

EVOLUTION COACHING ACADEMY

INTUITIVE COACH TRAINING PROGRAM

Coach learning towards ICF Credential:
Associate Certified Coach **The Birth of a Coach**
and Professional Certified Coach **Intuitive Coach Advance**

Programme accredited by the International Coach Federation



About Evolution Coaching Academy



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Evolution Coaching Academy offers comprehensive coach training programs that are accredited by the International Coach Federation as ACTP (Accredited Coach Training Program) and ACSTH (Approved Coaching Specific Training Hours).

The programs teach and train students in the Core Coaching Competences and Code of Ethics as defined by the ICF, to prepare the students for conducting a trustworthy and grounded coaching practice. The graduates are prepared for the ICF internationally trusted coach accreditation at Associate Certified Coach (ACC) and Professional Certified Coach (PCC) levels.

This is a reference to the Accredited Training Programs listing on the ICF website:

[ICF Training Program Search Service](#)

We adhere to the ICF's Program Accreditation Code of Conduct.

[ICF Program Accreditation Code of Conduct](#)

Our Instructors, Mentor, Supervisors and Examiners are the practicing the ICF Accredited Coaches complying with the ICF Code of Ethics.

[ICF Code of Ethics](#)

Evolution Coaching Academy is grounded in the philosophy of empowerment, collaboration and evolution of life. For us, individuals, relationships, teams and organisations are living organisms. We facilitate our client's journey towards: feeling empowered, clearer about their purpose and direction, and recognising that their experiences serve them as valuable learning through which they evolve in the spiral of their life.

The coach training, mentoring and supervising programs are intended for people with an open heart, who feel the calling of the coaching profession, and who want to work with other people to support them in their growth and evolution.

We provide coaching services at ICF ethics and standard, in the areas of individual, relationship, team and organisation needs. We support organisations to apply those services in a valuable, ecological and sustainable way for themselves, their people, the environment and partners in their journey. Our services are delivered in one-to-one, relationships of two and group (3-100) format.

We complement our coaching expertise with holistic organisation management, leadership and sustainable collaboration competencies. We have created a number of development models that we share in our training programs, consultancy and mentor coaching.

All our development pursuits are grounded in the philosophy described above. Our coach training, supervision and mentor coaching programs combine the art, ethics, competencies and standards outlined by the ICF with knowledge and experience of the fields clients most often choose to evolve in, as individuals, as partners in a relationship, and as members of teams or communities.

Full ACTP Intuitive Coach Overview



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The **ACTP Intuitive Coach Program** is a 140h start-to-finish coach specific training program. It includes comprehensive instruction around the ICF Core Competencies, Code of Ethics and the ICF Definition of Coaching. It also includes Mentor Coaching, Observed Coaching Sessions and a Final Exam that is honoured as the Performance Evaluation in the ICF Professional Certified Coach (PCC) Credential process.

Students acquire practical and theoretical knowledge, awareness of the ethical conduct with multiple opportunities to develop skills under the guidance of the faculty. It is 140 hours of instruction, practice of coaching, and observation with one-to-one feedback, mentor coaching and the ICF PCC Performance Evaluation exam:

- 90% of the total hours of instruction and practice are delivered synchronously with the opportunity for real time interaction between students and teachers.
- 90% of the total hours of instruction and practice are in direct alignment with the ICF Core Competencies, Code of Ethics, or Definition of Coaching.

The Full Intuitive Coach consists of two stand alone parts:

1) “The Birth of a Coach” for applicants for the ICF Associate Certified Coach (ACC) Credential

72 hours of a stand alone coach specific training program is taught at the ‘beginner’ to ‘intermediate’ coaching competency level. It is indented for students starting their journey of learning coaching competencies.

The graduates of “The Birth of a Coach” receive an ACSTH Training Certificate, entitling them to apply for ICF ACC accreditation following the ‘ACSTH Path’ if they ‘count their client coach experience hours’ following start of their coach-specific training that was ‘**ICF approved as ACSTH or ICF accredited as ACTP**’. This way they will be exempted from the ACC Performance Evaluation exam. The graduates are also entitled to continue in the second part, the “Intuitive Coach Advance” towards ACTP certificate and ICF Professional Coach Credential.

The Birth of a Coach consists of 60 hours of group face-to-face training and 3 one-to-one observed coaching sessions. Students audio-record 3 of their coaching sessions with their clients upon which the observer-instructor provides each student with an individual oral and written feedback on 8 ICF Core Competencies at the ICF ACC level.

The Birth of a Coach provides a foundation for the student to start a coaching practice in line with ICF standards in following areas: leadership, relationship, team and organisation.

2) “Intuitive Coach Advance” for advanced coaches, applicants for ICF Professional Certified Coach (PCC) Credential, completed with ICF PCC Performance Evaluation Exam

It is 68 hours of a stand-alone specific coach training, including 10 hours of mentor coaching. The program is taught at an advanced coaching competency level. The program is granted with the authority to conduct the oral part of ICF PCC Credential Exam ‘Performance Evaluation’. The graduates of ‘Intuitive Coach Advance’ receive an ACTP Certificate.

The ACTP Certificate entitles the graduates to apply for the ICF PCC accreditation.

It is intended for experienced coaches with a foundation of a prior 350 hours+ of coaching practice and 60 hours+ of coach specific training. This can include the graduates of “The Birth of a Coach” as well as graduates of a variety of coaching programs delivered by other schools. This way we provide a wide range of practicing coaches with an accreditation eligibility directly at the ICF PCC level. The training experience is grounded in the coach's deep personal development, eliciting their intuitive potential for co-creating with the client and expanding the awareness of their vocation.

Intuitive Coach Advance consists of: 45 hours of group face-to-face training, 7 hours of face-to-face mentor coaching sessions in a group of a maximum of 10 students, 3 one-to-one mentor coaching sessions, and 3 one-to-one observed coaching sessions with an individual oral and written feedback on 8 ICF Core Competencies at the ICF PCC level and Final ICF PCC Performance Evaluation Exam performed by Evolution Coaching Academy.

