

*Markþjálfanám:  
Skilvirk leið til vottunar*

# **Welcome!**

***Evolvia Coach Training 2023***  
*Fundamental training for ACC certification,  
Associated Certified Coach  
International Coach Federation*

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**Professional  
Coaches**





## Williams reflection:

“This is a sacred divine service for humanity.”

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# ICF 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.

Ref. International Coach Federation



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# ICF CORE COACHING COMPETENCIES

## A. FOUNDATION

1. Demonstrates Ethical Practise
2. Embodies a Coaching Mindset

## B. CO-CREATING THE RELATIONSHIP

3. Establishes and Maintains Agreements
4. Cultivates Trust and Safety
5. Maintains Presence

## C. COMMUNICATION EFFECTIVLY

6. Listens Actively
7. Evokes Awareness

## D. CULTIVATING LEARNING & GROWTH

8. Facilitates Clients Growth

Ref. International Coach Federation



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# ICF Core Coaching Competencies

## A. Foundation

### 1. Demonstrates Ethical Practice

**Definition:** Understands and consistently applies coaching ethics and standards of coaching

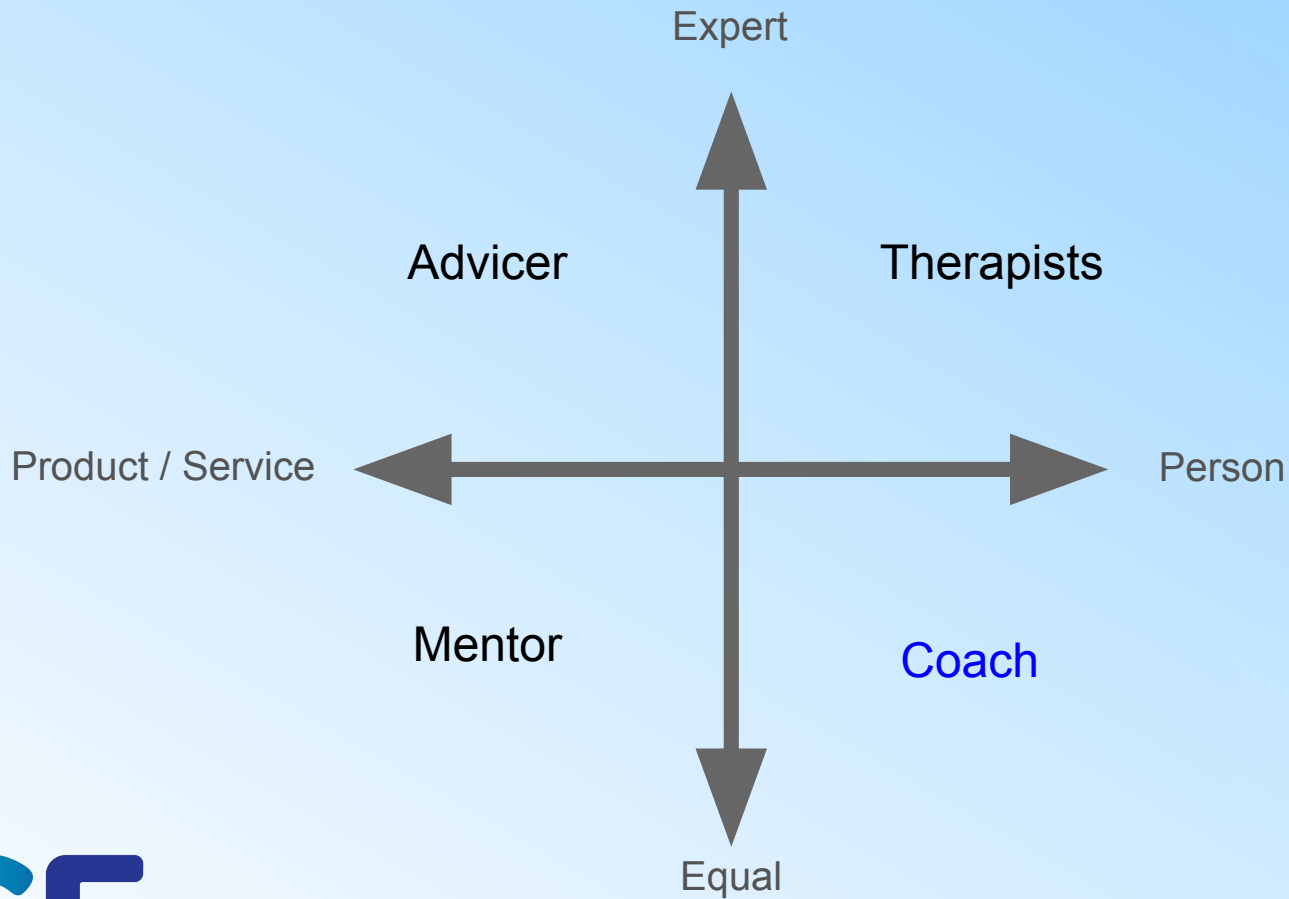
1. Demonstrates personal integrity and honesty in interactions with clients, sponsors and relevant stakeholders
2. Is sensitive to clients' identity, environment, experiences, values and beliefs
3. Uses language appropriate and respectful to clients, sponsors and relevant stakeholders
- 4. Abides by the ICF Code of Ethics and upholds the Core Values**
5. Maintains confidentiality with client information per stakeholder agreements and pertinent laws
6. Maintains the distinctions between coaching, consulting, psychotherapy and other support professions
7. Refers clients to other support professionals, as appropriate



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UNHEALTHY

HEALTHY

Violence

Emotional Distress

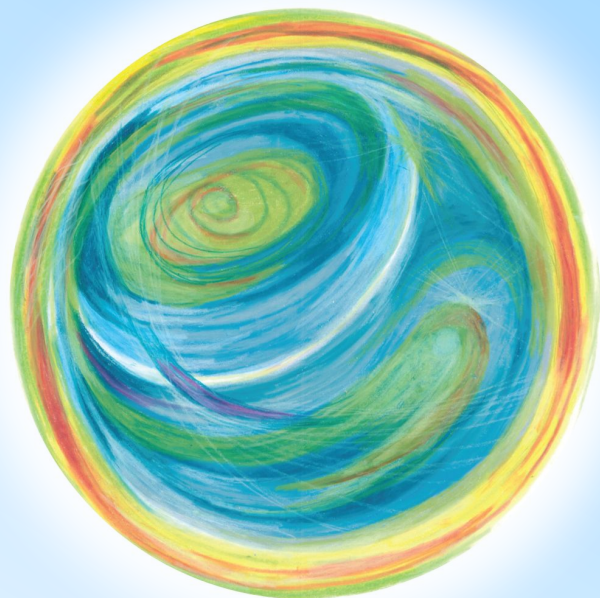
Addiction

Phycological Problem

The Past

Coaching





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***Thank you for your active participation!***

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