

*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.

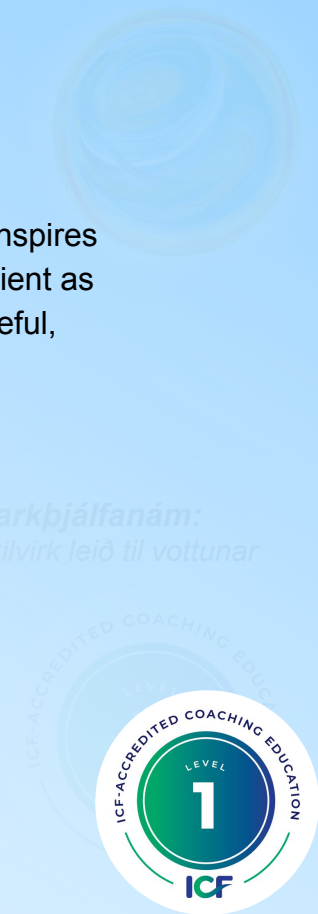
Standing on this foundation, the coach's responsibility is to:

- 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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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



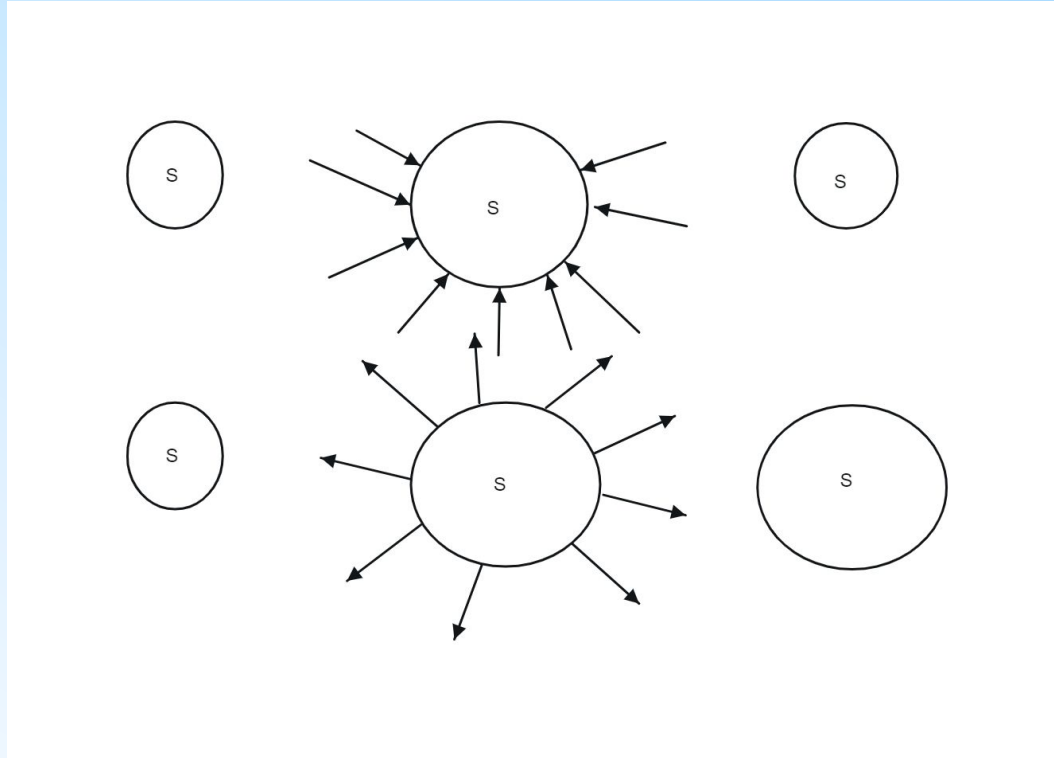
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Listens Actively - Evolvia Coach Training



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Cultivates Trust & Safety

An important quality to have as a coach/person

Expansion can happen

More benefit for others

Connected to having an open heart

Being in touch with your intuition

Being in touch with yourself

How much you show of yourself

More engagement

Feels good in the body

Feelings of being safe

Speaking from a place of love instead of fear

Authenticity

Stronger connection

Trust in ourselves

Presence

Feeling at ease

Being non judgemental

Having good intentions



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ICF Core Coaching Competencies

B. Co-Creating the Relationship

4. Cultivates Trust and Safety

Definition: Partners with the client to create a safe, supportive environment that allows the client to share freely. Maintains a relationship of mutual respect and trust.

1. Seeks to understand the client within their context which may include their identity, environment, experiences, values and beliefs
2. Demonstrates respect for the client's identity, perceptions, style and language and adapts one's coaching to the client
3. Acknowledges and respects the client's unique talents, insights and work in the coaching process
4. Shows support, empathy and concern for the client
5. Acknowledges and supports the client's expression of feelings, perceptions, concerns, beliefs and suggestions
6. Demonstrates openness and transparency as a way to display vulnerability and build trust with the client.

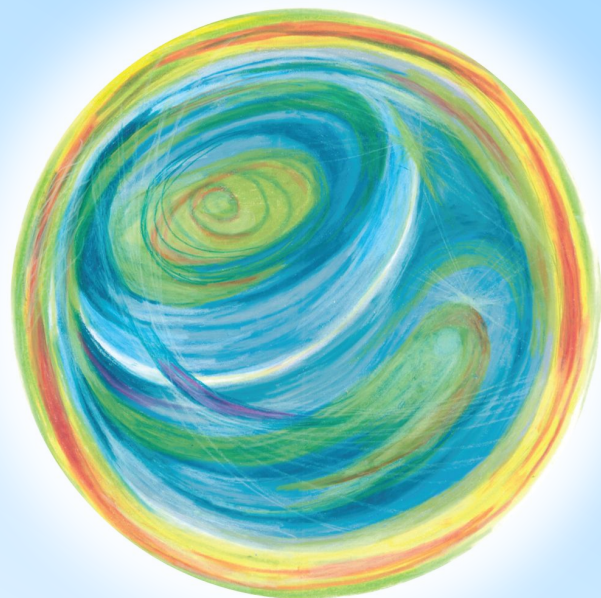
ICF Core Coaching Competencies

C. Communicating Effectively

6. Listens Actively

Definition: Focuses on what the client is and is not saying to fully understand what is being communicated in the context of the client systems and to support client self-expression

1. Considers the client's context, identity, environment, experiences, values and beliefs to enhance understanding of what the client is communicating
2. Reflects or summarizes what the client communicated to ensure clarity and understanding
3. Recognizes and inquires when there is more to what the client is communicating
4. Notices, acknowledges and explores the client's emotions, energy shifts, non-verbal cues or other behaviors



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Thank you for your active participation!

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