Program Author and Teacher

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FOUNDER, COACH, TEACHER, AUTHOR, MENTOR, SUPERVISOR

Lilith Joanna Flanagan, founder of Evolution Coaching Academy

- Coach accredited by the ICF at the Master Certified Coach (MCC) level
- ICF approved Assessor in the PCC and ACC coach accreditation processes
- Vice President of the ICF Poland Chapter in 2009-2011
- South West UK ICF Chapter Leader in 2015-2018



- 2500+ hours of coaching practice: life and business; individual and team coaching, besides others in: schools, local communities, women communities, NGOs as well as IBM, Orange, Groupon, Coca-Cola, AVIVA, Innogy.
- Author and teacher of "Intuitive Coach," co-author of "The Birth of a Coach" coaching specific training programs accredited by the ICF as ACTP and ACSTH. 98% of the graduates who applied have received the ICF Accreditation.
- Tens of her alumni and mentor coachees are currently holding ICF ACC or PCC Credential.
- MSc Holistic Science at Schumacher College, UK (2015), MBA with Distinction (2000), MA Economics in Banking and Finance (1996), 12 years of classic music education in faculty of piano and rhythmic.
- Before her coaching journey, she experienced 10 years of managing business in multinational corporations: in ING, FUJITSU (formerly ICL). She used to lead several hundred, multi-layered human organisation structures in the areas of operations, sales, marketing, business strategy and key program management.
- In the last ten years Lilith has expanded her organisation awareness and skills in several holistic programs connecting the mind with the body with the heart as well as in coach training programs: CTI, ORSC, TeamCoachingInternational.

VALUES AND PASSIONS

- Lilith enjoys her life close to Nature in green Devon, 24-years in a relationship with Patrick, with two sons: Michael and Daniel.
- She appreciates impact of coaching on creating trust and reciprocal relations in society. Therefore, with a joy and passion she shares her knowledge and experience with ascending generations of coaches.
- She combines life in human society with being a member of the community of Nature and the planet Earth. Her ongoing curiosity centres around 3 questions:
- "Who are you?", "What are you here for?", "What is your path?"
- She envisages the world where humans respect other members of our planet and are willing to engage with them for collaborative cohabitation and coevolution.
- In her Holistic Science MSc dissertation, Lilith explores language of oscillations, entrainment and song in a participatory, meaningful interspecies communication. She observes parallels in all relationships between living beings self-organizing into a community.
- In 1-2-1 coaching Lilith specialises in Intuitive, Holistic and Environmental Coaching.
- She co-authored "EcoBusiness Evolution Spiral" a partnership model of organisation evolution towards an environmentally sustainable business.
- Personal development workshops of her authorship combine body, mind and heart in Nature with coaching facilitation and artistic creation: music, intuitive dance, singing and drawing. Whilst participating women discover their calling, college students choose a quality of adult life and their tutors broaden a spectrum of support for the students.
- www.evolutioncoachingacademy.org

Testimonials



Hilary, ACTP Intuitive Coach Alumnus:

"The programme I attended with Lilith was very insightful and stretched all my boundaries, in a good way. It was a great combination of intuitive and practical, really enabled me, and my colleagues, to grow and explore areas that you can't do day to day. Lilith was a delight, she is extremely authentic and allows and respects your own presence to really explore areas useful and valuable as a coach and professional (and person). I would highly recommend this programme."

Ian, ACTP Intuitive Coach Alumnus:

"I had a fabulously engaging time as a student with Lilith. She created a powerful co-active space which allowed me to grow as a coach. I can whole heartedly recommend including Lilith in your development on your coaching journey."

Maja, ACTP Intuitive Coach Alumnus:

"Course "Intuitive Coach", has allowed me to deepen my contact with my emotions and intuition. I did not think even that one can so strongly feel the connection with the client at every level ... Soaking up what he says, filling me with his emotions, reflecting it to him and leading an in-depth dialogue of souls. The course will open up people who like to experiment. It is worth to experience. "

Sylwester, ACTP Intuitive Coach Alumnus:

"For me, the participation in the course Intuitive Coach, enabled my self discovery. First of all, as a human being. At the same time a great preparation and consolidation of forms of coaching at the level of PCC ICF. The program is tailored so that it takes into account the level of each participant. Key resource of the course is the way it is lead, the instructor shares her passions and vast experience in coaching. At the same time she creates a space for everyone to give their own contribution, and it promotes the exchange of learning and growing. I recommend it to all coaches who are thinking primarily about their development and at the same time as a path to accreditation by the ICF. "

Monika, ACTP Intuitive Coach Alumnus:

"First of all I would like to thank you as the author and leading school. You connect to a gentleness, and a deep understanding, respect and steadfastness. This is an unusual combination - supporting and engaging at the same time. Didactic material, in which we have endowed, was a wise, rich and a valuable source of information and inspiration to continue to work on oneself and coaching skills. In addition to exercises and work developing intuition, understanding clients, and process on a deeper level, I have learnt to manage my session time. I can now lead a session, so that regardless of the time, I have available, I can complete and give the possibility the client's insight and reflection."

