

100% Online Coach Training

Internationally Accredited ICF & EMCC

Professional Coaching

Training & Certification Programs

CERTIFICATE IN PROFESSIONAL COACHING (MODULES 1-2)



HOW IT WORKS

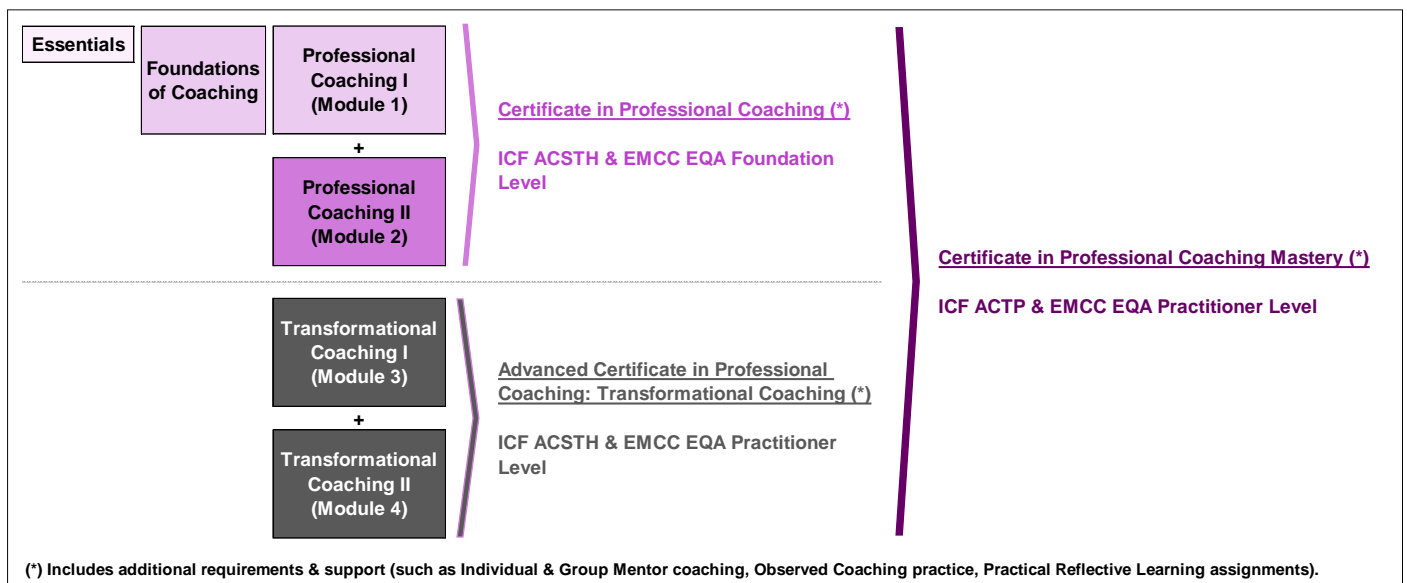
- Weekly LIVE Webinars of 2 hours
- Complete the level of Certification that is right for you: from Coaching skills to the Full Certification & Credentialing pathway (ICF & EMCC)
- Training towards ICF's ACC takes about 6 months to complete, while training towards PCC takes about 12 months (option to overlap both trainings for faster completion!)
- Practical Reflective Learning Assignments
- Individual & Group Mentor coaching – scheduled at your convenience
- Observed Coaching Practice – additional online practice times
- Access to online resources
- Instructor and tutor contact time
- Optional – Peer Coaching Practicum
- Optional – NGO Coaching Projects
- Transcend Partner Program

LEARNING AT TRANSCEND

Our programs are **dually-accredited by the International Coach Federation (ICF) and the European Mentor & Coaching Council (EMCC)**, and are well-balanced and skilfully designed to create a transformational learning journey. You will learn through various proven methods and practical assignments. Each unit includes elements of **world class instruction, shared learning, applied practice, debriefs, expert feedback, and transformational coaching.**

Our instructor team is led by Tony Dickel and Craig McKenzie, pioneers in coach education in Asia since 2007.

