

*Markþjálfanám:
Skilvirk leið til vottunar*

Welcome!

Evolvia Coach Training 2024
*Fundamental training for ACC certification,
Associated Certified Coach
International Coach Federation*

evolvia



**Professional
Coaches**



Evolvia Coach Training 2024

Who are you - background - experience?

How did you find your way here?

What is your purpose of training coaching methodology?

Anything you would like us to know about you?



*Markþjálfanám:
Skilvirk leið til vottunar*



evolvia



Evolvia Coach Training

- spring
2024

	Name	email
1	Elisa Butt Davíðsdóttir	elisadavidsdottir@hotmail.com
2	Jason Lilley	jason_lilley@hotmail.com
3	Miriam Be	miriam.beinert@icloud.com
4	Samanta Settanni	samantasettanni@gmail.com
5	Suzanne Boniface	boniface.suzanne@gmail.com
6	Thomas Vogel	tomvogel01@gmail.com

	Trainers	email
1	David Lynch, PCC	david@evolvia.is
2	Habby Reykjalin Vigfúsdóttir, PCC	hrafnhildur@evolvia.is
3	Matilda Gregersdotter, MCC	matilda@evolvia.is

	Support - Connection	email
1	Sigga Ósk Fanndal, ACC	sigga@evolvia.is

Þjálfanám:
Skjalir leið til vottunar



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



evolvia



*Markþjálfanám:
Skilvirk leið til vottunar*



Different definitions of Coaching Methodology

1. “Unlocking a person’s potential to maximize their own performance. It is helping them to learn rather than teaching them” (Whitmore 2003)
2. “A collaborative, solution focused, result-orientated and systematic process in which the coach facilitates the enhancement of work performance, life experience, self-directed learning and person growth of the coachee” (Grant 1999, basic definition also referred to by the Association for Coaching, 2005).
3. “A professional partnership between a qualified coach and an individual or team that support the achievement of extra-ordinary results, based on goals set by the individual or team “(ICF, 2005)
4. “The art of facilitating the performance, learning and development of another” (Downey, 2003)
5. “Coaching is directly concerned with the immediate improvement of performance and development of skills by a form of tutoring or instruction” (Parsloe, 1995).
6. “Coaching psychology is for enhancing well-being and performance in personal life and work domains underpinned by models of coaching grounded in established adult and child learning or psychological approaches” (Special Group of Coaching Psychologists, part of the British Psychological Society)
7. “Coaching is about developing a person’s skills and knowledge so that their job performance improves, hopefully leading to the achievement of organisational objectives. It targets high performance and improvement at work, although it may also have an impact on an individual’s private life. It usually lasts for a short period and focuses on specific skills and goals.” (CIPD 2009)
8. “Psychological skills and methods are employed in a one-on-one relationship to help someone become a more effective manager or leader. These skills are typically applied to a specific present-moment work-related issues....in a way that enable this client to incorporate them into his or her permanent management or leadership repertoire” (Peltier 2010)
9. [Co-active] coaching is “a powerful alliance designed to forward and enhance a life-long process of human learning, effectiveness and fulfilment” Whitworth et al (2007)
10. “Coaching is about enabling individuals to make conscious decisions and empowering them to become leaders in their own lives” (Wise 2010).

Different use of coaching

health coaching

non-directive coaching

behavioral coaching

executive coaching

developmental coaching

spiritual coaching

life coaching

long-term coaching

short-term coaching

personal content coaching

coaching on specific subject

laughter coaching

ADHD coaching

leadership coaching

relationship coaching

business coaching

business building coaching



Professional
Coaches

evolvia

*Markþjálfanám:
Skilvirk leið til vottunar*



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



Professional
Coaches

evolvia

*Markþjálfanám:
Skilvirk leið til vottunar*



Certifications

International Coach Federation, ICF



Associate Certified Coach, ACC

Professional Certified Coach, PCC

Master Certified Coach, MCC

Accredited
Coach
Training
Hours

Documented
Coaching
Experience

Mentor
Coaching

60

100

10

125

500

20

200

2500

30

*Markþjálfanám:
kílvirk leiðtötuvar*



Professional
Coaches

evolvia



Framework

Hours of accredited training and demos - 16 x 4h - total 64h

Receiving/giving coaching - in pairs between sessions

Exercise Coach - (from a not yet certified coach)