EVOLUTION COACHING ACADEMY

THE BIRTH OF A COACH 1ST PART OF INTUITIVE COACH

Coach learning towards
ICF ACC Associate Certified Coach Credential

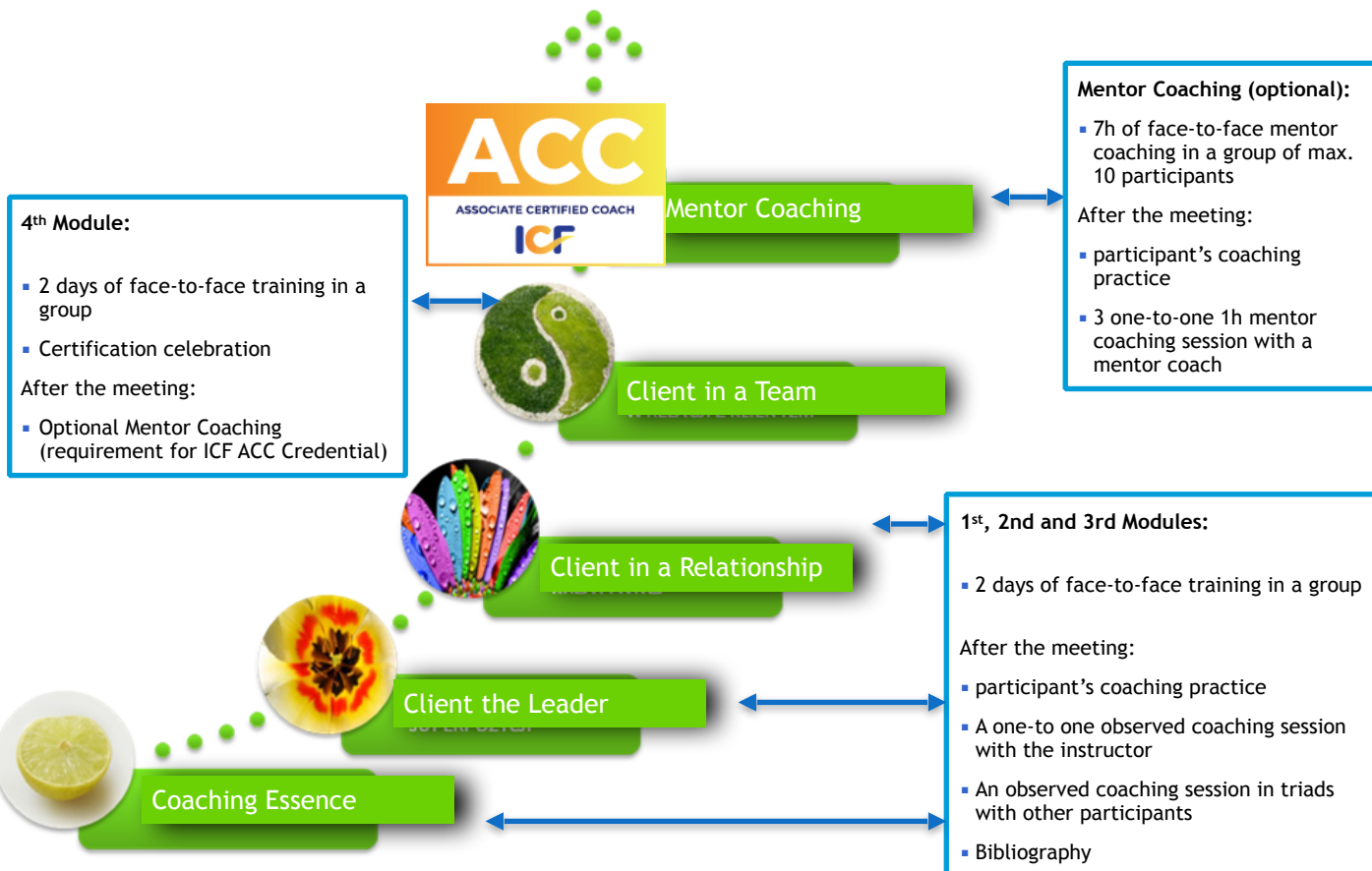


The Birth of a Coach Schedule



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1 Module:	1 day	9.30 – 18.30
2 Module:	2 days	9.30 – 18.30
3 Module:	2 days	9.30 – 18.30
4 Module:	2 days	9.30 – 18.30
Group Mentor Coaching:	1 day	10.00 – 18.30



Training Location: UK, Devon, Totnes train station
a beautiful venue near river Dart, surrounded by lush Nature in a peaceful area



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Coach learning towards
ICF PCC Professional Certified Coach Credential



Programme Presentation

The Birth of a Coach and ICF ACC Accreditation Process



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The Birth of a Coach is a stand alone coach training programme for those who wish to start their coaching profession journey and seek **international Coach Federation (ICF) Associate Certified Coach (ACC) Credential**. It consists of 72 hours of coach specific training accredited by the ICF, that can be either:

- Completed with ICF ACSTH Certificate, entitling the participant to apply for the **ICF ACC Credential** or
- Continued in the second part of ACTP Intuitive Coach, completed with ACTP certificate and entitling the participant to apply for **ICF Professional Certified Coach (PCC) via ACTP Credential Path**.

The Birth of a Coach Program is designed specifically for people who:

- Seek to compliment their professional career with coaching skills
- Plan to conduct a private caching practice
- Are becoming a company internal coach and intend to develop their competence
- Are completing their management/leadership competences with coaching credentials
- Are interested in obtaining ICF accreditation at the **ACC Associate Accredited Coach level**
www.coachfederation.org



After completing the Birth of the Coach Program the graduates will be eligible to apply to the ICF for **ACC Accreditation** in:

- **ASCTH Path or Portfolio Path** or
- **ACTP Path** if they continue through the Intuitive Coach Advance Part: exemption from the ICF PCC Performance Evaluation Exam (quickest, least formalities and cheapest for the PCC level) .

ICF Minimum requirements for the Associate Certified Coach (ACC) Accreditation application in ACSTH Path:

- At least 60 hours of coach-specific training through an ACTP or ACSTH program
- Coaching log demonstrating 100 hours (75 paid) of coaching experience with at least 8 clients **counted** following start of their coach-specific training that was 'ICF approved as ACSTH or ICF accredited as ACTP'
- 10 hours of Mentor Coaching
- ICF ACC Performance Evaluation

ICF Minimum requirements for the Associate Certified Coach (ACC) Accreditation application in ACTP Path:

- At least 60 hours of coach-specific training through an ACTP program
- Coaching log demonstrating 100 hours (75 paid) of coaching experience with at least 8 clients **counted** following start of their coach-specific training that was 'ICF approved as ACSTH or ICF accredited as ACTP'.

As part of the ICF accreditation process The Birth of a Coach graduates will be required to complete and pass the "Coach Knowledge Assessment (single choice test). However they will be exempted from 'Performance evaluation' (audio recording and written transcript of coaching session) if they apply in the ACSTH or ACTP Path.

