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International Association of Coaching Institutes ICI: www.Coaching-Institutes.net

ICI Standards & Curriculum for: ICI accredited "Skills Development and Self- Empowerment Coaching Journey, ICI"

The qualification for **"Skills Development and Self-Empowerment Coaching Journey, ICI"** Skills Coach – Coaching Journey – Skills Development, ICI" is accredited by the ICI. The member of the ICI institute: BES-Institute, with its "Coach Master Trainer, ICI": Andrea Mills, who developed the curriculum, has the right to seal the certificates of this certification course with an ICI seal. If you have any questions, please contact BES-Institutes, our ICI member directly.

Training Program:

Certification Blended (learning and online/face-to-face)		Hours
Type	Self-Study	20
Self-study	Material and Script, along with individual and group tasks	10
Practice	Case studies/reflection/ documentation	10
Type	Online / FACE-TO-FACE	40
Practice/ Training	Online/face-to-face sessions with learning partners and presentation and discussion of training content	35
Evaluation	Group presentation of the developed concept/case studies and journey reflection - Feedback	5
	Content of Hours may vary depending on the Participants needs experience	
TOTAL HOURS		60

Certified training with emphasis on skills development for coaching and self-empowerment for your personal and professional Life.

The certified course is focused on accompanying participants on a skills development learning journey. Topics include implementation of NLP skills, exercises on Mindfulness, self-reflection and awareness. The setting of a learning journey includes the dynamic of the practical application of methods and testing of acquired skills in the participants' individual settings. A strong emphasis is

laid on the development of the individual skills and their application in the participants' personal and professional environment.

Content of Course:

Module 1

Getting to know each other: Journey of learning and safe space environment

Setting your goal

Buddying-up

NLP – communication (throughout all modules)

Module 2

Role definition in a personal and professional setting

Individual competencies – skills compass development 1

Working styles and belief system

Module 3

Dealing with stress and stress factors

Identifying coping strategies based on i.e. belief and value identification

Dilts: Logical levels

Module 4

Development of resilience

Pillars of resilience

Mindfulness in Practice

Module 5

Presenting yourself and your ideas to others

Self-presentation and self-image (Metaposition in practice)

Dealing with underlying positive and challenging group dynamics

Module 6

Conflicts internal-external

Conflict styles

Solution finding and de-escalation techniques (i.e. Glasl, 3rd)

Module 7

Team, family, groups – communication and conflict

Diversity in professional settings

Module 8

Performance: authentic behaviour and communication

Skills compass development 2

Module 9

Self reflection

Presentation of individual journal

Integration of learning steps

Dates and duration:

- 60 hours of online learning and face-to-face learning including self-study, work groups, reflection and case studies

Structure of modules may vary according to participants' needs and background

This training desires to enable you to

- implement NLP and coaching methods with a focus on developing skills in communication, self-presentation and performance, mindfulness, resilience based on your personal value system.
- Recognizing your own potential as well as the potential of co-workers and team members. Transporting and acting on the acquired skills in a personal as well as business environment.
- The aim of the certificate course is for the participants to be able to act according to ICI coaching standards in dealing with clients and colleagues, leading them to a successful performance in a personal and professional environment.

Target group:

A minimum of 4 and a maximum of 12 people per group is recommended to ensure group learning possibilities.

The ICI certificate for: "Skills Development and Self-Empowerment Coaching Journey" ICI" must include:

1. The correct title of qualification: **"Skills Development and Self-Empowerment Coaching Journey" ICI"**
2. Course duration with accurate information regarding training days and hours (at least 60 e-learning and face-to-face/synchronous training)
3. The start and end date of the training.
4. A statement that all ICI guidelines have been met.
5. ICI seal (sticker with ICI logo and stamp number)
6. The signature of the "Coach Master Trainer, ICI"

Qualification Training Content: We recommend listing the full trained principal content and the full number of hours and days of training required for certified coaching qualification on the back of the certificate or on a separately signed document.

The following declaration is optional for an ICI sealed certificate:

"Due to the high quality of this training, it can be recognized as ECTS credit points in academic studies in psychology with a focus on coaching"

For more details, please refer to "ICI Certification Guidelines"

For more information please contact "BES-Institutes, Andrea Mills", by visiting the ICI website: www.coaching-institutes.net