

# 75 HOURS ICF APPROVED CORE TRAINING FOR PROFESSIONAL COACHING

**TRANSFORMATIVE COACHING: A REVOLUTIONARY  
APPROACH TO ENABLE SUSTAINABLE CHANGE**

A premier coach training program  
delivered globally **advancing  
human potential**, aligning  
potential with performance



## Why choose Coach Masters Academy?

### ...coaching that focuses on building thinking capacity

Achieved through a process of heightening awareness and deepening learning, this differs from other coaching methodologies that employ a tactical or remedial approach more useful in trouble-shooting and problem solving.

### ...a proven empirical approach creating authentic change through heightening awareness and deepening learning

Our proprietary framework known as the Awareness-Clarity-Choice Conversation™ fully integrates the science of EQ and Positive Psychology creating a robust platform that results in sustainable change in coaching clients.

Through our thoughtful and well designed instructional training program, you can expect to develop your capacity to engage in deep and focused coaching conversations that help people experience a powerful shift in the thinking, align their intention with action and to act decisively toward their desired outcome.

#### **Awareness Conversation**

The “What happened” conversation that helps people to transit from reactive to receptive state of mind where they can be totally present in the NOW moment.

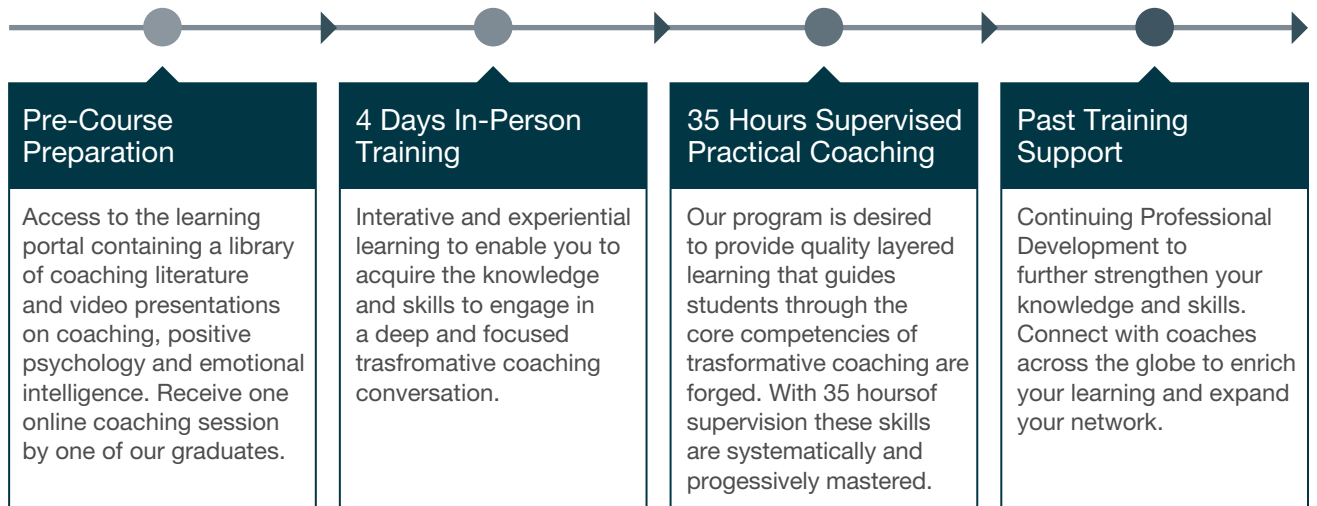
#### **Clarity conversation**

The “Meaning” conversation that helps people to uncover what really matters most to them and using this emerging understanding to align their intention with action.

#### **Choice conversation**

The “Accountability” conversation that helps people to create support structures to hold themselves true to their decision and commitment.

... a comprehensive instructional program that focuses on gaining a clear understanding of the concept and applying this learning practically



... immerse yourself in a rich and diverse learning experience

Globally present in more than 17 countries offers our student to connect globally to grow their coaching network through our expanding alumni.

... a scalable program with two distinct levels of training that build on one another taking students to mastery level competency.



# SNAPSHOT

<b>ICF Accreditation</b>	Approved Coach Specific Training Hours ( ACSTH )
<b>Training Hours</b>	75 hours
<b>Format</b>	4 Days In-Person Training + 35 hours Supervised Practical Coaching
<b>Learning Modules</b> [ 4 Days In-Person Training ]	<p>Module 1: Transformative Coaching Fundamentals</p> <p>Module 2: Engaging in Deep Coaching Conversations</p> <p>Module 3: Coaching Dynamic for Transformative Shift</p> <p>Module 4: Power of Inquiry</p> <p>Module 5: Integrating Core Competencies</p>
<b>Supervised Practical Coaching</b>	<p>Group Learning via online platform that spans over 10 weeks; once per week during the evening.</p> <p>Integrates theories of transformative shift and ICF Core Competencies into the coaching process.</p> <p>Feedback for individual growth through verbal and written format</p>
<b>Requirement for Completion</b>	<p>Submit 2 Written Assignments</p> <p>Attend 10 Online Supervised Practical Coaching Sessions</p> <p>Complete 10 Reflective Learning</p> <p>Submit 1 Coaching Conversation for Final Assessment</p>
<b>Pre-Course Work</b>	<p>Complete 5 reading articles</p> <p>Preview the 10 minutes video presentation</p>
<b>Support Resource</b>	<p>95 Pages Course Material, Pocket Guidebook for Awareness-Clarity-Choice Conversation</p> <p>Learning Portal: Access to a library of coaching articles and video presentation</p>
<b>Post Training Support</b>	<p>On-going coaching supervision</p> <p>Connected with coaches across the globe</p> <p>Local support from Program Directors and Student Communities.</p> <p>Monthly webinars for continual growth and development</p> <p>Quarterly Peer-to-Peer Coaching</p>