



ICI Standards & Curriculum for ICI accredited training: “ITCL Model – Work with limiting beliefs, ICI”

The training “ITCL Model – Work with limiting beliefs, ICI” is accredited by the ICI. The ICI member Institute: IDEAR with the “Coach Master Trainer, ICI”: Wolfgang Hoffmann and Francis Bell, who developed the curriculum, have the right to conduct and seal the certificates of this training with an ICI seal. If you have any questions, please contact them directly.

Duration & procedure of the training of the 40 hours/5 days: "ITCL Model – Work with limiting beliefs, ICI"

- a minimum of 40 hours (not academic hours) of face to face training in a minimum of 5 days
- a minimum of 3 hours of individual supervision as part of the 40 hours
- 8 hours of supervised coaching practices using ITCL’s limiting beliefs model in planned sessions after the event
- written test to assure the level of knowledge

Training content of: "ITCL Model – Work with limiting beliefs, ICI"

Day 1

How to understand beliefs?
Origin, functioning and the power of beliefs
Characteristics of Belief Systems
Types of Limiting and Enhancing Beliefs
Role of limiting beliefs in people's lives
Group exercises, videos, plenary sessions

Day 2

Managing the limitation from coaching
Coaching Vs Psychotherapy. Differences and similarities
Ethical Aspects of the Coaching Profession
Relationship between the life coach and the professional psychologist.
Conditions to be observed for referral of the client to the specialist psychologist
Group exercises, videos, plenary sessions.
Review of the ITCL model. theoretical and conceptual foundations
Integration: Transtheoric Model, Systemic Model, Learning Model, Constructivist Model and Cybernetics of the second order, Cognitive-behavioral Psychology.
Phases of the ITCL model, strategies and tools for each phase

Day 3

Phase 1. Identify the limiting belief

How to identify a belief?



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Access doors

Conditions for creating awareness

Guided exercises in couples and groups

Phase 2. Create Conditions

Dissociation Strategy. For what?

Psychological processes to be taken into account in phase 2

Conditions of human change process

The decisional balance

Key tools and strategies within the phase

Guided exercises in couples and groups

Day 4

Phase 3. Restructuring

The differentiation between representation, reality and self

Develop emotional differentiation

Develop the ability to distance and reflect on your experience and experience

Re-design of meaning and responses

Tasks for the client in this phase

Guided exercises in couples and groups

Day 5

Phase 4. Strengthening

Work with key belief factors

Tools of work in the deepening of the work of change

Customer autonomy.

Positive Reinforcement Tasks and Strategies

Modeling by the facilitator in the management of the model and the different techniques

Advanced Tools

Neuro coaching.

Technique of the "Decomposition of Belief"

Identification of the NET of limiting beliefs

Observation of coaching sessions and feedback

Description of the program

It is a professional training program for certified coaches, but because of the characteristics of training, methodological strategies and technical information can be used by psychologists, therapists, NLP professionals, educators, etc. The formation is conceptually and methodologically based on Wolfgang Hoffmann's book "Limiting Beliefs" model ITCL

General AIM

Provide certified coaches and support professionals with a specialized framework to identify and transform limiting beliefs within the methodology of coaching.

Methodology

The process of knowledge transfer and learning construction will be carried out through the integration of accelerated learning methodology, learning by doing and collaborative learning.



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This training although it handles important theoretical concepts and fundamentals is eminently practical.

For general orientation about certificates please see the “ICI Certification Guidelines”

For the ICI member Institute IDEAR, please see:

<https://www.coaching-institutes.net/member/showInstitute.php?id=53>