



## ICI Standards & Curriculum for: “Master Coach, ICI”

**The qualification "Master Coach, ICI" consists of at least 395 hours/54 days coaching training** (including 10 hours supervision) + case documentation and reflections of 20 hours Coaching + Master Coach Conception as written test + practical test.

"Coach, ICI" + "NLP Master, IN" or comparable methodical training can be accepted with 350 hours/48 days as part of the 395 hours/54 days. In this case the module "Master Coach, ICI" training has at least 45 hours in 6 days plus 10 hours supervision.

### **Requirements for participation of the 55 hours/8 days part: "Master Coach, ICI" training**

- Prerequisites for attending the 55 hours/8 days (including the 10 hours supervision) "Master Coach, ICI" qualification training are 350 hours/48 days qualification in Coaching. The "NLP Practitioner, IN" (130 hours/18 days), "Coach, ICI" (+ 90 hours/12 days) and "NLP Master, IN" (130 hours/18 days) qualifications are together accepted to account for 350 hours/48 days qualification in Coaching.
- The "Coach, ICI" certificate with all in all 220 hours/30 days Coaching qualification is obligatory as prerequisites for attending the "Master Coach, ICI" training. For "NLP Practitioner, IN" and "NLP Master, IN" the "Coach Master Trainer, ICI" can accept comparable qualification and coaching training.
- At least 1 year of Coaching experience since the certification as "Coach, ICI" is required.

### **Duration & procedure of the 90 hours/12 days part: "Master Coach, ICI" training**

- a minimum of 55 hours training in at least 8 days (This sums up to 405 hours in 56 days with the required prerequisites for attending.)
- plus at least 20 hours of coaching (two completed cases plus case documentations)
- included in the 55 hours/8 days training are at least 10 hours of individual or group supervision provided by a "Coach Master Trainer, ICI" for the 20 hours of coaching
- the written test includes to write a qualified Master Coach Concept

### **Training content of: "Master Coach, ICI"**

1st part: 130 hours/18 days Curriculum "NLP Practitioner, IN" or comparable qualification

2nd part 90 hours/12 days Curriculum "Coach, ICI"

3rd part: 130 hours/18 days Curriculum "NLP Master, IN" or comparable qualification

4th part the following content of the 55 hours/8 days "Master Coach, ICI", including 10 hours/2 days supervision

- resolution of interest, value, and goal conflicts
- values and beliefs
- elicitation of influence options (abilities, beliefs, values, primary and secondary gains...) for changing these patterns
- meta-programs
- NLP rhetoric
- Advanced Milton Model, fantasy journeys

- metaphors
- supervision
- systemic thinking
- abilities for process facilitation
- group phases after Lewin
- impartiality
- team process facilitating techniques
- synergy effects
- planning of future-oriented team processes
- intervention in crisis situations
- reflection of one's own function and role in all settings as coach
- writing of case documentations
- analysis and change in long-term processes
- goal oriented expansion of one's own model of the world
- capability for creating personal balance and stress management
- development, learning, and application of new strategies
- transfer of experience to new assignments and contexts

#### **Optional recommended training content**

- integration of NLP techniques
- parts work
- mind-mapping
- modelling
- consolidation: abilities for team coaching
- assignment clarification in teams and groups
- development of decision criteria regarding the setting in which the team will work
- situation specific team interventions
- handling of covert team processes
- integrative, goal-oriented team work

#### **Core competencies trained in: "Advanced Fundamental coaching skills, ICI"**

- To use and self-reflect on the coaching competencies: Questioning, listening, championing, sharing observations and hypothesis, challenging, tasking, creating rapport, monitoring own mental estate, summery.
- To use and reflect on systemic perspectives from individual, team, organization.
- To reflect on the difference of executing a coaching and being a coach.
- To be able to structure single sessions and overall processes.

#### **The ICI certificate for: "Coach, ICI" must include the following:**

1. the correct title of the qualification: "Master Coach, ICI"
2. the duration of the course with precise information regarding training days and hours (at least 45 hours training in 6 days or with the required prerequisites for attending of 350 hours/48 days this sums up to 405 hours in 56 days)
3. the date of the first and last day of the course
4. the ICI seal (sticker with ICI logo and seal number)
5. a statement that all ICI guidelines have been met
6. the signature of the "Coach Master Trainer, ICI"

**Training content for the qualification:** We highly recommend to list the complete trained main content and the complete amount of the 405 hours in 56 days of training that is needed for the certified qualification "Master Coach, ICI" on the backside of the certificate or on a separate signed document.

**The following statement is optional for an ICI sealed certificate:**

"Because of the high quality of this training it may be recognized as ECTS credit points in academic studies in psychology with a focus on Coaching."

**More details:** A training hour has 60 minutes. Brakes longer than 30 minutes are not counted as training time. A training group has at least 6 participants (counted without assistants or „Coach Master Trainer, ICI“). We highly recommend assistants for trainings bigger than 10 participants. An ICI certification training with ICI sealed certificates (sticker with ICI logo and seal number) has to be conducted at least 80% of the time by an approved "Coach Master Trainer, ICI". The remaining up to 20% of the training can be conducted under his supervision and responsibility. For the list of appointed "Coach Master Trainer, ICI" please see: [www.coaching-institutes.net/show/seal.php](http://www.coaching-institutes.net/show/seal.php)

**For more details please see:** <https://www.coaching-institutes.net/pdf/en/guidelines.pdf>