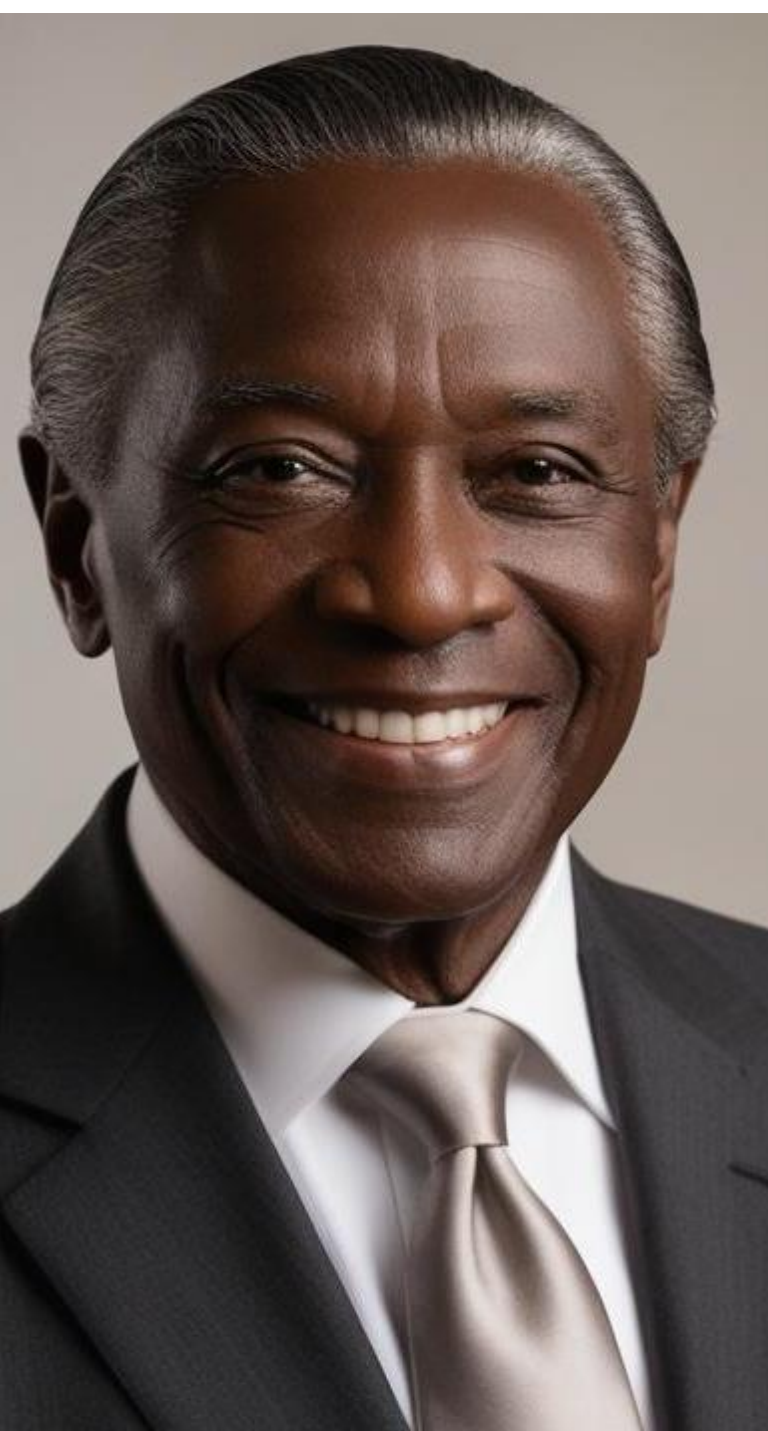




# COACH CERTIFICATION COURSES (VIRTUAL)

Accredited by the International Coaching Federation (ICF)



EDUCATION



CERTIFICATION



TRANSFORMATION



# Benefits of the Course

EZ37 Solutions Limited offers International Coaching Federation (ICF) coach certification courses tailored to provide managers and leaders with vital tools to enhance employee development, boost performance, elevate engagement, improve communication, and cultivate leadership skills.

Coaching certification through these programs can significantly empower individuals aiming to excel as influential leaders and effective managers.