The Birth of a Coach Overview



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The Birth of a Coach Programme is intended for people with an open heart, who wish to support others in their growth and want to learn coaching competences. The participants will develop a solid foundation to begin a coaching practice in a credible and grounded way. The programme provides all the formal elements of education required and prepares the participant for the **ICF internationally renowned coach accreditation** at the level of **Associate Certified Coach (ACC)**. The curriculum includes transfer of knowledge, development of practical skills in accordance with the 8 Core Coaching Competencies defined by the ICF, as well as creating the approach, orientation and values, which are the qualities of a professional coach and are aligned with the ICF Coach Ethical Code.

The **learning philosophy** in the Evolution Coaching Academy is to deepen and integrate the competences developed during one module throughout the subsequent modules. The participants practice their coaching skills from the very beginning, drawing from the foundation of their already acquired knowledge and skills with the support of the instructor's observation and comprehensive feedback. We use the proportions: 20% theory, 80% practice exercises, tools, demos, observation and feedback.

During each group module we learn in parallel with four dimensions:

1. Context of coaching - transfer of knowledge, theory, introduction
2. Developing 8 ICF Core Coaching Competences
3. Understanding and deepening elements of the Coaching Process
4. Coach's Personal Development.



The 72 hours of The Birth of a Coach consists of:

- 4 modules taking place every 4-6 weeks, in total 8 days of synchronous face-to-face group training
- 3 one-to-one 'observed coaching sessions' for each participant (skype)
 - These are participant's coaching sessions with the clients that are audio recorded and evaluated by the instructor, verbally and in writing, in reference to the 8 ICF Core Coaching Competencies at ICF ACC level.

Between the modules the participants deepen their skills through practice with their clients, and with one another. Before the first Module of The Birth of a Coach each participant needs to agree with 2 persons to become their 'coach training clients' for the duration of the Programme.

The Birth of a Coach can be optionally completed with Mentor Coaching process. It further develops the participant in the ICF 8 Core Coaching Competencies. 10 hours of Mentor Coaching is a requirement for ACC accreditation set by the ICF.

Mentor Coaching in Evolution Coaching Academy consists of 10 hours of the participant's choice:

- 7 hours of synchronous face-to-face Mentor Coaching session in a group of max. 10 participants and
- 3 one-to-one 1h 'mentor coaching sessions' for each participant or
- Any number of one-to-one mentor coaching hours chosen a la carte by the participant.

COACHING ESSENCE

1st Module of The Birth of a Coach



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THE ESSENCE OF COACHING - understanding the meaning, power and potential of this type of facilitation in the development of every human being.

There is a desire for excellence in many of us. Change does not always come easily. With the coaching tools, one can go through the process of changing in harmony with self, effectively and successfully. In this module, each participant will have the opportunity to learn and practice the necessary and useful knowledge, skills and attitudes grounded in coaching fundamentals, ICF Code of Ethics and 8 Core Coaching Competencies.

The program of this module:

1. Context of coaching - transfer of knowledge, theory, introduction:

- ① What is coaching and what is not ?
- ② Getting acquainted with the ICF Code of Ethics and deciding whether to follow it or not

2. Developing 8 ICF Core Coaching Competencies:

Introduction of the first, fundamental coaching competencies:

- ① Creating trust, intention, genuine care
- ② Coaching presence, curiosity, listening
- ③ Creating coaching agreement: goal, scope, measures of success and the role of the coach in the process

3. Understanding and deepening elements of the Coaching Process:

- ① Structure of a one-to-one coaching session

4. Coach's Personal Development:

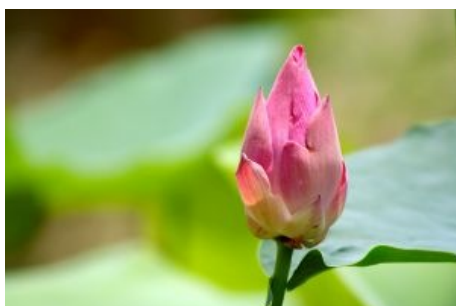
- ① Being here and now
- ② What is the purpose of learning the coaching competencies?

Logistics:

- 2 days of face-to-face training in a group

After the meeting:

- Participant's coaching practice
- A one-to one observed coaching session with the instructor
- An observed coaching session in triads with other participants
- Bibliography



CLIENT THE LEADER

2nd Module of The Birth of a Coach



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CLIENT THE LEADER - empowerment, the client learns to access and apply intuition, heart, wisdom and power.

Our approach assumes that everyone is a leader of their life and has access to everything they need in achieving their true intentions. It is also the foundation of coaching as defined by the ICF. What we are experiencing is the result of our creation and our choices. During the many years of coaching practice we facilitated the broadening of our client's understanding in what they really intend and desire, and the application of their true excellence in forwarding that awareness into active engagement with life. This would not be possible if we had not approached the client holistically, as a coherent whole. For us, each client is a self-differentiating being (body, mind and soul), operating in a particular environment, with a range of relationships that they create with their intentions, talents, values, habits and needs. That is why we pay attention to the client's system of beliefs and views, habits of thinking and acting, system of values, sense of identity and true intentions. Such an approach is an underlying foundation of teaching coaching competences in the 2nd Module of The Birth of a Coach.

This Module is an opening and exploration of the client's awareness. It broadens understanding of the meaning of coaching within the context of the client's empowerment: understanding of self, trusting self and taking responsibility for own actions and life. It is also a journey of discovery and development of the coach's personal potential in order to becoming an authentic partner for their clients in their outward leadership, grounded inwards.

The program of this module:

1. Context of coaching - the transfer of knowledge, theory, introduction:

- ① The client - the expert, leader and architect of their abundant life
- ② A holistic being in an alignment
- ③ Evolution of the client as a whole in the coaching process.

2. Developing 8 ICF Core Coaching Competences:

Opening and exploration of the client's awareness; their true intentions, needs and desires, talents, uniqueness, experience, learning, perceptions, available opportunities and preferred solutions.

- ① Developing the client's access to intuition
- ② Trusting the client, openness to the client's world, their otherness, their intentions, goals and choices
- ③ Deep listening: multilevel, active and caring
- ④ Powerful questioning reaching the heart and reason, unfolding the essence and truth relevant for the client
- ⑤ Honouring and empowering the client.

