



Foundation Coach Training

ICC INTERNATIONALLY ACCREDITED COACH TRAINING PROGRAM | WWW.ICCACADEMY.CO.NZ

Introduction: Foundation Coach Training Course

Welcome to our Foundation Coach Training Course, your first step into becoming an internationally recognised and certified coach. The New Zealand International Coaching Community Academy provides you with a personalised development program ensuring your success throughout the entire course.

The training will help you acquire and develop the fundamental skills necessary to practice coaching in the personal and organisational sphere. We integrate different models and philosophies in a unique, powerful and flexible process, suitable for both personal and professional coaching approaches.



Topics Covered

In this 6 day course our comprehensive curriculum includes:

- ✓ Tactical coaching: how to achieve more change in one session.
- ✓ How to implement strategic coaching over an extended period of time.
- ✓ Skills to help clients live more satisfactory lives.
- ✓ Develop and use coaching intuition.
- ✓ How to work with the client's goals.
- ✓ How to work with the client's main values.
- ✓ How to devise action plans that work.
- ✓ How to execute the all-important first session.
- ✓ The powerful questions that change clients' life and WHEN to ask them.
- ✓ How to assign tasks to clients to get the best results and what to do if these aren't accomplished.
- ✓ How to help clients overcome their fears and mental blocks.
- ✓ How to establish your own coaching business or organisational coaching culture

The ethical guidelines of coaching



The art and levels of listening



How to work with and change clients' limiting beliefs



How to help clients design their best future possible with long-term goals



Developing your own unique coaching style



How to time your coaching interventions to achieve maximum impact



When to be directive and when to be non-directive



How to make requests, establish challenges, and design tasks



Understand how systemic thought can find the point of influence in your coaching practice



How to achieve maximum change with minimum effort



Who is it For?

Learning how to coach effectively may be one of the best decisions you ever make for yourself. With the ICC accredited Coach Training Program you will not only learn how to coach others, you will learn things about yourself that you didn't even know - and how you can help yourself to be at the top of your game.

If you want to work as a **professional coach** - this program is for you. If you're already a coach, this course will broaden your skills and give you new tools and options in your coaching practice. It will allow you to market your services with a globally recognised accreditation.

If you're a **manager** of people or senior leader who wants to improve your coaching skills to lead, manage and support others in all areas of business - this program will give you the insights, knowledge and toolbox to embed and advance your leadership.



Required Activities for Full Certification

The Program is divided into 4 Modules spread over 2 months. Each module is structured to be involving, experiential and discussion based. At the end of each day's learning, there is a coaching hour with specific objectives set by the trainer, a review of individual's objectives and the day's learning is also captured for everyone present.



1

Classroom attendance and activities. The trainer consistently monitors your skill development, providing feedback at every stage. Throughout the training, you'll coach and be coached by others, refining your ability to give and receive feedback.

2

The final two classroom days are official integration and assessment time that will include a class-based exam and creation of coaching modules.

3

Book Reviews

Develop two written book reviews relevant to coaching from the list provided in the training.

4

Self-coaching project

Each participant will work on a project for their own development that includes a relevant personal goal, the value it represents and a plan of action.

5

Pro-bono Clients

Participants must fulfil 27 hours of coaching with at least three coachees; each one will receive at least nine hours of coaching. A written report of the coaching assignments is provided to the trainer using the templates supplied.

The ICC Academy

The ICC Academy is renowned for its excellence in coach training and development and has been delivering courses for over 15 years. We are recognised as leaders in our field, with a track record of producing highly effective and successful coaches. As a member of the International Coaching Community, our courses are regularly revised and updated with up to date research backed coaching and development concepts. Each programme is designed by industry experts and delivered by experienced professionals who bring a wealth of knowledge and practical insights.

Why Choose This Course?

This course stands out for its depth, quality, and practical relevance. Participants consistently praise the transformative impact it has on their coaching practice and professional growth. By joining our Team Coach Training Course, you are not only advancing your skills but also becoming part of a community of coaches committed to excellence and continuous improvement. Join us and take your coaching practice to new heights. Embrace the challenges, expand your capabilities, and make a lasting impact on those you coach.



About The International Coaching Community (ICC)

The International Coaching Community is one of the largest professional organisations for coaches around the world, with more than 15,000 coaches certified from 78 countries. It is a non-profit company registered in London, England, and was founded in 2001. Through its core coaching competencies and standards and ethics, ICC supports and develops a coaching profession as well as coaching as an activity.

Companies That Work With Us



The ICC Academy was a great coaching programme, expertly facilitated virtually by Raechel Ford. The knowledge, the tools, the interactive style and the participants created an amazing learning environment that led to increased competence and confidence. I highly recommended this course.

Edith Sykes
Chief People Officer, Zespri

Any Questions?

One-on-one contact is the cornerstone of our culture, so the best way to find out why this Program is right for you is to talk directly to us today.

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