You practise to coach - in your life - Collect hours

Mentor Coaching - PCC/MCC, individual & in group

Audio Recording - ACC Evaluation

Level 1 - diploma

Later: The Advanced Coach Training

PCC competencies

Level 2 - diploma

evolvia



*Markþjálfanám:
Skilvirk leið til vottunar*



Content - how we train

Framework

Models

Exercises

Sharing

Observed Sessions

Insights, reflections & notes

You will experience - **all feelings** & growing skills

For most quality - videos on, drinks ok, presence



Professional
Coaches

TRACKSHEET

evolvia



*Markþjálfanám:
Skilvirk leið til vottunar*



Communications for this group:

1) The Source Page (keyword) - All the material

2) Communication way: **Fb or WhatsApp ?**

Open Fb Groups for Evolvia Coaches

English: Evolvia International Coaches (50)

Icelandic: Evolvia Alumni (500)

Like Pages - Open Info

English: Evolvia International Coach Training

Icelandic: Evolvia



Professional
Coaches

evolvia

*Markþjálfanám:
Skilvirk leið til vottunar*



Words we use

ICF - International Coach Federation

ACC - Associate Certified Coach

PCC - Professional Certified Coach

MCC - Master Certified Coach

Coach

Coachee/Client

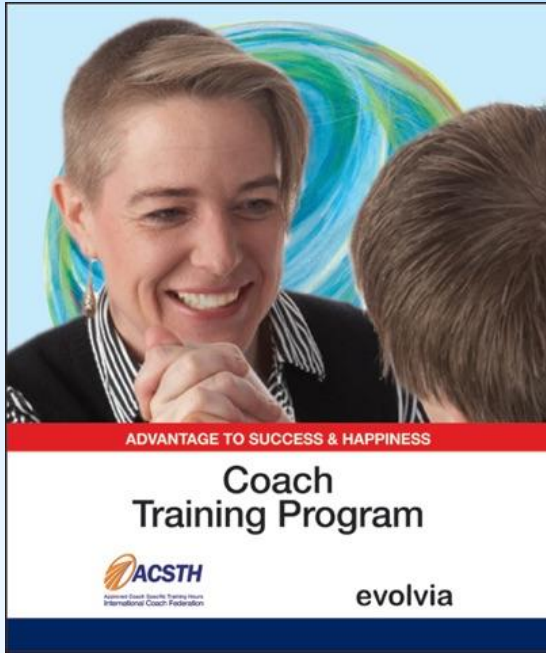
*Markþjálfanám:
Skilvirk leið til vottunar*



Professional
Coaches

evolvia





ICF requests:

participate live
more than 80%

Can miss out
- listen to recordings 20%

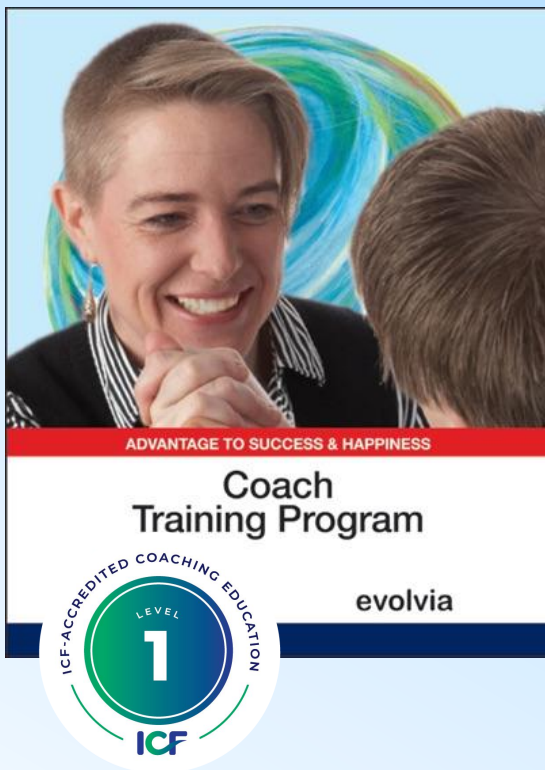
20% of 16 sessions is 3,2

Please don't miss out
more than 3 session.

