



LEVEL 1
ICF-ACCREDITED
COACHING EDUCATION

VIRTUAL COACH CERTIFICATION TRAINING

Onboarding 28 April 2024



Accredited by the
International Coaching Federation (ICF)

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THE PROGRAMME

EZ37 Solutions Limited offers gold standard performance coach training that develops you to become a world class coach.

The Professional Coach Certification Programme (PCCP) from EZ37 Solutions Limited is accredited by the International Coaching Federation (ICF).

This guarantees international recognition of the quality of the training.

Amongst the goals of the programme are:

- To inspire participants and graduate certified coaches to become enablers for positive change in the personal and professional lives of their clients
- To bring distinctive perspectives and experience to the learning of participants

INTENDED PARTICIPANTS

You don't need to have specific qualifications to enroll.

Intended participants include:

- Managers and professionals seeking to develop strengths and strategies for individual and organisational improvement
- Executives interested in enhancing core leadership skills such as communication, confidence, empathy and self-awareness
- Organisations committed to creating a coaching culture and developing internal coaches
- Individuals looking to pursue an ICF credential e.g. Associate Certified Coach (ACC) credential

OVERVIEW AND TRAINING DATES

- 16 weeks coach specific training, total 60 hours
- Mentor Coaching included, total 10 hours
- Online, live facilitator interface
- ICF Credentialed Coach Facilitators
- Assessment and Group Work
- Learning Management System (LMS) Software
- Peer to Peer Coaching Practice
- Access to EZ Coaching Alumni
- Certificate of Completion of ICF Accredited Coach Training

TRAINING DELIVERY

Onboarding: 28 April 2024
Course dates: 5 May 2024 - 15 September 2024
Sundays: 4.00 PM - 7.00 PM (WAT)
Frequency: Weekly
Format: Virtual, live facilitator led



**REGISTER
WITH US!**

TESTIMONIALS



JULIA ESEZOBOR

- People and Culture Director
Coca-Cola HBC

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 consistently world-class. The program did not just focus on making us coaches but also on helping us be all-round better human beings.



DAVID BARNARD

- Executive Coach
- Lead Programme facilitator and team effectiveness consultant
- Director of Pracsys 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.



ABIMBOLA LAWSON

Chief Operating Officer, Allianz Nigeria Insurance Ltd

I commenced my career as a lawyer in AEC Legal and after that moved to the insurance sector as an in-house counsel. I am now Chief Operating Officer for Allianz Nigeria. I enrolled in the Coaching Certification Programme to broaden my HR skills. I plan to introduce the coaching culture in my company and also build my own coaching business. The training was simplified, and the use of the Learning Management System (LMS) was beneficial. The training team was also professional but friendly.

BENEFITS OF THE TRAINING

- Develop critical leadership skills
- Fast track personal and professional development
- Gain financial independence
- Work from any location
- Strengthen relationships
- Expand professional networks
- Eliminate behavioural blind spots



HOW WE'RE DIFFERENT

- We offer peer coaching for participants of our programme with respective individuals undertaking coach certification training in other ICF accredited institutions. This enables the accumulation of qualification practice coaching hours towards ICF credentialing.
- Learn and practice core coaching competencies during training sessions and Mentor Coaching sessions
- Students are guided through the ICF credentialing process and prepared for the Coach Knowledge Assessment (CKA)
- We support you to accumulate the required qualification practice coaching hours for ICF credentialing



TRAINING MODULES

The programme guides you through the ABCDE of Coaching

Awareness

Developing Self-Awareness

Module A includes various assessments and reflective practices that help you to become more aware of yourself, establish your vision, goals, and values. It aids in creating clarity and developing the confidence to make important changes in your personal and professional life; thus establishing where you are, and where you are trying to get to.

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 digs deeper into the ICF core competencies of coaching. Each competency is reviewed and put into practice under various scenarios to aid an understanding of the skills and behaviors required of a professional coach.

TRAINING MODULES CONTINUED

The programme guides you through the ABCDE of Coaching

Doing

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

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.

FEES

Coach tuition fees are due prior to commencement. The company offers flexible payment options. We accept payment in Naira based on the parallel rate equivalent. Fees are exclusive of VAT.

