING CLIENTS

Before the programme starts, we ask that you find two pro bono coaching clients. This will allow you to practice outside the training.



ALUMNI BENEFITS

When you join one of our trainings, you are automatically enrolled in our alumni benefit programme.

> Unlimited access to our learning platform.

> Free group mentor coaching sessions.

> Access to a coaching toolkit with information on coaching tools, models, and downloadable documents for your practice.

> Invitation to our private “Coach Connection” community where you can meet other participants, ask questions and share resources.



TO BOOK YOUR PLACE

Visit <https://coachingstudies.org/coach-certification>

TO ASK QUESTIONS

Send us an email at contact@coachingstudies.org



**Institute of
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