3. Understanding and deepening elements of the Coaching Process:

- ① Phases of the client's development in the coaching process

4. Coach's Personal Development:

- ① Honesty with self and self acceptance
- ② My identity as a coach



Logistics:

- 2 days of face-to-face training in a group
- After the meeting:
- Participant's coaching practice
 - A one-to one observed coaching session with the instructor
 - An observed coaching session in triads with other participants
 - Bibliography

CLIENT IN A RELATIONSHIP

3rd Module of The Birth of a Coach



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CLIENT IN A RELATION - client develops their relationships on a foundation of partnership, trust and sustainable values

Engaging in relationships is an indispensable need for most of us, an important part of our lives, a source of joy and fulfilment.

It is also a competence, a practical skill that allows us to function in our family, work, community and society. By engaging in relationships we often subconsciously meet our fundamental needs, self-realize professionally and in life as a whole, we give and receive, support and help others, are supported and helped.

Relationships are often an important area for clients who intend to enhance their life both at work and in their personal lives. Therefore, in this module we will explore creating relationship, and challenges related to being in relationship in a sustainable way. We will share our approach to a partnership and encourage the participants to create their own.

Coaching in the area of the client's relationships is intended to transform the experience of crisis into an opportunity to learn and evolve, where the client accesses their inner self, intuition, wisdom; perceiving their capabilities and sphere of influence.

This module will also focus on summarising the coaching session, grounding the client's awareness and forwarding the client's learning to their everyday life.

The program of this module:

1. Context of coaching - transfer of knowledge, theory, introduction:

- ① Exploring the meaning of a relationship
- ② Perspectives, roles and signals in a relationship
- ③ Introduction of system coaching fundamentals

2. Developing 8 ICF Core Coaching Competences:

Coaching tools developing the client in the area of their relationships
Forwarding the client's learning during the coaching session to their evolution in every day life:

- ① Summarising the session - collecting fruits: learning, application and the client's commitment to self
- ② Designing actions and homework that supports the client's sustainable evolution and progress towards their intention and goals

3. Understanding and deepening elements of the Coaching Process:

- ① Exploring the system in which the client operates and its impact on the client's transformation process

4. Coach's Personal Development:

- ① Courage to be one's authentic self in relationship with a coaching client.



Logistics:

- 2 days of face-to-face training in a group
- After the meeting:
- Participant's coaching practice
 - A one-to one observed coaching session with the instructor
 - An observed coaching session in triads with other participants
 - Bibliography

CLIENT IN A TEAM

4th Module of The Birth of a Coach



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CLIENT IN A TEAM, meaning a client's development in the system in which they operate as well as a development of a client that is a system. Intention for a sustainable, self-organising team, combining synergy of collaboration with a sense of fulfilment, empowerment and joy.

When the scope of the coaching is a client in their professional environment, family or other community, it may occur that the coaching client is the system in which our client operates. It is worth being able to notice the difference and to be able to apply the coaching skills with the client in relation to the system as well as in terms of the client being the system itself.

CLIENT IN A TEAM Module is an introduction to a team coaching. There - a system is the client. The actions of a coach are directed to facilitate the team revealing to itself, unfolding and applying the team potential, creating awareness, collaboration and synergy whilst progressing towards achieving its goals in a sustainable and ecological way for the team and the members.

The participants will also be introduced to a model of a systematic and strategic support for the organisation in its evolution towards becoming an eco-business, utilising coaching tools.

The differences between life and business coaching will be explored as well as the differences in contracting coaching when the process includes a Sponsor apart from the Coachee and the Coach.

The program of this module:

1. Context of coaching - the transfer of knowledge, theory, introduction:

- ① System coaching: the client in a system, the system as a client
- ② From a group to a team

2. Developing 8 ICF Core Coaching Competences:

Team coaching tools

Excelling the coach's competencies:

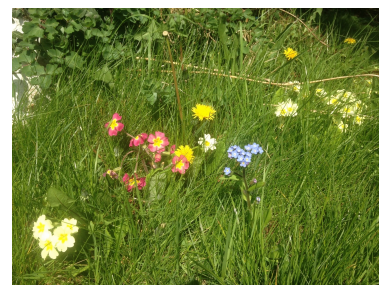
- ① Coach shares their observation: summarises, reflects, paraphrases, shares their intuition
- ① Coach explores the client's learning style and adapts the way of conducting the session accordingly

3. Understanding and deepening elements of the Coaching Process:

- ① Model of the organisation's evolution towards becoming an eco-business with coaching tools
- ② Contracting coaching with the participation of a Sponsor
- ③ What is the difference between life and business coaching?

4. Coach's Personal Development:

- ① Listening to and following intuition during a coaching session.



Logistics:

- 2 days of face-to-face training in a group
- Certification celebration

After the meeting:

- Optional Mentor Coaching (requirement for ICF ACC Credential)

MENTOR COACHING

Optional Module



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10 hours of mentor coaching is one of the ICF requirements in the application process for ACC (Associate Certified Coach) Credential.

For the purposes of ICF credentialing, mentor coaching means an applicant being coached on their coaching skills rather than coaching on practice building, life balance, or other topics unrelated to the development of an applicant's coaching skill.

It can be completed in a one-to-one mentor coaching process or in at least 3 hours of a one-to-one process, and the remaining 7 hours completed in group sessions of a maximum of 10 participants. Each of the mentor coaching hours can be completed with a different mentor of the participant's choice.

Evolution Coaching Academy offers such a flexibility accordingly.

The purpose of the 7h group mentor coaching session is to:

- Refresh and ground the ICF Code of Ethics, and the 8 Core Coaching Competences defined by the ICF and evaluated in the accreditation process.
- Enable participants' calibration of their coaching competences in reference to the ICF requirements of the ICF at the Associate Coach Certification (ACC) .

This Module serves as an integration of the learning in the prior coach training program, deepening participant's understanding of ICF 8 Core Coaching Competences at the ACC level. It is a preparation to the ICF written exam - the '**Coach Knowledge Assessment**' (CKA)- a single choice test conducted directly by ICF and to ICF ACC Performance Evaluation. Before the start of the mentor coaching process the participants will receive a document specifying which coach behaviours are subject to 'pass' at the ACC Credential level in relation to the ICF Code of Ethics and the ICF 8 Core Coaching Competences.