## Level 1 - Professional Coach Certification

- **Building Leadership Capacity:** Equip emerging talent with the skills, expertise, and mindset needed to navigate complex challenges and drive long-term business success.
- **Transform Communication Dynamics:** Revolutionize interactions with teams and stakeholders cultivating a culture of transparency, trust, and collaboration that fuels innovation and success.
- **Unleash Human Potential:** Elevate employee performance and productivity through transformative coaching, unlocking unprecedented growth and success.
- **Deepen Your Coaching Practice:** Expand your coaching skills and credentials with advanced certification, such as Level 2 Advanced Coach Certification, and explore specialized coaching niches to enhance your coaching effectiveness.

## Level 2 - Advanced Coach Certification

- **Deepen Coaching Expertise:** Build on foundational skills by mastering advanced coaching techniques and methodologies, enabling participants to address more complex organisational needs with confidence
- **Achieve Coaching Mastery:** Gain higher levels of coaching skills to deliver impact and value in shaping a positive organisational culture that fosters a sense of belonging and shared purpose.
- **Understand Group and Team Coaching Dynamics:** Identify and improve leadership style by exploring group and team coaching, including the similarities and differences between the two applications to connect and communicate
- **Enrich leadership Practices:** Understand the role of internal and external coaches in an organisation
- **Elevated Networking and Collaboration:** Connect with a community of experienced coaches, creating chances for collaboration, assistance, and mutual learning with like-minded peers committed to advancing their professional development.



### TESTIMONIALS



**JULIA ESEZOBOR, ACC**  
Former People and Culture  
Director  
Coca-Cola HBC Nigeria

EZ37 is professional in their approach. The learning content, team of facilitators and the program support was exceptional! The learning outcomes were clear and the delivery was consistently world-class. The program did not just focus on making us coaches but also on helping us be all-round better human beings.



**ABIMBOLA LAWSON**  
Company Secretary/General  
Counsel  
Sanlam Nigeria

I enrolled in the Coaching Certification Programme to broaden my HR skills. I plan to introduce the coaching culture in my organisation and also build my own coaching practice.

The training was simplified, and the use of the Learning Management Portal was beneficial. The training team was also professional but friendly.



# Who Should Attend Our Coach Certification Programme?



## Level 1 - Professional Coach Certification

- Individuals who wish to become a certified coach
- Individuals interested in acquiring an ICF credential, such as the **Associate Certified Coach (ACC)**
- Managers and leaders seeking to develop coaching skills to enhance their leadership practice
- HR professionals, trainers, and facilitators looking to integrate coaching into their work
- Entrepreneurs and small business owners seeking to improve their leadership and communication skills
- Professionals in transition or seeking a new career path in coaching

## Level 2 - Advanced Coach Certification

- Coaches who already have **Level 1** or an **ACSTH** qualification
- **ACC** coaches looking to progress towards a **Professional Certified Coach (PCC) credential**
- Experienced coaches seeking to enhance their skills and knowledge
- Internal coaches looking to advance their coaching practice
- Organizational development professionals seeking to integrate advanced coaching skills into their work

### TESTIMONIAL



**DAVID BARNARD, ACC**  
Founder & Director  
Pracsy Advisory Limited

EZ37 Solutions Ltd drew together an outstanding group of tutors from Africa, Europe, and North America.

Each brought distinctive perspectives and experience to the learning of our group.

The Professional Coach Certification Programme attracted a varied group of experienced business leaders, enhancing

the collaborative learning in both formal group sessions and self-managed practice pods.

The course was well structured and facilitated to create a safe and highly engaged team atmosphere.



