

# Certified Professional Coach Part 1a - Part 1b



## FOR WHOM?

For everyone who sees professional coaching as an important part of his or her task:

- managers, directors
- staff and P&O officers
- trainers and teachers
- coaches and mentors
- consultants
- health and safety- and reintegration supervisors

## THE WORKING METHOD IN THE TRAINING

Our approach is experiential. Personal experiences are discussed in the form of case studies and provided with reflection. The theory / practice ratio in our study program is 20/ 80 percent. At home, read, study and practice as much as you like. The group is trained on the basis of coaching principles such as:

- awareness
- insight
- take responsibility and share
- equivalence
- result orientation

The participants are expected to systematically reflect on their learning experiences in a logbook.

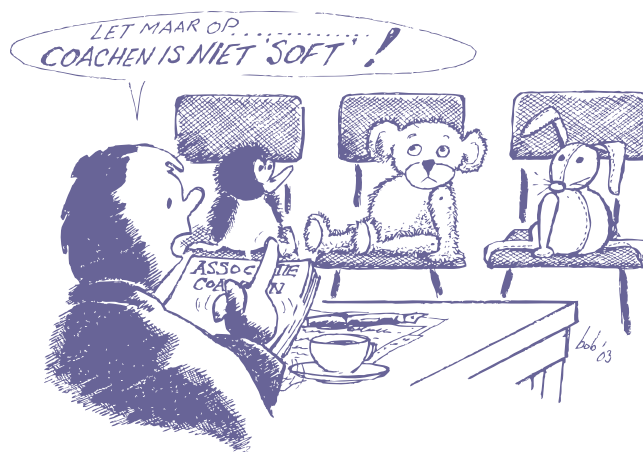
## PROFESSIONAL COACHING

Nowadays, professional coaching is indispensable. It is a skill that can be learned step by step. With a lot of practice, sparring with other participants, reflection on own behavior and skills, practice hours, observations, mentoring hours, literature study and peer review.

## TRAINING TO BECOME A CERTIFIED PROFESSIONAL COACH

The Certified Professional Coach part 1 training is a 9 day coaching course that is accredited by both ICF, Post-HBO and NOBCO / EMCC. The Internationale Coach federation (ICF) is the largest worldwide professional association for coaching. The European Mentoring & Coaching Council (EMCC) promotes the development of the coaching profession and is a quality mark for coaches within Europe. We are proud of the fact that we are the only supplier that can offer all these quality labels.

**NEW** is that this course can be followed in two parts, namely part 1a and part 1b.



associatie voor coaching

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WWW.ASSOCIATIEVOORCOACHING.COM

# STRUCTURE OF THE TRAINING

The Certified Professional Coach part 1 course consists of two parts: 1a and 1b. You can register for this separately.

## Certified Professional Coach - 1a

The Certified Professional Coach part 1a training is a **2 day** coaching course that is part of our accredited ICF, Post-HBO and NOBCO / EMCC coach courses.

### The results of the training

Part 1a concerns a more exploratory module in which the basic notions and competences of the coach are discussed. Certification takes place by means of observations during the training and a small portfolio with reflections on 2 practical coach conversations and one book reflection.

With a successful completion you will receive a EQA diploma at Foundation level. With your diploma and sufficient hours you will be certified as a qualified coach at **Foundation level** at the NOBCO / EMCC.

In short:

- You conduct professional coaching sessions.
- You coach on the basis of awareness and taking personal responsibility by the coachee.
- You coach result-oriented within the context of work and labor.
- You develop people.
- You meet the training requirements for accreditation at the **Foundation level** of the NOBCO / EMCC.
- You can enter the CPC 1b program in which you can achieve full accreditation at **ACC / Practitioner level**.

## Certified Professional Coach - 1b

The Certified Professional Coach part 1a training is a **7 day** coaching course that is part of our accredited ICF, Post-HBO and NOBCO / EMCC coach courses.

### The results of the training

Part 1b concerns a more technical instrumental part with a lot of attention for the power of asking questions, the coaching agreement and result-oriented coaching. Certification takes place by means of observations during the training and a portfolio with reflections on 10 practical coach conversations and two book reflections.

With a successful completion you will receive a Post-HBO diploma and ACSTH/EQA diploma 'Certified Professional Coach part 1 (Task competence)'. With your diploma and sufficient hours you will be certified as a qualified coach at **ACC level** at the ICF and **Practitioner level** at the NOBCO / EMCC.

In short:

- You conduct professional coaching sessions.
- You coach on the basis of awareness and taking personal responsibility by the coachee.
- You coach result-oriented within the context of work and labor.
- You develop people.
- You meet the training requirements for accreditation at the ICF at **ACC level** and the **Practitioner level** at NOBCO / EMCC.
- You receive a Post-HBO diploma - Task competent.
- You will receive an ACSTH/EQA diploma at ACC / Practitioner level.

