



COACHING FOR IMPROVED PERFORMANCE

OVERVIEW

Coaching is more than just a skill—it's a transformative approach that drives growth, fosters awareness, and empowers action. It has the potential to create a motivational climate that unlocks potential and maximizes performance.

Immerse yourself in this self-paced online course that offers practical step-by-step instructions on becoming a coach for your team, training participants, and clients. The course is based on internationally recognized coaching best practices, [IFC's Guide to Training](#) and the [International Coaching Federation's](#) core competencies.

COURSE OBJECTIVES

- ✓ Adopt a coaching mindset.
- ✓ Use best practice tools, strategies, and techniques to coach others for high impact.
- ✓ Uphold ethical standards and integrity in your coaching practice.
- ✓ Identify and overcome coaching roadblocks.

WHO SHOULD TAKE THE COURSE

Learning and development
professionals

Managers

Leaders

COURSE STRUCTURE AND STUDY TIME

The course consists of ten engaging study modules and assignments that explore the best coaching practices for becoming an effective coach. Each module is about an hour long, allowing you to progress at your own pace while balancing your busy schedule. The whole course may take 10-12 hours to complete.

COMPLETION CERTIFICATES

To qualify for a course completion certificate, you must complete all modules, answer quiz questions, and participate in a brief survey at the end of the course.

TIPS ON HOW TO MAXIMIZE LEARNING

Enrich your learning by taking the course with a peer or in a small group. Foster meaningful discussions, hold each other accountable and engage in practical activities. Remember, becoming a proficient coach takes practice.

QUESTIONS?

Please email us at
growlearnconnect@ifc.org



REGISTER NOW

www.growlearnconnect.org/coaching