Listen to the recording
- before next upcoming session.

evolvia





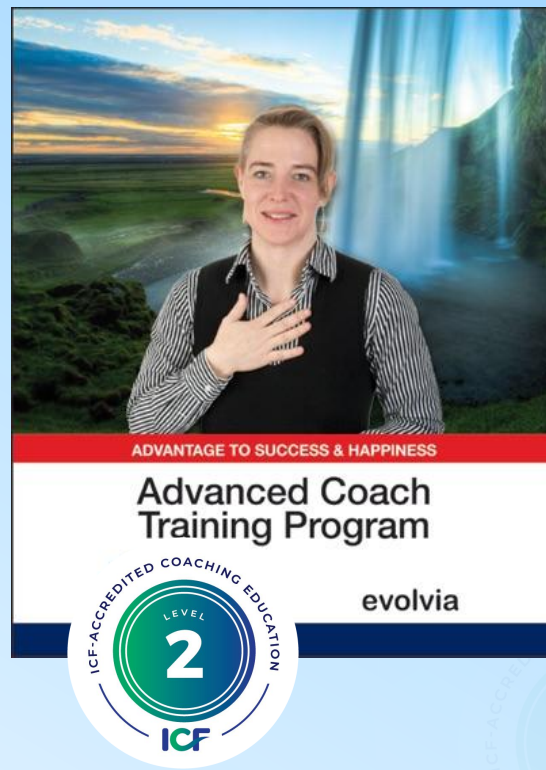
ADVANTAGE TO SUCCESS & HAPPINESS

Coach Training Program

ICF-ACCREDITED COACHING EDUCATION
LEVEL 1
ICF

evolvia

The cover features a woman with short blonde hair, smiling and looking towards a person whose back is to the camera. The background is a soft-focus image of a globe.



ADVANTAGE TO SUCCESS & HAPPINESS

Advanced Coach Training Program

ICF-ACCREDITED COACHING EDUCATION
LEVEL 2
ICF

evolvia

The cover features a woman with short blonde hair, smiling and looking towards the camera. She has her hand over her heart. The background is a scenic landscape with a waterfall and a sunset over a valley.

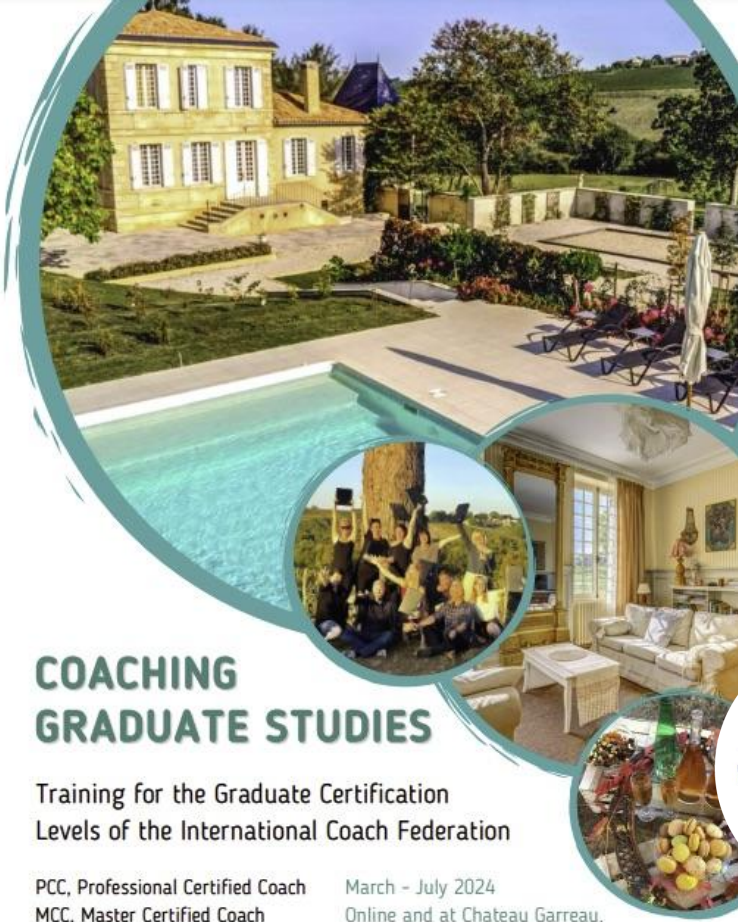


Professional
Coaches

evolvia

fanám:
ó til vottunar





COACHING GRADUATE STUDIES

Training for the Graduate Certification Levels of the International Coach Federation

PCC, Professional Certified Coach
MCC, Master Certified Coach

March - July 2024
Online and at Chateau Garreau,
Cadillac, France



Markþjálfanám:
Gæðvirk leið til vottunar



Professional Coaches



July of 2024

What have you gained?