OVERVIEW COACH TRAINING PROGRAMS AT TRANSCEND INTERNATIONAL



Our Mastery Coach training program (ACTP / EQA) has 4 distinct **Modules** that comprise 2 stages of Certification for a total of 130 hours of ICF & EMCC approved content:

1. Certificate in Professional Coaching: 67 ACSTH Hours

- a. Module 1 – Professional Coaching I
- b. Module 2 – Professional Coaching II

2. Advanced Certificate in Professional Coaching: 63 ACSTH Hours

- c. Module 3 – Transformational Coaching I
- d. Module 4 – Transformational Coaching II

CERTIFICATE IN PROFESSIONAL COACHING (MODULES 1-2)

The **Certificate in Professional Coaching – a dually-accredited ICF ACSTH & EMCC Foundations Level program** – is designed to create a strong foundation for building coaching skills and a coaching practice. Coaches graduate with the confidence, capability and competence to coach at the Associate Certified Coach (ACC) level as defined by the International Coach Federation (ICF). The training is presented at the EMCC Practitioner level and coaches can apply for the Foundations European Individual Award. This program is often chosen by internal or organisational coaches and new coaches.

Successful completion of the entire pathway (Modules 1-2) earns the coach our ***Certificate in Professional Coaching*** and is approved content for 67 ACSTH Hours or 67 CCE's.

WHAT IS INCLUDED?

Certificate in Professional Coaching (Modules 1-2) - Total 67 Hours:

- 24 LIVE Training Webinars x 2 hours: 48 Hours
- Observed Coaching Practice with feedback: 6 Hours
- Mentor Coaching: 6 Hours
- Assignments: 7 Hours

TRAINING DATES

Please contact us for upcoming training dates.

Note: Each Module consists of 12 weekly webinars and will be conducted over 12 consecutive weeks; any changes to dates or need to postpone a given webinar (due to holidays or other events) will be discussed and agreed upon with all participants at the start of the training.

INVESTMENT

Certificate in Professional Coaching (Module 1-2):

- Standard HKD 32,000
- Early Bird HKD 29,900 – Pay At Least 1 Month in Advance
- Super Early Bird HKD 27,800 – special extension (if you enrol by Nov 30, 2022)

Advanced Certificate in Professional Coaching (Module 3-4):

- Standard HKD 32,000
- Early Bird HKD 29,900 – Pay At Least 1 Month in Advance
- Super Early Bird HKD 27,800 – special extension (if you enrol by Nov 30, 2022)

Certificate in Professional Coaching Mastery (Module 1-4):

- Standard HKD 51,000
- Early Bird HKD 47,300 – Pay At Least 1 Month in Advance
- Super Early Bird HKD 43,350 – special extension (if you enrol by Nov 30, 2022)

LEVELS OF CERTIFICATION (SUMMARY)

I. CERTIFICATE IN PROFESSIONAL COACHING (PROFESSIONAL COACHING MODULES I-II)

Globally-accredited coach training suited for those looking for comprehensive theory and practice to begin to operate as a coach, whether independently or internally within your company/organization.

Successful graduates are eligible to apply for the ICF Associate Certified Coach (ACC) and/or the EMCC Foundational European Individual Award (EIA).

Additional assignments and support (such as mentor coaching) are included.

Successful completion of the program requirements earns the coach our Certificate in Professional Coaching ACSTH (67 ACSTH Hours).

ACCREDITATION PATHWAYS

Our programs are accredited by the ICF (International Coach Federation) and/or EMCC (European Mentoring and Coaching Council), talk to us for more information on your accreditation options.



PROGRAM OUTLINE – CONTENT OVERVIEW

Content Overview: Professional Coaching Modules 1 and 2

Understanding Coaching

- Program introduction
- Defining coaching
- Differentiating coaching
- Starting with Why: according to Transcend
- The Coaching Spectrum

Coaching Competencies and Skills

- Competency frameworks (ICF and EMCC)
- Competency development
- Listening, presence, trust, questioning, coaching micro skills

Structuring Coaching Programs and Conversations

- Overview
- Structures that work
- Foundational tools and models

- Areas of Interest
- Well Formed Goals
- Integral Exploration of Reality
- Choices and Actions
- Ethics and professional standards
- Contracting and coaching program execution

Applied Science, Theory and Research

- Neuroscience
- Development of narratives
- Adult learning and development
- Application to coaching

Deepening Your Coaching Practice

- New tools, models and coaching moves for each phase of the coaching conversation
- Intentional competency-based development
- Practice and coaching evaluations

PROGRAM OUTLINE – COURSE DETAILS

I. Certificate in Professional Coaching – ACSTH

This program is designed to create a strong foundational set of coaching skills and potentially initiating a coaching practice. Coaches graduate with the confidence, capability and competence to coach at the entry level of international accreditations as defined by the International Coach Federation (ICF) and the European Mentoring and Coaching Council. This program is often chosen by internal or organisational coaches and new coaches. It is also frequently attended by mentors, consultants, trainers, psychometric tool practitioners and counsellors looking to enhance their effectiveness through coaching skills.

