



Welcome!

Evolvia Coach Training 2024

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



**Professional
Coaches**

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*Markbjálfanám:
Skilvirk leiðir*



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

C. Communicating Effectively

7. Evokes Awareness

Definition: Facilitates client insight and learning by using tools and techniques such as powerful questioning, silence, metaphor or analogy

1. Considers client experience when deciding what might be most useful
2. Challenges the client as a way to evoke awareness or insight
3. Asks questions about the client, such as their way of thinking, values, needs, wants and beliefs
4. Asks questions that help the client explore beyond current thinking
5. Invites the client to share more about their experience in the moment
6. Notices what is working to enhance client progress



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ICF Core Coaching Competencies

C. Communicating Effectively

7. Evokes Awareness

Definition: Facilitates client insight and learning by using tools and techniques such as powerful questioning, silence, metaphor or analogy

7. Adjusts the coaching approach in response to the client's needs
8. Helps the client identify factors that influence current and future patterns of behavior, thinking or emotion
9. Invites the client to generate ideas about how they can move forward and what they are willing or able to do
10. Supports the client in reframing perspectives
11. Shares observations, insights and feelings, without attachment, that have the potential to create new learning for the client notices, acknowledges and explores the client's emotions, energy shifts, non-verbal cues or other behaviors



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INTEGRITY

Being coherent with your words and thoughts in your actions

Alignment

Sticking to your values over time.

Sticking to your decisions over time.

Not changing fundamental things every day

Being consistent

Connected to trust

Integrity = Trust

Important quality to have as a coach

Honesty

A core value

Being upfront

No hidden agendas

What you see is what you get

Being there for others

Grounded

Reliable

To know yourself

The heart in the right place

Being thoughtful of others



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INTUITION

A knowing

A felt sense

In - learning / learning within

Feels alive

Movement

Insight connected

Connected to the heart and the belly

Coming from the body

Presence

**It comes easier when we are in silence
or connected**

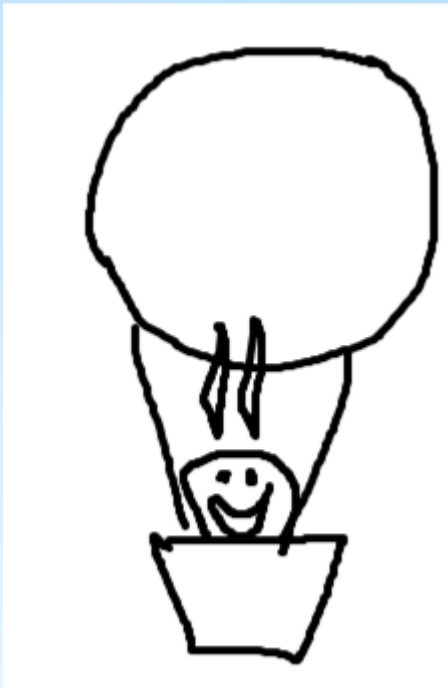
**You can practise it and train it
A connection to the moment
Can be developed**