# Course Highlights



	Level 1 Professional Coach Certification	Level 2 - Part 1 Advanced Coach Certification	Full Level 2 Advanced Coach Certification
Hours of live online coach-specific training	60	70	130
Hours of mentor coaching	10	10	10
Duration of course including session breaks	4 months	6 months	10 months
Live interactive facilitator-led sessions	Yes	Yes	Yes
Frequency of sessions	1 x 3-hours per week	1 x 3-hours per week	1 x 3-hours per week
Assessment and Group Work	Yes	Yes	Yes
Observed coaching sessions	Yes	Yes	Yes
Learning Management Portal	Yes	Yes	Yes
POD Groups	Yes	Yes	Yes
Performance Evaluation	Yes	Yes	Yes
ICF credential coach facilitators	Yes	Yes	Yes
Cheerleader leads participants step by step through the course.	Yes	Yes	Yes
Certificate of Completion of ICF Accredited Coach Training	Yes	Yes	Yes
Program Details	Onboarding 29 June 2025 Course dates 6 July - 23 November 2025 Day & Time Sundays, 4PM – 7PM (WAT)	Onboarding 31 May 2025 Course dates 21 June - 1 November 2025 Day & Time Saturdays, 8AM – 11AM (WAT)	
Enrolment Link	<a href="https://ezcoaching.org/programs/pccp/enrollment-pccp/">https://ezcoaching.org/programs/pccp/enrollment-pccp/</a>		

# Course Modules at a Glance



	Level 1 (60 hours)	Level 2 - Part 1 (70 hours)	Full Level 2 (130 hours)
Awareness	✓		✓
'Being' of A Coach	✓		✓
Core Competencies (ICF)	✓		✓
'Doing' of A Coach	✓		✓
Essentials of Coaching	✓		✓
Finding Depth		✓	✓
Gain Insight into Group & Team Coaching		✓	✓
Hone Your Entrepreneurial Skills		✓	✓
Identify Best Practices for Internal and External Coach Practitioners		✓	✓

## Fees (ex vat)

Payment of coaching tuition fees is required before the start of the program. We offer flexible payment plans. Fees are exclusive of VAT

Level 1	Level 2 - Part 1	Full Level 2
\$2,599	\$2,799	\$5400



# Modules

## Level 1 - (60 Hours)



Participants in the Level 1 course learn the essential competencies needed to become a professional coach.

### Awareness

#### Developing Self-Awareness

Module A involves assessments and reflective practices to enhance self-awareness, define vision, goals, and values, and build confidence for making significant personal and professional changes, ultimately clarifying current status and desired outcomes.

### Being

#### The 'Being' Of A Coach

Module B focuses on the 'Being' of a Coach. It entails who a coach is and establishes this as the foundation for a successful coaching profession.

It reviews the role mindfulness plays in the life of a coach and also expands on the ethics and standards ICF coaches must abide by.

### Competencies

#### Understanding Core Competencies

Module C offers a detailed exploration of coaching core competencies, including active listening, creating awareness, and goal setting.

Participants gain essential skills and knowledge to become successful coaches through a focus on competencies.

### The 'Doing' Of A Coach

Module D reviews and reflects on assignments and tools as you bring learnings from previous modules into real-life coaching scenarios. Here you practice one-on-one coaching and apply the fundamentals of coaching in various situations.

You will have the opportunity to debrief and receive feedback from your coaching group and facilitators.

### Essentials Of Coaching

This final module guides you through vital aspects of coaching by leveraging on coaching practicals from Module D and explaining the core competencies learned in Module C.

Here you discover the role that energy, emotion, empathy and engagement play in coaching.

#### TESTIMONIAL



#### ADEWALE ARIKAWÉ

Managing Director  
Sub Sahara Africa Royal FrieslandCampina

I thought I was coaching until I came on this course, then I knew that I was not coaching.

That was helping people to navigate their careers. I lead people across many countries in Sub-Saharan Africa and meet people from different cultures and languages. This course has helped me connect with people and support them.



# Modules

## Level 2 – Part 1 (70 Hours)



Assume you are an ICF Associate Certified Coach (ACC) looking to advance to the ICF Professional Certified Coach (PCC) credential. In that case, you should consider enrolling in the Level 2 Part 1 course to fulfil the requirements of the ICF's coach training hours.

Completing this course will bring your total coach training hours to 130, contributing towards the attainment of the PCC credential.

### Find Depth

Acquire skills and techniques to deepen coaching competencies

### Gain Insight Into Group And Team Coaching

Discover how coaching one to many creates a shared experience that promotes creativity, innovation and goal attainment

### Hone Your Entrepreneurial Skills

Identify the skills and tools required to launch a successful coaching practice

### Identify Best Practice For Internal and External Coach Practitioners

Uncover the opportunities and impact for internal and external coach practitioners in organisations.

