



Markþjálfanám:
Skilvirk leið til vottunar

Welcome!

Evolvia Coach Training 2024

Fundamental training for ACC certification,

Associated Certified Coach

International Coach Federation

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**Professional
Coaches**



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

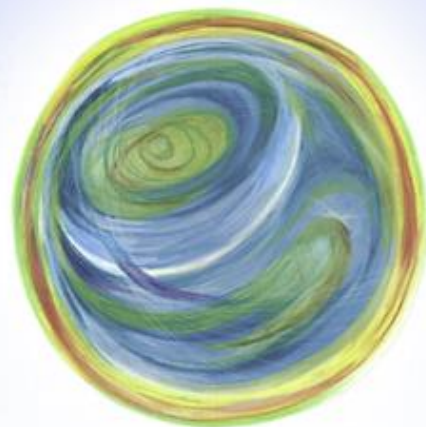


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Evolvia International
COACH TRAINING



ICF Professional Coaches



EVOLVIA COACH TRAINING



TRAUSTI
BJÖRGVINSSON

EVOLVIA COACH TRAINING GRADUATE

2023



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A PROJECT

3	GOAL	6	VISION	1	
8	DIRECTION	3, 8	HOW TO MAKE IT HAPPENED	4	2
3, 6	DEFINITION	2, 3, 4	WHO DOES WHAT	6	5
7	PURPOSE	7	THOUGHT/THINKING		
2	ENTHUSIASM	3	WRITTEN DOWN		
8	WILL	3, 5	TIME	7	
3	THINGS TO BE DONE	3	MONEY		
3, 8	SEQUENCE	2, 7, 8	NEED OF CHANGE		
3, 8	STEPS				

VS COACHING



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INTRO of both & AGREEMENT

FIRST TIME WE MEET



TRUST & SAFETY
GROUNDING/PRESENCE

TIMELINE of a COACHING SESSION

Graduating & Certifying yourself

ICF Certified Coaches from Evolvia (some)

www.evolvia.is/markthjalfar

ICF Accredited Coaching Education Level 1 & Level 2 - Evolvia Graduates (some)

<https://www.coachtraining.evolvia.is/graduate-badges>

ICF International Coach Federation

<https://coachingfederation.org/>

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Certifications

International Coach Federation, ICF



Associate Certified Coach, ACC

Accredited
Coach
Training
Hours

Documented
Coaching
Experience

Mentor
Coaching

60

100

10

Professional Certified Coach, PCC

125

500

20

Master Certified Coach, MCC

200

2500

30



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Certifications

International Coach Federation, ICF

	Accredited Coach Training Hours	Documented Coaching Experience	Mentor Coaching
Associated Certified Coach, ACC	60	100	10
Professional Certified Coach, PCC	125	500	20
Master Certified Coach, MCC	200	2500	30

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International Coach Federation

www.coachfederation.org

1995 - 50.000 members

	Training	Exp	Mentor Coaching
ACC	60h	100h	10h
PCC	125h	550h	20h
MCC	200h	2500h	30h

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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PROJECT - COACHING

3	TARGET OR THEME	1, 3, 7	OUTCOME	UNSEENED
3	VISION	6, 7	CRITICAL PATH	1
3	WITH WHOM	3, 7	DEPENDENCIES	2
3	TO WHOM	7	DEVELOPMENT	4
3	TASK	7	NARRATIVES	5
3, 8	THINGS TO DO	3, 7	STORY	6
8	MANY ACTIONS	3	GOAL	7
8	DETAILS	2, 3	TEAM	
3, 8	SUPPORT	3, 8	COURAGE	
3, 4	CALCULATION	3	MOTIVATION	
3	TIME	6	MYSTERY	
3, 8	EFFORT	3	AGREEMENTS	
3, 8	PREPARATIONS	3	COMMUNICATION	
3, 4	MONEY			



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ICF Core Coaching Competencies

B. Co-Creating the Relationship

3. Establishes and Maintains Agreements

Definition: Partners with the client and relevant stakeholders to create clear agreements about the coaching relationship, process, plans and goals. Establishes agreements for the overall coaching engagement as well as those for each coaching session.

1. Explains what coaching is and is not and describes the process to the client and relevant stakeholders
2. Reaches agreement about what is and is not appropriate in the relationship, what is and is not being offered, and the responsibilities of the client and relevant stakeholders
3. Reaches agreement about the guidelines and specific parameters of the coaching relationship such as logistics, fees, scheduling, duration, termination, confidentiality and inclusion of others
4. Partners with the client and relevant stakeholders to establish an overall coaching plan and goals
5. Partners with the client to determine client-coach compatibility



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ICF Core Coaching Competencies

B. Co-Creating the Relationship

3. Establishes and Maintains Agreements

6. Partners with the client to identify or reconfirm what they want to accomplish in the session

7. Partners with the client to define what the client believes they need to address or resolve to achieve what they want to accomplish in the session

8. Partners with the client to define or reconfirm measures of success for what the client wants to accomplish in the coaching engagement or individual session

9. Partners with the client to manage the time and focus of the session

10. Continues coaching in the direction of the client's desired outcome unless the client indicates otherwise

11. Partners with the client to end the coaching relationship in a way that honors the experience

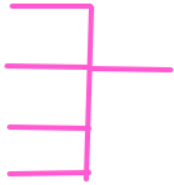


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TIMELINE



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ICF-ACCREDITED COACHING EDUCATION



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Thank you for your active participation!

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