

*Markþjálfanám:
Skilvirk leið til vottunar*

Welcome!

Evolvia Coach Training
*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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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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LEARNING

Experience

Embodiment

Feedback

Repeating

Security / Safety

Teaching / Theory

Homework

Relationship

Motivation

Curiosity

Own Life

Joy / Excitement

Expansion

Safety

Internal

Different Perspective

Can learn later - believesystem

Headspace

Process - Steps

Apply

Learn from other
experience

Watching

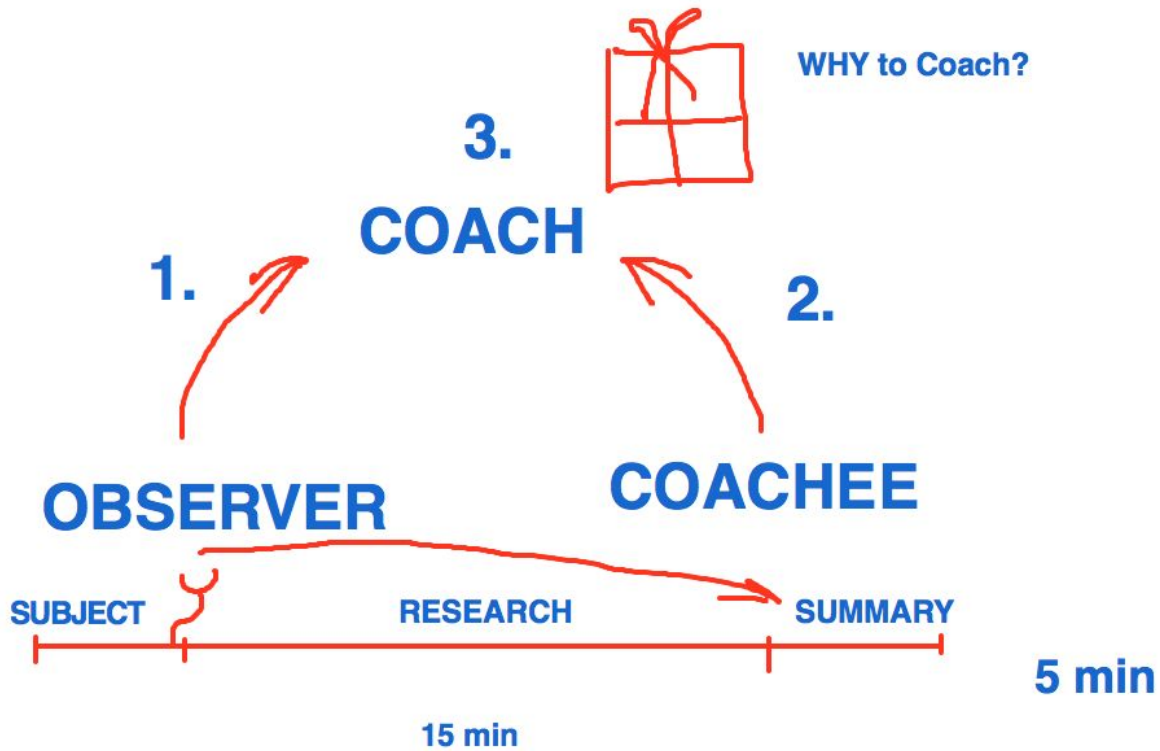
Space / Meditation



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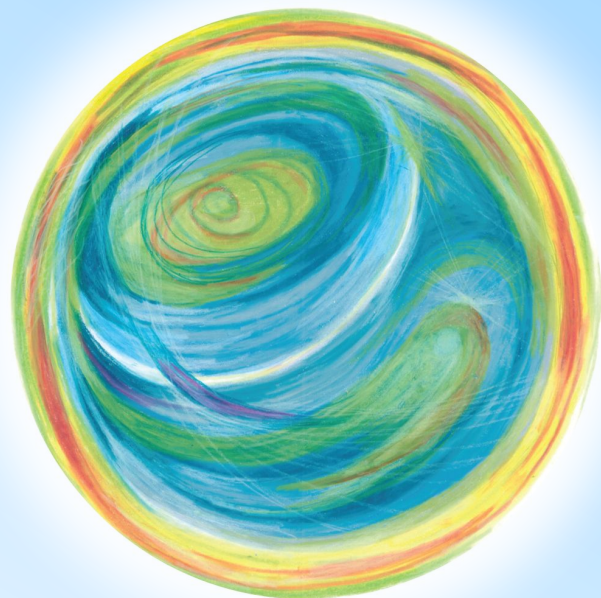




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Thank you for your active participation!

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