Successful completion of the program requirements earns the coach our ***Certificate in Professional Coaching ACSTH (67 ACSTH Hours)***

a. Module 1: Professional Coaching I

Aims and objectives:

Designed to create a firm foundation for people beginning their professional coaching journey. This program targets developing skill in essential competencies which are the building blocks of credentialing with the European Mentoring and Coaching Council (EMCC) and/or the ICF. Challenging coaches to develop competency at the Practitioner level.

Learning Outcomes:

- A deep understanding of what coaching really is and developing the ability be grounded in “who you are” as a coach, what is expected from the role of a coach and remain present in a transformational way.
- Initial grounding in models, theory and science to support their coach development
- Coaches will be able to begin to practice coaching, as coaches in learning, in an professional and ethical manner.
- To ground your coaching practice in internationally accepted best practices. This includes internationally recognised competency frameworks, ethics and professional standards and definitions.
- To become skilful at managing coaching clients, conversations and programs in a way that is focused and relevant to your client’s goals and desired outcomes. The foundational ability to conduct a coaching session and execute a coaching program
- To become skillful in co-creating meaningful well formed goals
- A commitment to competency-based development based on practice-based feedback and reflection
- An appreciation for the value of and active participation in supervision and mentoring support, engagement in learning and reflective practice

b. Module 2: Professional Coaching II

Aims and objectives:

To build on the existing foundation through deepening and extending theories, practice and developmental feedback. Coaches will demonstrate a commitment to ongoing development and professional excellence. Designed to rapidly and effectively build coaching competency this module focuses on grounding coaches in models, tools, developmental theory and neuroscience. In turn, this develops competency and capability in the realms of horizontal and vertical development, moving beyond "performance coaching". This program will deepen and expand coaching skills and competency in preparation for obtaining an international coaching credential.

Learning Outcomes:

- Grounding in adult learning, neuroscience and developmental theory
- Deepening skills in the application of foundational models, methods and coaching moves
- New coaching tools and applications of existing tools to broaden and deepen coaching skills.
- Increased skill in partnering with coaching clients in the development of well-formed goals
- To deal with real coaching challenges and opportunities from practice
- To become even more grounded in who you are as a coach, what is expected from the role of a coach and remain present in a transformational way
- A commitment to competency-based development based on practice-based feedback and reflection
- An increasing appreciation for the value of instructor (supervisor/mentor) support, engagement and reflective practice
- Confidence they have surpassed coaching competency at the Foundational level through assessment and an acknowledgment they have reached the ACC level as defined by the ICF
- To link coaching approaches and practices to developmental theory and neuroscience.

ASSIGNMENTS AND REFLECTIVE LEARNING:

- **Reflective Learning 1.0** - The Challenge of Defining Coaching
- **Reflective Learning 2.0** – Ethics and Professional Standards in Coaching
- **Group Mentor Coaching 1.0** – within 3 months of beginning the program
- **Reflective Learning 3.0** - Preparation for **Individual Mentor Coaching 2**
- **Reflective Learning 4.0** - Reflections on Coaching Competencies
- **Individual Mentor Coaching 2.0** - an Individual Mentor Coaching session based on Mentor Coach feedback from a recorded coaching session, instructor observations and **Reflective Learning 3.0** - Preparation for Mentor Coaching Observed Coaching Practice
- **Reflective Learning 5.0** – Mid Point Review
- **Reflective Learning 6.0** – Personal Statement
- **Observed Coaching Practice** - Recorded session with Transcend Assessment
- **Individual Mentor Coaching 3.0** –an Individual Mentor Coaching session designed to help the coach develop in specific competency areas
- **Group Mentor Coaching 4.0** – a group mentor coaching session on preparation for Reflective Learning 7.0
- **Reflective Learning 7.0** - Coach Development Plan
- **Coaching Assessment** - Coaches are assessed based on their assignments, observed practice sessions and recorded coaching submission. In order to graduate, coaches must demonstrate the coaching competencies at the entry level of international accrediting bodies.