

ICF Professional Coaches

ICF-ACCREDITED COACHING EDUCATION LEVEL 1 ICF

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Coach Training Program

February - December 2027

Fundamental training, preparation for
international certification ACC, Associated Certified Coach,
with International Coach Federation.

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About Evolvia ehf

Evolvia ehf was founded in September 2008.
Evolve Coach Training Programs holds accreditations: ICF Accreditated Coaching Education, Level 1 & 2. Founder is Matilda Gregersdotter, Master Certified Coach, MCC from 2013, International Coach Federation. The goal of Evolvia is to increase consciousness and competence in communication, leadership and life as a whole. Evolvia trains the methodology of coaching and facilitates several courses in Iceland and internationally both live and in online environment.

Definition of coaching

Coaching is partnering with clients in thought-provoking and creative process that inspires them to maximize their personal and professional potential. Coaching honours the client as the expert in his/her life and work and believes that every client is creative, resourceful, and whole.

Standing on this foundation, the coach's responsibility is to:

- Discover, clarify, and align with what the client wants to achieve;
- Encourage client self-discovery;
- Elicit client-generated solutions and strategies; and
- Hold the client responsible and accountable.

Professional coaches provide an ongoing partnership designed to help clients produce fulfilling results in their personal and professional lives. Coaches help people improve their performances and enhance the quality of their lives.

Coaches are trained to listen, to observe and to customize their approach to individual client needs. They seek to elicit solutions and strategies from the client; they believe the client is naturally creative and resourceful. The coach's job is to provide support to enhance the skills, resources, and creativity that the client already has.

Heimild: International Coach Federation

Core Coaching Competencies of ICF

1. Demonstrates Ethical Practice
2. Embodies a Coaching Mindset
3. Establishes and Maintains Agreements
4. Cultivates Trust and Safety
5. Maintains Presence
6. Listens Actively
7. Evokes Awareness
8. Facilitates Client Growth

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Session 1, 2, 3, 4

During the first two days we get to know each other and train the basic competencies of skillful coaching; ***Creating Trust and Intimacy, Active Listening, Creating Awareness*** and ***Coaching Agreement***. All the exersices are designed to give you an experience of each competency, live and real. After each exercise we discuss insights and learnings while adding theories and models for further understanding.The training is sincere, entertaining and challenging at the same time. In delivering coaching to somebody you, yourself, is the tool. This kind of training demands a great interest in self-reflection and developing yourself. You will be send home to practise coaching with people in your life

Session 5, 6, 7, 8

After a month of practise in your life and with day 1 and 2 behind you, we discuss ***Meeting Ethical Guidelines and Professional Standards*** and ***Establishing the Coaching Agreement***. Coaching is a new profession developing and needs to be presented with care and professionally. The ethics of the profession is a clear necessary which we look into. The Coaching Agreement exist to create clarity and effectiveness in the relationship between coach and coachee. We look into how the Coaching Agreement is used while in each session and over the whole timeperiod of a coaching contract. We keep exercising ***Creating Awareness*** which includes understanding feedback and reflection. ***Designing Actions*** is a part of the coaching conversation which can not be excluded. Without actions performed in the coachees life or work environment, the coaching is not effective.

Session 9, 10, 11, 12

Well into the program we exercise the meaning of ***Coaching Presence, Direct Communication*** *and* ***Planning and Goal-Setting.*** You will notice how many levels there are to enhance your skills in each core coaching competency. Coaching Presence is crucial for a great quality of coaching, we practise and research. Direct Communication is rather unusual and is a part which adds the challenge in coaching process. Direct Communication demands a high level of presence and understanding of how the coachee learns and develop. Planning and Goal-Setting is used for the whole period of the coaching contract but also in each session.

Session 13, 14, 15, 16

We look into what is meant by ***Powerful Questioning*** and ***Managing Progress and Accountability***. Each participants develop their own plan of how to develop their own coaching skills. We play and exercise with different ways of using coaching. The program ends with testing the skills of the participants in delivering coaching for the qualities of the program. You will also participate in mentor coaching and exercises coaching between training sessions with participants in the program.

Included in the program:

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ICF Accredited Coaching Education Level 1, 64h
Exercise Coaching Sessions
PCC Mentor coaching 3h - individual
PCC or MCC Mentor coaching 10h - group
Constant Support, February - August
Closed Website with all materials
Recordings - 1 year after program
Web Portal with Track Form

Dates - spring 2027:

1 & 2	February	Monday & Tuesday 12 - 4 pm GMT
8 & 9	February	Monday & Tuesday 12 - 4 pm GMT
15 & 16	March	Monday & Tuesday 12 - 4 pm GMT
22 & 23	March	Monday & Tuesday 12 - 4 pm GMT
19 & 20	April	Monday & Tuesday 12 - 4 pm GMT
26 & 27	April	Monday & Tuesday 12 - 4 pm GMT
10 & 11	May	Monday & Tuesday 12 - 4 pm GMT
17 & 18	May	Monday & Tuesday 12 - 4 pm GMT

Price: 4.130 eur
Registration Fee 500 eur is included. Registration Fee is not refundable.

Discounts:
10% discount by registration within a week from introduction, total 3.717 eur.
5% discount by paying in full a month before training starts, total 3.510 eur.
Possibilities with payment plans are discussed individually.
If you need a partially scholarship, please apply coachtraining@evolvia.is

Registration:
Submit Registration Form

Questions: coachtraining@evolvia.is

We are happy you found us and look forward to great learning
and growth together!

The Evolvia team

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