#### TESTIMONIAL



#### ADEBISI OKUSANYA

Talent Manager Middle East and Africa  
Kimberley Clark Corporation

EZ37 has raised the bar on my perception of training delivery in Nigeria.

They operated with a global mindset from start to finish, in their processes and training content. Well done to the team.



# Modules

## Full Level 2 – (130 Hours)



Accumulating 130 hours of coach training is a key requirement for obtaining an International Coaching Federation (ICF) Professional Coach Credential (PCC). Meeting this training threshold indicates that the participant has completed the necessary education and training to meet the rigorous standards set by the ICF for applying for the ICF PCC credential, positioning them as a qualified and competent professional in the field of coaching.

### Awareness

#### Developing Self-Awareness

Module A involves assessments and reflective practices to enhance self-awareness, define vision, goals, and values, and build confidence for making significant personal and professional changes, ultimately clarifying current status and desired outcomes.

### Being

#### The 'Being' Of A Coach

Module B focuses on the 'Being' of a Coach. It entails who a coach is and establishes this as the foundation for a successful coaching profession. It reviews the role mindfulness plays in the life of a coach and also expands on the ethics and standards ICF coaches must abide by.

### Competencies

#### Understanding Core Competencies

Module C offers a detailed exploration of coaching core competencies, including active listening, creating awareness, and goal setting. Participants gain essential skills and knowledge to become successful coaches through a focus on competencies.

### The 'Doing' Of A Coach

Module D reviews and reflects on assignments and tools as you bring learnings from previous modules into real-life coaching scenarios.

Here you practice one-on-one coaching and apply the fundamentals of coaching in various situations. You will have the opportunity to debrief and receive feedback from your coaching group and facilitators.

### Essentials Of Coaching

This final module guides you through vital aspects of coaching by leveraging on coaching practicals from Module D and explaining the core competencies learned in Module C. Here you discover the role that energy, emotion, empathy and engagement play in coaching.

### Find Depth

Acquire skills and techniques to deepen coaching competency

### Gain Insight Into Group And Team Coaching

Discover how coaching one to many creates a shared experience that promotes creativity, innovation and goal attainment

### Hone Your Entrepreneurial Skills

Identify the skills and tools required to launch a coaching business

### Identify Best Practice For Internal and External Coach Practitioners

Uncover the opportunities and impact for internal and external coach practitioners



# Coaching Practice



## Coaching Practice

The course will provide continuous coaching opportunities to coach your peers and clients. Our ICF-credentialed facilitators will observe your sessions and provide you with verbal and written feedback in line with the ICF credential standards.

## Performance Evaluation

The programme provides a final performance evaluation assessed at the ICF credential standard.

## Mentor Coaching

To support the development of coaching competency, a Mentor Coach is assigned to each participant. Participants will complete 10 hours over three months. This is included in the program.

## Reflective Practice

Participants will be required to submit reflections on the Learning Management Portal in their preferred format. Reflection is a powerful tool that helps participants improve their learning, performance, and impact.

It entails examining one's coaching practice, identifying strengths and areas for improvement, and producing insights and actions for ongoing development.

## TESTIMONIALS



**NAFISAH MUHAMMAD BUBA, ACC**

Head, Human Capital Management and Administrative Services  
NIRSAL Connect

My experience in this journey with EZ37 Solutions Ltd, the accredited coaching education provider of my coach training course as absolutely AWESOME!!!



# What Sets us Apart



## Learning and Practice

Our training and mentor coaching sessions focus on learning and practicing core coaching competencies. This ensures that participants are equipped with coaching principles and have ample opportunities to apply their skills.

## ICF Credential Process

We guide participants through the ICF credential process, providing support and guidance every step of the way. We prepare them for the Coach Knowledge Assessment (CKA), which is an essential component of the credentialing process.

### TESTIMONIALS



#### **TAYO ILORI**

Director, Supply Chain Operations  
Honeywell Flour Mills Plc

My experience of the Professional Coach Certification Programme was fantastic, enlightening and something that shaped my life.

I stopped 'telling'. I've started listening more and I've seen changes in myself.



