

LEVEL 1 DIPLOMA PROGRAMME

# SCIENCE & ART

## of Coaching

### COACHING EDUCATION

**Coaching is one of the fastest growing professions and is enabling positive change in people's communication skills, performance, confidence and many other aspects of their behaviour and mindset.**

The Science and Art of Coaching is a Level 1 ICF-accredited coaching education programme. This complete package offers the coach-specific training hours required for those who may wish to apply for their ACC credential and provides **76.25 ICF-accredited coaching education hours**. It also includes mentor coaching, ACC Level performance evaluation, a coaching resource pack and access to our alumni community benefits.

"The modules stood alone and built upon each other to leave me with a very clear understanding and knowledge of the highest levels of professional coaching. The course was diverse, inclusive and supportive, and I would recommend it to beginners as well as coaches wishing to expand their skills."

*Deborah, Science and Art of Coaching Alumni*

### RECOMMENDED FOR:

#### Coaches Seeking an ICF ACC Credential

Ideal for those who wish to complete ICF-accredited coaching education hours in pursuit of an ICF Associate Certified Coach (ACC) credential.

#### Leaders, Managers and Individuals

Good coaching skills enable anyone who needs to develop, influence and communicate effectively with others, whether inside or outside of the organisation to achieve greater success.

#### External and Internal Coaches

Ideal for those who wish to become external or internal coaches offering their services to organisations and individuals.



*Coach*  
**ADVANCEMENT**  
BY TRACY SINCLAIR



# PROGRAMME DETAILS

## All modules include:

- Daily coaching practice with ACC+ level feedback.
- Daily demonstrations of coaching at ACC/PCC+ level.
- Daily exercises to explore the ICF Core Competencies at either ACC+ level.
- Daily exercise to explore the use of models and theories taught in coaching practice.

## Our Level 1 package includes:

- Science and Art of Coaching (ACC Level Coaching Education): 10.5 days of learning in our virtual classroom.
- Access to a coaching Resource Pack and in-depth ICF Core Competency video series.
- Live Practice Peer Coaching Groups.
- Complete Mentor Coaching Programme.
- Performance Evaluation and Certification (at ACC Level).
- Access to post-programme Coach Advancement Alumni Community with associated alumni benefits.

## MODULE 1

### Module 1: Foundational Skills

- The philosophy and definition of coaching and how it differs from other ways of communicating, engaging and working with people.
- An initial framework for a structured coaching conversation.
- Introducing essential coaching skills for internal/external coaches and managers and leaders using coaching skills:
  - Listening skills.

- Thought provoking and forward moving questioning skills.
- Effective goal setting and visioning enabling clear and committed forward action with accountability.
- Introduction to the ICF Core Competencies

## MODULE 2

### Going Deeper

- Developing rapport and building the coach-client relationship.
- Transactional and transformational coaching.
- Deeper questioning skills to expand and explore thinking, perspectives and possibilities.
- Advanced listening skills using all of the senses.
- Identifying and exploring limiting and empowering beliefs.
- Professional and ethical practices including organisational contracting.

## MODULE 3

### Science and Art

- Neuroscience and coaching.
- Psychological models to enhance understanding of how human behaviour impacts performance.
- Using intuition as an effective coaching tool.
- The place of feedback in coaching.
- Accessing and leveraging client's learning.
- The coach-client partnership.
- Structuring and developing your coaching practice.
- Developing the coach as well as the client.
- Practical ways to use coaching skills in the organisation.

## INTERESTED? LEARN MORE!

For the upcoming programme dates, session fees and registration links, visit [tracysinclair.com/level-1](https://tracysinclair.com/level-1)



## WHY CHOOSE COACH ADVANCEMENT?

We are devoted to excellence in teaching, learning and developing coaches and leaders. We develop best-in-class professional coaches and leaders who can foster a better experience, workplace and society. Coach Advancement has been developing leaders around the world for more than 25 years. We support our international alumni community with a wide array of exclusive benefits including coaching clinics, coaching opportunities, discounts and so much more.

“Being part of the alumni community has brought opportunities I’d never imagined. ... it’s a wonderful home for fellow coaches to feel they belong.”

*Gillian Gabriel, ACC*



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