



Approved Coach Specific Training Hours
International Coach Federation

evolvia

evolvia Coach Training Program Online

- course description

The evolvia Coach Training Program Online is an challenging and advanced program built on theories and practises in the coaching methodology as defined by International Coach Federation. The program reveals and facilitates training in the core competences of coaching. The methodology of the program is based in practical exercises, self-reflection and own insights. The program gives you all the foundational knowledge and qualifications for certification, Associated Certified Coach, ACC with the International Coach Federation. The program is certified as Approved Coach Specific Training Hours (ACSTH) with the International Coach Federation.

While the program environment is virtual, it demands a high level of integrity and respectful time management, and your disciplined presence, which all are great qualities for a professional coach.

part one – specific coach training

The program aims at giving you the knowledge, practical exercise and amount of hours International Coach Federation demands for certification ACC, Associated Certified Coach, which is 60 hours of specific coach training. The program gives:

- 60 hours of specific coach training
- the structure will be facilitated meetings 2 hours for 30 weeks in an environment online

part two – coaching experience

To apply for an international certification with International Coach Federation you also need to collect 100 hours of coaching that you gave. For a very focused and serious approach, for the eager participants, one suggested structure is to use 3-4 hours to give coaching these 32 weeks, which will make up more than 100 hours. On the other hand, you do decide what amount of hours you use each week, and the tempo that suits you. An other part of the training is to meet online with an other participant weekly to offer coaching back and forth, for approximately of 2 hours.

- 2 hours exercise of coaching of a co-participant weekly
- suggested minimum of 1-2 hours every week, give coaching to someone outside the program, in your life

part three – mentor coaching

Included in the program are 10 hours of mentor coaching, at least three of those you get personal coaching on being a coach or how to coach, another 7 hours you take part in coaching meetings with an experienced coach experiencing mentor coaching in group. This is also a piece demanded by International Coach Federation.

The goal of this structure is to prepare you for the application for ACC certification at the end of the program. However the tempo or way of transforming into the coach role, including giving coaching frequently is up to you. International Coach Federation does not have a timeframe in the collecting of 100 hours. That part is for you to decide but a minimum of two practise hours a week in giving coaching in addition to the two hours of online meetings every week is part of this program.



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- course preparation

dates

Starting date Wednesdays September 2019, 17.30h – 19.30h GMT. We meet Wednesdays for 30 weeks with exceptions of breaks for international holidays.
(You may miss out some and listen to recordings for a certain amount of sessions.)

trainers

Designer of the program is the founder and owner of Evolvía ehf. is Matilda Gregersdotter, Master Certified Coach, MCC. She trains together with several coaches all certified ACC, Associated Certified Coach with International Coach Federation. Co-trainers are: Ásta Guðrún Guðbrandsdóttir, PCC, Áshildur Hlín Valtýsdóttir, ACC, David Lynch, ACC,

additional reading

Additional reading is optional. Material used in the course will be presented each week. For the interested one, I mention two books that might be of your interest.

One book which is academical, gives you the connections to other disciplines:
Stober, D. R. & Grant. A. M. (2006). *Evidenced Based Coaching Handbook*. New Jersey, John Wiley & Sons, Inc.

Another book gives a practical view on how to use coaching and is easy read:
Hargrove, Robert (2003). *Masterful Coaching*. San Fransisco, John Wiley & Sons, Inc.

price

- Early bird - 30 % reduction (EUR 4200-1260=2940) 10 first participants.

Full price for the whole program is EUR 4200.

Confirmation of your participation and your registration fee is EUR 500.

Registration payment is done by creditcard at www.evolvia.is in icelandic kronor
(registration fee EUR 500 = 69.000 ISK)

Or by transfer to Evolvía ehf, bank account.

Bank: Íslandsbanki , Island, Kt. 491008-0160, SWIFT: GLITISRE,
IBAN nr. IS78 0526 2602 0908 5209 0818 80, Evolvía ehf. Account nr. 0526-26-20908
Org. nr Evolvía ehf: 520908-1880

Full payment a month before program starts allows for 10% discount.

Full payment is due before the start of the program or with regards to special agreements.

preparations

- 1) Send mail to matilda@evolvia.is for registration with full name, adress and phonenumber.
And transfer your registration fee.
- 2) Get a headset with microphone.
- 3) Send a short BIO, with a picture of yourself to matilda@evolvia.is, about 300 words - before the program starts.

welcome

This is a development journey. Feel good about it and enjoy!
You will get the adress to your specific online room about a week before our start.
See you online. For further questions contact: matilda@evolvia.is +354 822 35 10