**A listening of myself
A tool for learning**

Connected to trust

**Can't be explained with the thinking
mind**

**Should be trusted more
A tool for survival
Important**

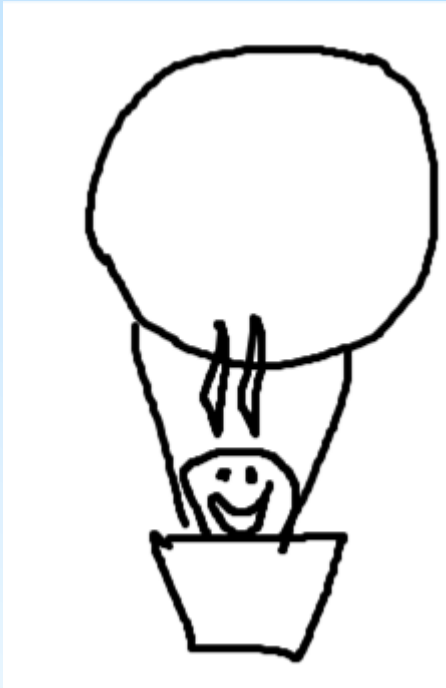


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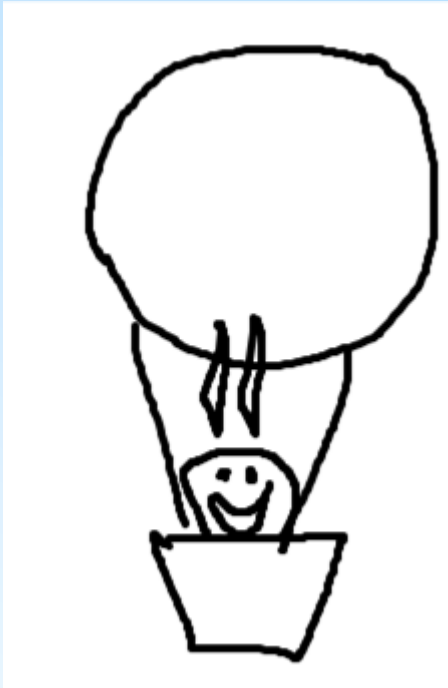
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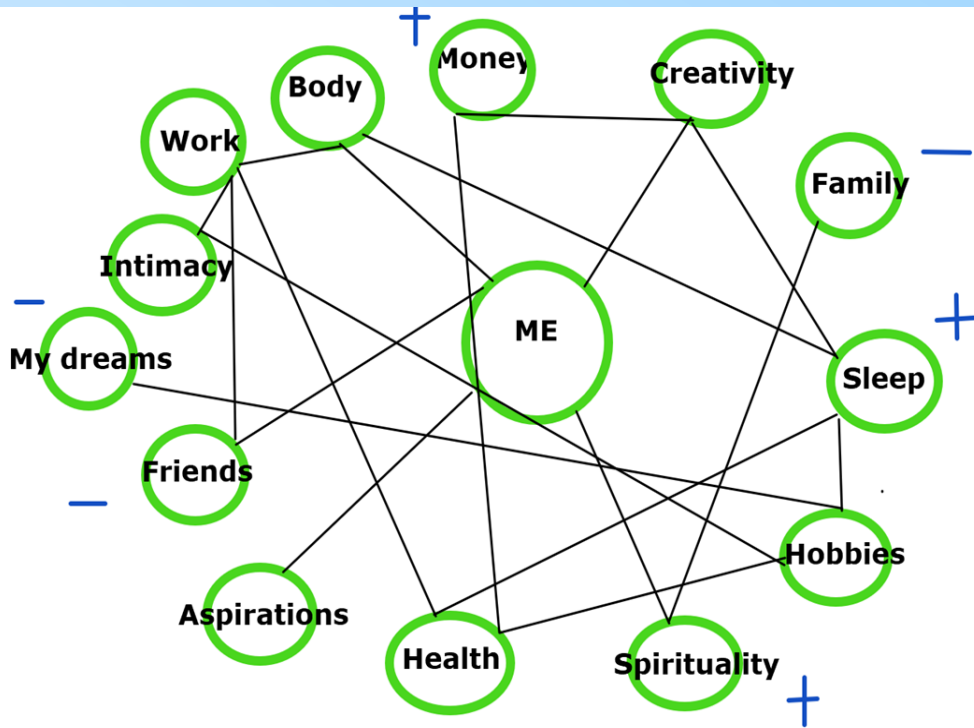
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ICF Core Coaching Competencies

D. Cultivating Learning and Growth

8. Facilitates Client Growth

Definition: Partners with the client to transform learning and insight into action. Promotes client autonomy in the coaching process.

1. Works with the client to integrate new awareness, insight or learning into their worldview and behaviors
2. Partners with the client to design goals, actions and accountability measures that integrate and expand new learning
3. Acknowledges and supports client autonomy in the design of goals, actions and methods of accountability
4. Supports the client in identifying potential results or learning from identified action steps
5. Invites the client to consider how to move forward, including resources, support and potential barriers
6. Partners with the client to summarize learning and insight within or between sessions
7. Celebrates the client's progress and successes
8. Partners with the client to close the session



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HOMEWORK

- 1) Practise to coach*
- 2) Read Core Competences 7 & 8 - and reflect in Whatsapp chat*
- 3) Meet with group partner and practise*



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