



ICI Standards & Curriculum for

ICI accredited training:

“Stress Coaching Skills Training applied to Coaching, ICI”

“Stress Coaching Skills Training applied to Coaching, ICI” is accredited by the ICI. The ICI member Institute: EmpowerMind with the “Coach Master Trainer, ICI”: Jørgen Svenstrup, Mitzi Svenstrup and Klaus Dahl Tindborg, 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 48 hours/6 days: "Stress Coaching skills Training applied to Coaching, ICI"

- a minimum of 48 hours (not academic hours) of face to face training in a minimum of 6 days
- the participants need to follow all training days, do all tasks
- facilitate 10 hours of coaching using the new models
- live-coaching presenting the stress-models during the training
- to read 10 articles and present reviews to be discussed in the team
- present a personal project regarding own experience and reflections in perspective of the literature

Training content of: "Stress Coaching Skills Training applied to Coaching, ICI"

Module I

Day 1 and 2

- Presentation of program
- Remembering
- Stress factors
- Stress management
- Stress sensors
- Coping strategies
- When to back out
- Matching/mismatching
- Thoughts and emotions
- Denial
- Witnessing
- The brain
- Internalization / externalisation
- Stress Diary
- Stress Miner



Module II

Day 3 and 4

- Reflection
- Mental Training introduction, demos and practice.
- Other interventions
- Thickening-strategy
- Prioritisation exercise
- The perfect morning
- Trouble at the Border
- Inducing new strategies
- Conscious or semiconscious reactions, habits and strategies
- Fall back strategy

Module III

Day 5 and 6

- Training
- Reflection
- Certification
- Evaluation

Core competencies

- Knowledge of internal and external stress factors
- Spotting and management of denial
- Spotting and management of stress symptoms
- Stress management strategies
- Knowing limits of coaching and when to intervene
- Knowledge of phases of crisis
- Crisis management
- Handling of burnout
- Facilitation of relaxation techniques
- Using simple hypnosis-techniques
- Using externalisation as a tool
- Handling guilt, shame and over-responsibility



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And higher level of skills in various of the core coach competencies, especially:

- Expressing and managing own emotions
- Facilitating the experience of empowerment
- Using reframing
- Spotting dependent/addictive behaviours
- Management of own ambitions
- Handling of strong emotions

Main additional methodology is the constructionist “Health realization model” (Mills & Pransky)

What are the benefits of Certification?

The ICI Stress Coach Skills Training teaches you to coach stress-suffering clients with a good and long lasting effect. It requires special coaching skills, coupled with mental training, as the "usual toolbox" often proves inadequate or at worst harmful.

The ICI Stress Coach Skills Training is based on evidence-based theory, mental training and solid stress coaching experience, ensuring the necessary professional skills.

Addressed to:

The ICI Stress Coach skills training is for you who, in your capacity as a professional coach, HR employee or equivalent, wishes to be able to coach people with different degrees of stress.

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

For the ICI member Institute EmpowerMind, please see:

<https://www.coaching-institutes.net/empowermind>