Write in silence.

*Markþjálfanám:
Skilvirk leið til vottunar*



Professional
Coaches

evolvia



INSIGHT

AWARENESS
PERCEPTION
CONNECTION TO SUBJECT
FROM SOMETHING PROFOUND
MANY THING CONNECTS
FROM FELT SENSE
CONSCIOUSNES
JOY, GRATITUDE
MY HIGHER SELF
CONNECTED TO ONESELF

FEELING OF TRUTH
FROM SOMEWHERE ELSE THAN MIND
SILENCE
THOUGHT
LINK
PRESENCE
KNOWLEDGE FROM SHARED EXPERIENCE
CONNECTION
QUESTIONS BRINGS OUT INSIGHT

MAKE SENSE
UNDERSTANDING FROM THE INSIDE

þjálfanám:
þirk leið til vottunar



Professional
Coaches

evolvia



MENTAL
CYCLES SEASONAL CHANGE
EMOTIONAL
EVOKE DEATH
COULD BE GROUP
ACCEPTANCE OF CHANGE IT'S OWN TIMING
PROCESS OF BECOMING
HOLD ON TO POINTS OF
CHANGE
GROWTH IN US
TRANSFORMATION
BEAUTY INSPIRATION IN NATURE PHYSICAL
NEW WAY OF BEING
PROCESS
EVOKE THE UNKNOWN
PERSONAL MAGIC
NATURAL PROCESS
INTENTIONAL OR
UNINTENTIONAL
EVOKE BIRTH
POSITIVE CHANGE UNEXPECTED
SPIRITUAL

