

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 **70.5 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 coachadvancement.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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[COACHADVANCEMENT.COM](https://coachadvancement.com)