In this Module:

- Participants will deepen their understanding of the ICF Definition of Coaching in preparation to CKA
- Participants will deepen their understanding of the ICF Code of Ethics in preparation to CKA
- Participants will deepen their understanding of the 8 ICF Core Coaching Competencies in preparation to CKA
- The instructor will outline the minimum requirements of the above competencies for the ICF ACC Performance Evaluation in the ICF accreditation process for the ACC (Associate Certified Coach) level.
- The instructor will initially observe the participants' competencies in relation to the ICF ACC Performance Evaluation requirements and provide ad hoc feedback, which can be deepened during the one-to-one mentor coaching sessions of the participant's choice.



Logistics:

- 7h of face-to-face Mentor Coaching in a group of a max. 10 participants

After the meeting:

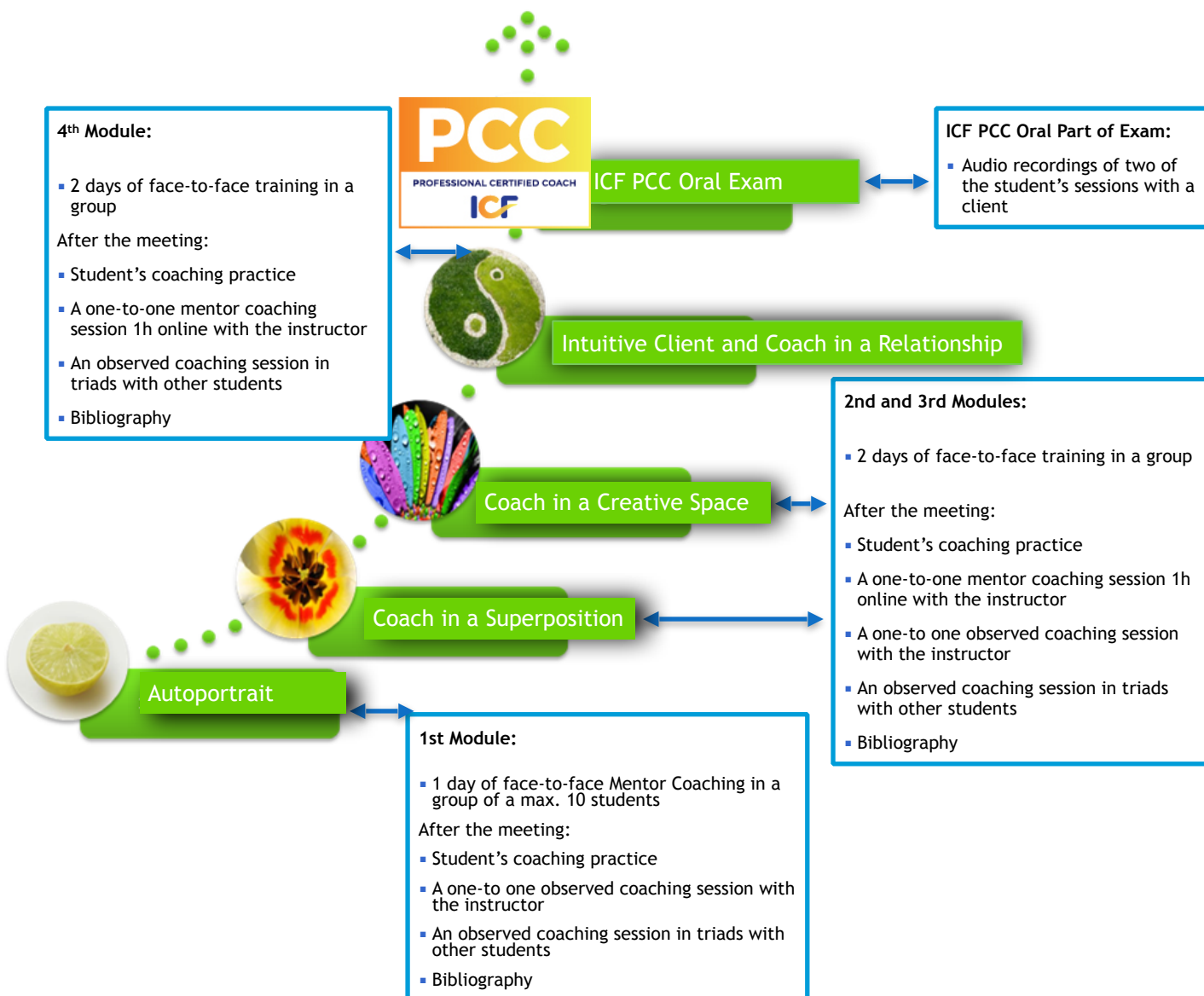
- 3 one-to-one 1h mentor coaching sessions

Intuitive Coach Advance Schedule



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1 Module: Group Mentor Coaching	1 day	9.30 - 18.30
2 Module:	2 days	9.30 - 18.30
3 Module:	2 days	9.30 - 18.30
4 Module:	2 days	9.30 - 18.30
ICF PCC Oral Exam:	2 audio recordings of two coaching sessions with a client	



Training Location: UK, Devon, Dartington area, TQ11 0LP
Beautiful venue near River Dart, surrounded by lush Nature, secluded in a peaceful area

Intuitive Coach Advance Overview



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The **Intuitive Coach Training Program** consists of all the elements required for a **coach accreditation at ICF PCC level**. It is granted the highest level of accreditation awarded by the ICF - the **ACTP**. As the result is granted with the authority to conduct the oral part of ICF PCC Credential Exam - the Performance Evaluation exam - the graduates of the program are entitled to apply for **ICF PCC accreditation**.

Who is the Intuitive Coach Advance program for?

