



# COACHING GRADUATE STUDIES

Training for the Graduate Certification  
Levels of the International Coach Federation

PCC, Professional Certified Coach  
MCC, Master Certified Coach

March - July 2023  
Online and at Chateau Garreau,  
Cadillac, France



## For Whom

Individuals who have completed 60+ hours of basic ACC training – Associated Certified Coach certification level from the International Coach Federation, and have over 50+ hours of coaching experience with multiple individuals or groups. It is also for managers who use coaching in their work.

## Application

Graduate studies with Evolvia require a written application. After the evaluation of the application there might be an additional live performance evaluation. To request an application form, email [coachtraining@evolvia.is](mailto:coachtraining@evolvia.is)

## Emphasis

### Creative Methods in Coaching

Creativity is a tool that raises awareness. Coaching is a space for creation. The coach learns to use creative methods to increase their level of raising awareness.

### Emotional Communication Skills

One of the coaches' tools is emotions. In coaching, we are constantly communicating emotions, often without noticing it. Emotions can give us clues of meaningful information and they can also be tools for awareness awakenings. We use emotions to draw conclusions. Communication skills based on emotional reflections involve sharing emotions, accepting emotional messages and interpretations of emotions.

### The Dimension of Possibilities

The dimension of possibilities is a model which describes the ideology and the world of possibilities. The dimension of possibilities comes from a place of courage and foresight. The model is a useful tool for the coach to intertwine positive emotions, mindset and core values.

### A Coach is a Mirror for Inspection

A coach is like a mirror. The coach reflects emotions, thoughts, features and qualities of the coachee with mirroring and feedback. What kind of mirrors are we? Our characteristics as coaches and in our coaching style will be researched and strengthened.

### Party for the Senses

Bordeaux is world-famous for its vineyards. Bordeaux is very beautiful, with old palaces, friendly villages, vast vineyards and old oak forests, and it's located close to the shores of the Atlantic Ocean.

### Coaching Samples

We look at different coaching perspectives. We push the coach's boundaries by practicing direct forms of coaching. The teachers demonstrate coaching with coachees, working with personal or challenging subjects.

### PCC Reference Training

ICF defines the criteria for the level of PCC. We train the 8 competencies in detail. We use recordings of coaching sessions and we give clear and targeted feedback to the coaches.

### Nature and our Surroundings

The created coaching space. How can we evoke effective coaching with the use of nature and our environment?

### Bohm Dialogue Instructor Training

Bohm dialogue is a subtle approach in human development. In this dialogue, groups have the possibility to enter new paths in communication. Bohm dialogue is a synchronization of the mind and the heart. Participants are able to make new discoveries and create new thoughts in a quiet and mindful manner.

### Group Coaching

We practice and develop the coaching skills in group coaching. Group coaching is a powerful way to bring forth valuable properties of each individual within the group. It is interesting to compare Bohm dialogue and group coaching, knowing that both methods benefit the coach.

### Château Garreau

The role of the environment. The heart of the study takes place in Château Garreau which is a gorgeous, old vineyard in the province of Bordeaux in Southern France.



## Structure of The Training

The training is a total of 128 hours. 64 hours are Accredited Coach Specific Training Hours, ACSTH, accredited by the International Coach Federation. Combined with the previous Evolvía undergraduate hours, the sum is a total of **192 hours**.

This covers the base study hours for PCC and MCC certification levels.

## Online Training

The program begins March 9th 2023 with weekly online classes on Thursdays at 5:30 to 7:30pm GMT.

Online classes will run for 10 weeks before France, and 8 weeks after. The last session will be on July 13th.

## PCC Markers Training

Advanced Coach Training includes advanced studies in the ICF Core Competencies and PCC Markers to prepare students for PCC evaluation.

## PCC Performance Evaluation

Each student will receive a private session to polish their core coaching competencies for a PCC level. Each student will receive feedback on recordings for PCC performance Evaluations.

## Written Feedback

Students will practice giving and receiving feedback on their coaching, and will receive several written feedback forms from trainers aiming to improve their coaching skills.



### MCC Sessions

10 recorded sessions of MCC coaching will be available to learn from and study.

### Recordings

Recordings of online classes are available for one year as a source for reviewing and upgrading skills.

### Homework

Make sure you allocate at least 2-4 hours each week for practicing and studying.

### Training at Château Garreau

The heart of the Evolvía Graduate Studies in Coaching take place in France at Château Garreau in southern France. Dates: May 14th-21st 2023.



### Arrival

Arrival is on May 14th at the Bordeaux airport or train station. From there, we will pick you up.

### Departure

You will be dropped off at the airport or train station on May 21st.



### Umsjón náms

Matilda Gregersdotter, MCC, Master Certified Coach, International Coach Federation, with the assistance of PCC accredited teachers.

### Included

- ACSTH, ICF accredited training. Teaching, instruction from MCC and PCC certified teachers.
- PCC Core Competencies training with PCC Markers.
- MCC recorded sessions.
- Study material, recordings and access to members-only website.
- The book: Sourcebook of Coach History by Vikki Brook.
- Podcast and conference participation.
- Pick-up and drop-off at the train station or Bordeaux airport and all transportation during the stay in France.
- Accommodation in a double room at the Château.
- Food and table wine while in Bordeaux.
- Visits and wine tasting.
- Climbing park admission.
- Restaurant visit.

### Not Included

- Flight tickets and travel to Bordeaux, France.



### Application Process

1. Send an email to request an application form, then fill and send it back. The email address is: [coachtraining@evolvia.is](mailto:coachtraining@evolvia.is)

You should receive an answer within a few days.

2. In some cases, a live performance evaluation of your coaching skills may be requested to further assess the application.

3. If your application is accepted, you can proceed to payment, or request a payment arrangement.

4. When the payment or first installment is completed, registration is finalized.

**Congratulations on your commitment!**

### Payment

Registration fee is 500 EUR (non-refundable)

Total is 4300 EUR

### Payment Arrangements and Discounts

10% discount if registration is completed during the undergraduate term.

An additional 5% discount if the payment is completed at least one month prior to the start date.

### Installments

You are welcome to pay monthly installments based on a customized arrangement.



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