



Approved Coach Specific Training Hours  
International Coach Federation



International  
Coach Federation  
Member

# evolvia

## Online Coach Training Program

June - December 2020

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

Evolvia ehf  
[www.evolvia.is](http://www.evolvia.is)

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## About Evolvيا ehf

Evolvيا ehf was founded in september 2008.

Founder is Matilda Gregersdotter,

Master Certified Coach, MCC, International Coach Federation. The purpose of Evolvيا is to increase consciousness and competence in leadership worldwide. Evolvيا trains the methodology of coaching and facilitates several courses in Iceland and internationally, 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 honors 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. Meeting ethical guidelines and professional standards
2. Establishing the coaching agreement
3. Establishing trust and intimacy
4. Coaching presence
5. Active listening
6. Powerful questioning
7. Direct Communication
8. Creating awareness
9. Designing actions
10. Planning and goal setting
11. Managing progress and accountability

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## Day 1 and 2

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 exercises 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 sent home to practise coaching with people in your life

## Day 3 and 4

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 necessity which we look into. The Coaching Agreement exists 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 time period 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 coachee's life or work environment, the coaching is not effective.

## Day 5 and 6

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 develops. Planning and Goal-Setting is used for the whole period of the coaching contract but also in each session.

## Day 7 and 8

We look into what is meant by **Powerful Questioning** and **Managing Progress and Accountability**. Each participant develops 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.

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## Included in the program

64 hours of ACSTH accredited training hours  
3 hours of personal mentor coaching with PCC or MCC Certified Coach  
10 hours of group online mentor coaching with ACC or PCC Certified Coach  
Practise coaching sessions  
Recordings of all session  
Fb Group Communication  
Free Access to personal support

## Dates summer 2020

1. & 2. June            Monday and Tuesday  
6. & 7. July            Monday and Tuesday  
10. & 11. August      Monday and Tuesday  
7. & 8. September    Monday and Tuesday  
Schedual during training days are á milli 9.00-17.00

## Mentor Coaching

Mentor Coaching is included as a requirement from International Coach Federation as part of the foundation for certification. Personal sessions are completed between July to September. Group Mentor Coaching sessions are offered while participants are gathering their experience hours of coaching themselves during September to December.

## Price

3200 EUR, (533,000 ISK) registrationfee included.  
Registration fee not refundable.

## Registration

Registrationfee is 500 EUR, (78,000 ISK)  
Register at [www.coachtraining.evolvia.is](http://www.coachtraining.evolvia.is)

## Full payment

Accept our offer of 5 % discount when full payment is complete one month before course starts. Additionally we offer several ways of payment over any range of months.

We look forward to great learning and growth together!  
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