Option 1 - Payment in full - \$2599

Option 2- Flexible payment plans by modules

Modules A and B \$649.75

Developing Self-Awareness and Being of a Coach

Module C \$649.75

Understanding Core Competencies

Module D \$649.75

The Doing of a Coach

Module E \$649.75

Essentials of Coaching

TESTIMONIALS



STEPHANIE EMODI

Manager Human Capital and Admin
Nigeria and Ivory Coast BW Offshore
Nigeria Ltd

The program delivery was of the highest professional quality and I have grown from the experience in confidence, increased self-awareness, actions implemented from the practice coaching sessions all in addition to the actual coaching knowledge gained.



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.

I intend to go on the credentialing journey which will take me to Associate Certified Coach (ACC) with the International Coaching Federation (ICF).



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.

MEET THE FACULTY



Adaora Ayoade

- PCC, ICF Coach
- Member, Forbes Coaches Council
- Past President, ICF Nigeria Chapter
- Co-leader, ICF Global Coach Training Community
- Leadership & Executive Coach
- MCIPM
- MD/CEO EZ37 Solutions Ltd.
- Certified Master Trainer (IFC)
- Mentor Coach



Dr. Peter A. James

- PCC, ICF Coach
- Past President, ICF Chicago
- Board Member, ICF Coach Training
- High-Performance Coach
- Diversity & Equality Coach
- Speaker
- Mentor Coach



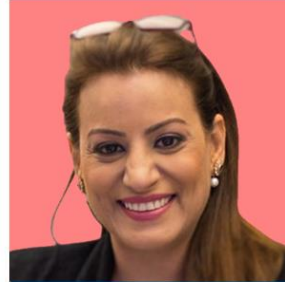
Zuzanna Mazurek

- PCC, ICF Coach
- Past President, ICF Poland
- DISC D3 Consultant
- Business Trainer
- (Communication Specialist)
- Mentor Coach



Abigail Isokpan

- MCC ICF Coach
- Executive & Leadership Coach
- Management Consultant & HR Leader
- Chartered FCIPD



Jass Malaney

- PCC, ICF Coach
- Past President, ICF Singapore
- Leadership Executive Coach
- Team Engagement Training
- Facilitator Board and Team Meetings
- Mentor Coach



Gloria Gbemudu

- PCC, ICF Coach
- Executive Coach
- PQ Coach
- Council of Ambassadors, ICF Foundation



Patricia Akinlotan

- ACC, ICF Coach
- Group Coaching, Leadership Coach
- Board Member, ICF Nigeria (ICFN)
- Director, Social Impact, ICFN
- Director, EZ37 Solutions Ltd
- MCIPM

WHO WE ARE

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

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

EZ37 Solutions are:

- Accredited by the International Coaching Federation (ICF) to provide coach education and training
- A signatory to the Principles for Learning of the International Finance Corporation (IFC), a member of the World Bank Group demonstrating our commitment to the highest international standards of quality and impact, which improves business outcomes

Our services include but are not limited to:

- Coaching
- Human Resources (L&D, Recruitment, Background Verification)
- Business Consulting and Advisory
- Capital Solutions

OUR OTHER COACHING SOLUTIONS

We deliver other coaching solutions for organisations around the world. This enables the organisation to take advantage of the immense value other coaching intervention offers.

- Group/Team Coaching (4-6 weeks)
- Coaching Skills Training for Leaders and Managers (2 days)
- Executive and Leadership Coaching (3-12 months)



GRADUATION

- The graduation is a landmark event in the coach training calendar.
- It is a symbol of progression to the start of the next chapter in the life of a Certified Coach.



Dr Svea Van der Hoorn, MCC

Guest Speaker

Graduation Class November 2021

<https://ezcoaching.org/media-videos/>

EZ COACHING ALUMNI

- Alumni have access to member only content on EZ Coaching Alumni LinkedIn page as well as peer to peer coaching programmes to build cross cultural relationships and enhance cultural competency in coaching.



Sackeena Gordon Jones MCC

Guest Speaker

November 2021 Inaugural Meeting
EZ Coaching Alumni

<https://ezcoaching.org/media-videos/>



Experience Cross Cultural Coaching
**Global Coaching
Exchange Program**

Build Coaching Hours for ICF Credentials



Zoom Event
Tuesday May 31st
20:00 CST
13:00 WAT



GET IN TOUCH

 coaching@ez37solutions.org

 www.ezcoaching.org



UK

EZ37 UK Ltd
71-75 Shelton Street, Convent Garden
London WC2H 9JQ

NIGERIA



Lagos:
First Floor, Plot 23, Water Corporation
Drive, Victoria Island



Ibadan:
Block 3, Plot 2, Road B, Off Oba
Abimbola way, Agodi GRA



+234 812 225 3514, +234 809 788 1001