# How We Support Our Alumni



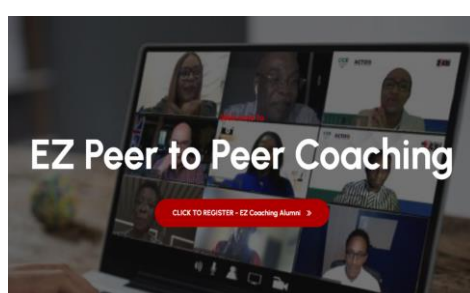
We provide support to our alumni through a dedicated team led by an ICF credential coach, offering opportunities for alumni to demonstrate their coaching skills to clients and succeed as professional coaches.



As part of our commitment to giving back to industry, EZ37 Solutions Ltd provides coaches with the opportunity to demonstrate coaching practice with leaders in industry



Alumni have access to member only content on EZ Coaching Alumni LinkedIn page to build cross cultural relationships.



A coaching peer-to-peer program involves individuals in similar roles supporting and learning from each other through coaching techniques. Participants alternate between coaching and being coached, offering feedback and guidance to aid personal and professional growth. This program creates a collaborative environment for sharing experiences and enhancing coaching skills to achieve goals.



Specialised support to obtain an ICF credential such as ACC or PCC. By participating, coaches enhance their skills, meet the requirements for credential, and advance their careers in a shorter period.



# Who We Are



EZ37 Solutions Limited (RC 833803) was established in 2009 and is a world class human resource and management consulting firm.

Our objective is to provide transformational business strategies that positively impact people and organizations.

We are an International Coaching Federation (ICF) accredited training provider and are committed to providing the highest professional coaching.

EZ37 Solutions is a partner with the International Finance Corporation-Learning Performance Institute (IFC-LPI), we are also a signatory to the GLC principles of Learning.

Our services include but are not limited:

- Coaching
- Assessment
- Learning and Development
- HR Advisory
- Public Sector Solutions
- Business and Management Consulting

**Our Partners**





# Additional Learning and Development Solutions



## Implementing a Coaching Culture

A coaching culture is not just about teaching individual leaders and managers to coach better; it involves making coaching an organisational capacity that defines the organisation's culture and mission.

A coaching culture fosters skill growth, enhances value, and helps employees reach professional goals, defining the organisation's culture and advancing its mission.

We provide additional coaching solutions to drive success and growth.

- [Group / Team Coaching](#)
- [Executive and Leadership Coaching](#)
- [Coaching Skills Training for Leaders and Managers](#)

## Monitoring

We create and implement effective mentorship programs that enhance an organisation's overall success and efficiency by nurturing talent, cultivating a positive work environment, and encouraging ongoing learning and development.

## Assessment

Our assessments provide data and insights to support organisations on talent acquisition, development, and retention.

## TESTIMONIALS



**YEWANDE JINADU, ACC**  
Head, People and Culture  
Traction Apps

We engaged EZ37 Solutions for DISC Assessments and Debriefing by Certified Coaches as part of our leadership program for mid-level managers. Feedback from the team has been amazing.

It was an eye-opener not only for managers to learn about themselves but also to understand their team members better.

A big thank you to the leadership of EZ37 for the professionalism and quality of delivery in making the project a successful one. I would highly recommend them for HR and Coaching Services to any forward looking organisation.





**Adaora Ayoade, PCC**



**Dr. Svea van der Hoorn,  
MCC**



**Abigail Isokpan, MCC**



**Zuzanna Mazurek, PCC**



**Dr. Peter A. James, PCC**



**Jass Malaney, PCC**



**Gloria Gbemudu, PCC**



**Barbara Lawrence, PCC**



**Patricia Akinlotan, ACC**



**Samsom Umurhurhu, PCC**



**David Barnard, ACC**



# Referral Program

We value referrals and offer a range of rewards as a 'thank you'.



Empower  
others  
to elevate  
their  
careers

## EZ REWARDS

Spread the word, **Earn rewards**  
Refer others for ICF-Accredited Coach Training

Choose your Reward

- 1 Earn \$100 gift
- 2 Free coaching session or
- 3 FREE DISC SELF - evaluation and briefing of behavioural styles

*reward issued upon full payment by participant*

For more information contact Coach Patricia 🌐 [www.ezcoaching.org](http://www.ezcoaching.org) ☎ +234 813 089 8773 / +44 (0) 7553 856948





# Contact Us

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