



Professional  
Coaches



# evolvia

## Coach Training Program

January - August 2025

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 - Accredited 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 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. 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 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 practice coaching with people in your life

## Session 5, 6, 7, 8

After a month of practice 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 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 cannot 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 practice 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:

ICF Accredited Coaching Education Level 1, 64h  
Exercise Coaching Sessions  
PCC or MCC Mentor coaching 10h (13h)  
Constant Support - January to September  
Closed Website with all materials  
Recordings - 1 year after program  
Webportal with Trackform

## Dates - fall 2024:

6 & 7	January	Monday & Tuesday	12 - 4 pm GMT
13 & 14	January	Monday & Tuesday	12 - 4 pm GMT
3 & 4	February	Monday & Tuesday	12 - 4 pm GMT
10 & 11	February	Monday & Tuesday	12 - 4 pm GMT
3 & 4	March	Monday & Tuesday	12 - 4 pm GMT
10 & 11	March	Monday & Tuesday	12 - 4 pm GMT
7 & 8	April	Monday & Tuesday	12 - 4 pm GMT
14 & 15	April	Monday & Tuesday	12 - 4 pm GMT

**Price:** 3.840 eur

Registrationfee 500 eur is included. Registrationfee is not refundable.

## Discounts:

10% discount by registration within a week from introduction, total 3.456 eur.

5% discount by paying in full a month before training starts, total 3.264 eur.

Possibilities with payment plans are discussed individually.

If you need a partially scholarship, please apply [coachtraining@evolvia.is](mailto:coachtraining@evolvia.is)

## Registration:

[www.coachtraining.evolvia.is](http://www.coachtraining.evolvia.is)

Click register and pay registration fee with card.

## Questions:

[coachtraining@evolvia.is](mailto:coachtraining@evolvia.is)

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

The Evolvía team