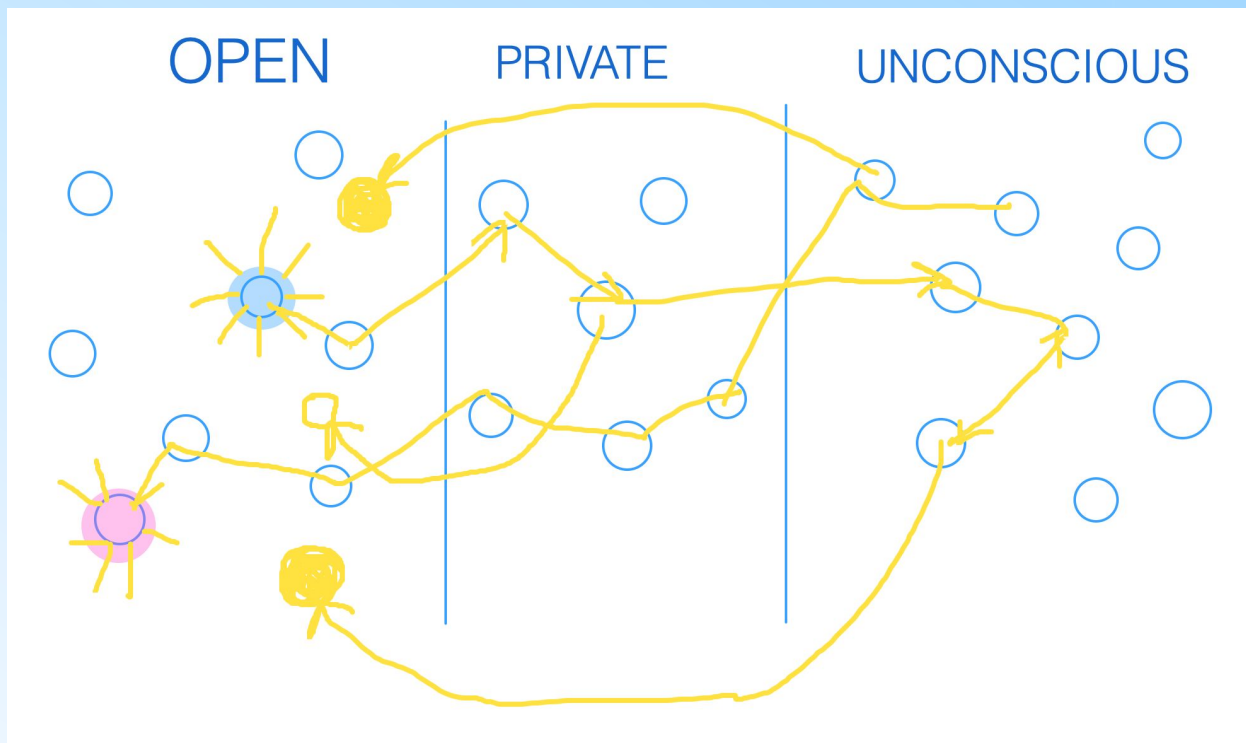


Professional
Coaches

evolvia



HOW TRANSFORMATION WORKS.....



Íálfanám:
leið til vottunar



Professional
Coaches

evolvia



EVOLVIA COACH TRAINING



GUÐNÝ HRÖNN SIGMUNSDÓTTIR
EVOLVIA ADVANCED COACH TRAINING GRADUATE
2022




EVOLVIA COACH TRAINING



MATILDA GREGERSDÓTTIR
MASTER CERTIFIED EBAE (MCCI)[™]
2013




“This is an awesome session for people who want the best, most solid base in coaching training along the ICF methodology.

It is very encouraging and inspiring to both attend but also experience.”

— Magna Párr
Master Certified Coach & Leadership Strategist



evolvia www.coachtraining.evolvia.is

EVOLVIA COACH TRAINING



CEM KUTUP
EVOLVIA COACH TRAINING GRADUATE
2022




EVOLVIA COACH TRAINING



ALMA J. ÁRNADÓTTIR
PROFESSIONAL CERTIFIED COACH (PCC)[™]
2022




“The program was life changing, it was an experience that can't be compared to anything else.

A strong push to explore myself and a powerful methodology.”

— Þorsteinn Ólafsson
Project Manager



evolvia www.coachtraining.evolvia.is

EVOLVIA COACH TRAINING



HRAFNHILDUR SIGURÐARDÓTTIR
EVOLVIA ADVANCED COACH TRAINING GRADUATE
2022




EVOLVIA COACH TRAINING



SIGRÍÐUR ÓSK FANNDAL
ASSOCIATE CERTIFIED COACH (ACE)[™]
2022




“My learning experience was so organic that I was surprised when I reflected on how much I have grown during this program.”

— Tóla Árnadóttir
Coach and Consultant, Coach for Kids



evolvia www.coachtraining.evolvia.is

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

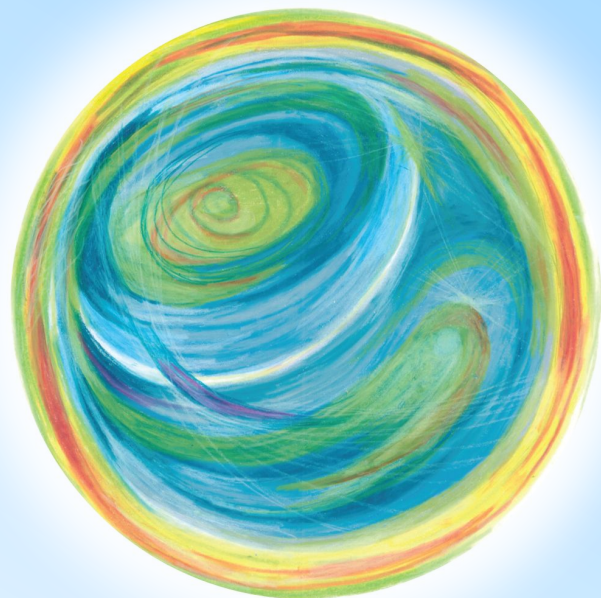


Professional
Coaches

evolvia

*Markþjálfanám:
Skilvirk leið til vottunar*





*Markþjálfanám:
Skilvirk leið til vottunar*

Thank you for your active participation!

Evolvia Coach Training

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



Professional
Coaches

evolvia