It is a deep development process for intermediate to advanced coaches who:

- Intend to apply for ICF accreditation at the PCC (Professional Certified Coach) level
- Have experienced 350 hours or more of coaching practice with their clients
- Have completed 60 hours or more of coach specific trainings, teaching coaching competences and coach ethical conduct, for example: "Birth of the Coach" or other coach training.
- Value personal development and are willing to share their experiences with other students
- Are open to dive into the unknown, broaden perspectives and expand perception
- Respect and are genuine towards others, engage in the learning process and take responsibility for own development.

Program Mission

During the course of the program the students will deepen knowledge, awareness and skills of all 8 Core Coaching Competencies at the PCC level as defined by the ICF:

- They will understand the fundamental differences between ACC and PCC level of competence as assessed during the accreditation exam.
- Calibrate their current performance against the PCC exam criteria.
- Develop their skills, knowledge and awareness towards the PCC level, grounded in the Coach Code of Ethics
- Deepen and forward personal evolution.

68 hours (ACTP, ACSTH, CCEU) of this program consist of:

- 4 modules taking place every two months, in total 7 days of synchronous face-to-face group learning:
 - 6 days of Training and 1 day of Mentor Coaching (7 hours in a group of maximum 10 participants)
- 3 one-to-one 'Observed Coaching Sessions' for each student
 - These are student's coaching sessions with the clients that are audio recorded and evaluated by the instructor, verbally and in writing in reference to the 8 ICF Core Coaching Competencies at ICF PCC level.
- 3 one-to-one 'Mentor Coaching Sessions' for each student (over Skype or phone)
- Final ICF PCC Performance Evaluation exam.

Foundation of ICF PCC Development Process in Intuitive Coach Advance



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The student's journey towards the essence of the client-coach dynamic is the foundation of the development process in Intuitive Coach Advance: inward, into the depths of the client and into the coaching relationship co-created by the client and the coach.

WHAT FOR? The mission of coaching as defined by the ICF is the transformation of the "WHO?" of the client as a whole, resourceful and naturally creative person. Where the applicants will meet the accreditation criteria at the **ACC** (Associate Certified Coach) level focusing on supporting the client mostly in the "**WHAT?**", i.e:

- Finding a one-off solution to the agreed goal and
- Using coaching tools

The assessment at the Professional Certified Coach (PCC) level expands to:

- Coach's focus on the "**WHO?**" of the client as a holistic human being: supporting the client in personal transformation and broadening awareness, the client's sustainable evolution rather than a one-off solution
- Quality of a spontaneous, intuitive coaching conversation, the quality of the coach's connection with a client, partnership and neutrality of the coach, honouring and holding the client responsible for their life and their development whilst staying engaged and active
- The coach's presence 'here and now', self-acceptance and self-awareness, the courage to take risks and the vulnerability of "not knowing"
- Attachment to the structure of a coaching tool instead of hearing and following the client at any moment "here and now" may result in failing the exam.

To get there the students will journey to the essence of self and their lives, their identity and vocation, their natural working style and the profile of the client they naturally serve. Thriving in this program requires a high level of openness, readiness to work at a level of depth, essence, intuition and electromagnetic field.

All group training modules consist of: 80% experience, experimentation, reflection and broadening awareness, observation and feedback, 20% of theory.

We have observed how important both 'observed sessions' and individual learning in one-to-one contact with the teacher, are for the student's development. Therefore the tuition for the program includes **3 one-to-one 'observed coaching sessions' *** and **3 one-to-one 'mentor coaching sessions' ***.

The entire program will be concluded with an oral, practical exam conducted by independent examiners who are approved ICF assessors for PCC accreditation. Passing this exam is honoured by the ICF as PCC Performance Evaluation exam in the 'ACTP' Path.

Definitions *

Observed coaching session - a '30 minutes' Skype conversation with the teacher providing verbal and written feedback to the observed student's 30-min coaching session with the client. The student's coaching session will be provided in the form of audio recording. The teacher's feedback will refer to 8 ICF Core Competencies. At the PCC level.

Mentor coaching session - 'a 60 minutes' Skype coaching session serving the student's development as a coach and their coaching competences towards the ICF PCC accreditation.

AUTO PORTRAIT, GROUP MENTOR COACHING

1st Module of Intuitive Coach Advance



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The first module is a group mentor coaching. Its purpose is to:

- Refresh and ground the ICF Code of Ethics, 8 Core Coaching Competences defined by the ICF and evaluated in the accreditation process at the PCC level
- Students' calibration of their coaching competences in reference to the ICF requirements at the Professional Coach Certification (PCC) level.

This module serves as a foundation for establishing a coherent perception of the coaching profession amongst the students with diversified experience and prior education. It is a base for deepening coaching competences in the subsequent modules. Before the start of the first module, all students will receive and will be asked to read the description of the ICF Code of Ethics and the ICF 8 Core Coaching Competences at the PCC level.

In this module:

- The participants will deepen their understanding of the ICF Definition of Coaching and Code of Ethics
- The participants will deepen their understanding of the 8 ICF Core Coaching Competencies at the PCC level
- The instructor will outline the minimum requirements of the above competencies as evaluated by the ICF in the accreditation process at the PCC level as well as the differences in these requirements in relation to the level of ACC (Associate Certified Coach).
- The instructor will initially observe the students' competences in relation to the ICF PCC requirements and provide ad hoc feedback, which will be deepened individually during the first one-to-one observed session.



Logistics:

- 1 day of face-to-face Mentor Coaching in a group of a max. 10 students

After the meeting:

- Student's coaching practice
- A one-to-one observed coaching session with the instructor
- An observed coaching session in triads with other students
- Bibliography

COACH IN A SUPERPOSITION

2nd Module Intuitive Coach Advance



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The purpose of this module is for the coach to dive into their unique resourcefulness and its application to the coaching relationship with the client. The participants will reach the essence of their holistic self, accessing intuition, their resources and capabilities from a state known as 'superposition' in quantum mechanics. Coaching in such a state of being is the foundation of the coach's competences at the PCC level rather than following the structure of coaching tools (being accepted at the ACC level).

Restoring the client's relationship with the natural world as part of their holistic well being and evolution has been infused to the content to this module. It is our response to the existential challenges of our time.