# TRAINING PROGRAM

## Certified Professional Coach Part 1a.

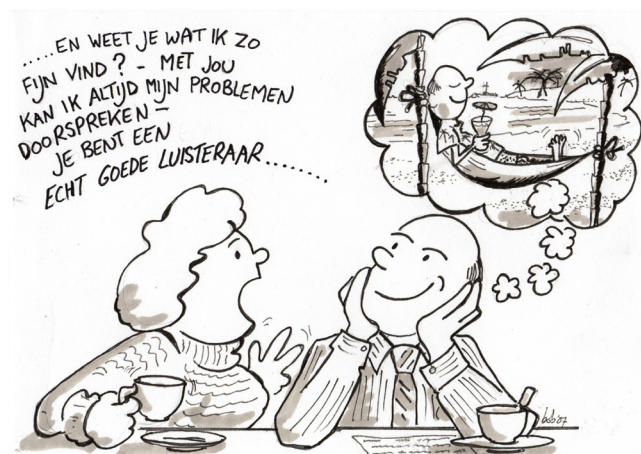
Small portfolio: 1 to 2 coachees - 2 conversations - reflections on 2 practical coach conversations - one book reflection - practice groups.

Day 1 09.00-17.00 <b>Coaching as an accompaniment style</b>	Introduction and acquaintance A coaching approach The dynamics of coaching Observation 1a: Getting started with coaching
Day 2 09.00-17.00 <b>The coaching skills</b>	The competencies of the coach The Code of Ethics The coaching agreement Observation 1b: The coach at work

## Certified Professional Coach Part 1b.

Small portfolio: 3 to 4 coachees - 10 conversations - reflections on 3 practical coach conversations - two book reflections - practice groups.

Day 3 09.00-17.00 <b>The questioning pattern of the coach</b>	The questioning basic attitude Criteria for effective and powerful questions Your question pattern image Learn to reflect
Day 4 09.00-17.00 <b>Working with questions</b>	Effective implementation of questioning 'Types' of clients Observation 2. Working with questions
Day 5 09.00-17.00 <b>The coach agreement, goals and results</b>	The coaching agreement and the intake The desired goal and points of measurement Peer to peer session: The intake Interview
Day 6 09.00-17.00 <b>Results-oriented coaching</b>	Coaching presence The life story and other tools Observation 3. Results-oriented coaching
Day 7 09.00-17.00 <b>Active listening</b>	The value of listening Empathic listening Peer to peer session: Listening
Day 8 09.00-17.00 <b>The big feedback round</b>	Observation 4. The big feedback round (exam) Reflection 'Hot of the Press' Analysis and reflection of the coaching session
Day 9 13.30-18.00 <b>Professional development</b>	The personal concept regard to coaching Who are you as a coach? Plans for the future (POP)



# ASSOCIATIE VOOR COACHING

Coaching has been extremely popular as a theme in recent years and therefore has a great attraction for all sorts of people who want to get a taste for it. Coach is a liberal profession. Everyone can have a sign nailed on their door with “coach” on it. That also happens en masse. You can seriously question the professionalism of many of these “coaches”.

Since 2011, the Association for Coaching has been the first in the Netherlands to receive recognition from the International Coach Federation (ICF) for its “Certified Professional Coach” training. The International Coach Federation is the world’s leading body in quality assurance for coaches. For the recognition that the Association for Coaching has received for its training “Certified Professional Coach”, a very heavy selection has been made and annual audits are conducted with regard to the qualitative assurance of the program.

The Coaching Association was founded in 1992 by Willem Verhoeven and Anita van Vlerken. Willem Verhoeven wrote his bestseller “The manager as a coach” that same year. This book was included in 1998 by the editors of Intermediair as the only Dutch book in the top 15 of management books of the 20th century. The Association for Coaching has been involved in training for the longest time in the Netherlands on the topic of coaching. The agency is known for its practical approach. No powerful theoretical stories, but really learn how to do it.

	CPC-1a Foundation	CPC-1b Practitioner/ACC
Duration	4 parts of the day	13 parts of the day
Lead time	2 months	8 months
Study load	30+ hours	170+ hours
Theory/Practice	20/80	20/80
Intake	Yes, for all participants	In consultation
Criteria for participation	<ul style="list-style-type: none"> <li>You have a Bachelor or Master level of thinking and working.</li> <li>You have the opportunity to conduct coaching conversations with different clients in practice.</li> <li>You discuss additional obstacles that can stand in the way of a successful study.</li> </ul>	<ul style="list-style-type: none"> <li>See Criteria CPC-1a</li> <li>You have successfully completed part CPC-1a</li> </ul>
Exam	No exam. Small portfolio.	Portfolio plus Exam ACC
Post HBO	No	Yes
ICF-level	None, only after following CPC-1b.	Associate Certified Coach 100 hours of practice
EMCC-level	Foundation	Practitioner
Cost	€ 1.095,=	€ 3.250,=
VAT	<i>Amounts are excluding 21% VAT. Exemption from VAT is possible. In that case you pay a cost-effective VAT free correction of 10% on the training price.</i>	

## Cancellation

If you cancel up to two months before the start of the training, we will charge you € 250 as administration costs.

If you cancel within two months prior to the training, we will charge the full course fee.

## Location

Conference center Couwenbergh  
Dorpsstraat 1 - 5735 EA Aarle-Rixtel - tel. 0492-385544

Here we have superbly furnished rooms, plenty of parking space and an excellent kitchen.

Associatie voor coaching

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