In this module the participants will:

- Experience a grounding in the 'here and now', in self-generated intention; acceptance of the holistic self, the client and what is happening during the session; trusting self, the client and the coaching process. The ICF defines such competencies as 'Embodies Coaching Mindset' and 'Maintains Presence'. Students will learn and experience the difference in demonstrating this competence between the PCC and the ACC levels
- Experience and practise their connection with the client flowing from 'Presence' and "Mindset" becoming the quality of a competence defined by the ICF as 'Cultivates Trust and Safety' at the PCC level.
- Learn to connect self and the client with the natural world as part of a coaching conversation.
- Feel expansion of their intuition, which draws from such a state of being and connection and its manifestation unfolding in powerful questions 'Evoking Awareness' (ICF competence), where the client is transforming as a whole (a coaching mission, evaluated at the PCC level). Summarising, the students will practise a spontaneous, intuitive coaching conversation at PCC level without using coaching tools
- Learn to observe and follow the energy field during the session, regardless of whether it is a face-to-face conversation or over the phone, instead of searching for or following the structure of a coaching tool
- Practise how to deepen the coaching goal expressed by the client at the beginning of the session to support the client in discovering the meaning of this goal as a portal for their personal evolution as a human being. That is, contracting a coaching session (ICF competence) at the PCC level
- Practise bringing a coaching session to an end, rooting the client's new awareness and generating actions which the client truly intends to undertake, as they are deepening and grounding the process of their transformation in their daily life (ICF competence).



Logistics:

- 2 days of face-to-face training in a group

After the meeting:

- Student's coaching practice
- A one-to-one mentor coaching session 1h online with the instructor
- A one-to-one observed coaching session with the instructor
- An observed coaching session in triads with other students
- Bibliography

COACH IN A CREATIVE SPACE

3rd Module Intuitive Coach Advance



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The purpose of this module is to connect the client with WHO they are being, WHAT they are here for and their PATH on this planet. The coaching conversation embedded in the quality of 'superposition' will be broadened by creative portals opening and expanding the client's access to their intuition:

- Environment
- Intuitive drawing
- Sound
- Body
- Movement
- Energetic geography in coaching

These kinds of portals are particularly useful in group coaching and where a system is the client, for example: a team, a family, a relationship. In one-to-one coaching, they offer a valuable alternative for clients who get caught in a loop in a coaching conversation. By embracing the 'body', the 'senses', 'environment' and 'imagination', the client skips the analytical mind and discovers the truth about themselves, revealing often surprising answers that are coherent with them. They connect with their intuition, their subconscious and superconscious mind. By connecting unfolding experience with their conscious mind they create new awareness (competence ICF), surpassing the loop and transforming as a holistic human being ('WHO' coaching mission at PCC).

In this module, the participants will:

- Explore three existential questions of the client's journey through life and role on this planet:
WHO they are being, WHAT they are here for and their PATH.
- Experience how coaching enhanced by arts, movement, environment and imagination greatly supports the process of the client's integration at all three levels: the soul, mind and body.
- Learn the authenticity, depth and lightness of such processes, where the client's connection with their intuition is much quicker, more effective and more joyful as well as compassionate.
- Deepen skills of observing, tuning into and following the energetic field during the session.
- Reflect on application of the above mentioned access channels: exploring with what type of clients and in what kind of circumstances it could serve as a valuable extension of a coaching conversation.
- Contemplate if any of the portals resonates with them in their natural style and intention to work with the clients. If yes, they will enrich their coaching conversation by developing it at a beginner level.



Logistics:

- 2 days of face-to-face training in a group

After the meeting:

- Student's coaching practice
- A one-to-one mentor coaching session 1h online with the instructor
- A one-to-one observed coaching session with the instructor
- An observed coaching session in triads with other students
- Bibliography

COACH AND CLIENT IN A RELATIONSHIP

4th Module Intuitive Coach Advance



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The aim of the fourth (and last) module is to integrate all the discoveries of the previous modules and help the students articulate their new awareness in:

- Understanding whom I am a coach for. Who are my natural clients?
- What are the areas of my natural coaching specialisation and with what purpose?
- What do I bring to my clients: what is my natural essence that completes my clients, which serves them in their evolution at this stage of their lives, and which serves our coaching relationship as well as my own self-realisation?
- Observing what relationship I currently create with a client and what is my potential when engaging with 'my natural client' when I am an authentic self, integrated with my essence:
 - What is the personality of this relationship?
 - What are the relationship's resources, possibilities, potential?
 - What is the relationship dreaming of, what does it need?
 - What is my contribution to the relationship's personality, its quality and its potential?
- Drawing out and grounding the awareness of my 'natural style' of coaching that serves my 'natural clients' where I am authentic with who I am in my journey of self-realisation as a coach and as a human being.
- Developing a personal plan for my coaching practice of experiencing in life what is described above.



Logistics:

- 2 days of face-to-face training in a group

After the meeting:

- Student's coaching practice
- A one-to-one mentor coaching session 1h online with the instructor
- An observed coaching session in triads with other students
- Bibliography

ICF PCC Oral Part of Exam:

- Audio recordings of two students' sessions with the client

Intuitive Coach and ICF PCC Accreditation Process



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The Intuitive Coach Training Program is comprehensive and consists of all the elements required for accreditation at the ICF PCC (Professional Certified Coach) level:

- The required number of **Coach Specific Training hours**: minimum 125h in total: consisting of Intuitive Coach Advance 68 training hours together with the minimum 60 coach training hours prior joining the Advance.
- The required number of **Mentor Coaching hours**: 10h in total, including 3h of one-to-one and 7h in a group of up to 10 participants.
- Final summative oral exam for the ICF PCC credential, conducted by independent examiners approved by ICF. The result of this exam is regarded by ICF as passing the **PCC Performance Evaluation exam** in ICF 'ACTP Path' Credentialing process.

Upon successful completion of the Intuitive Coach Program, including passing of the final exam, the graduate receives the ACTP Certificate. This certificate entitles the graduate to apply for ICF PCC credential.

The up-to-date credentialing information can be found on the ICF website by following the link:
<https://coachfederation.org/icf-credential/pcc-paths>