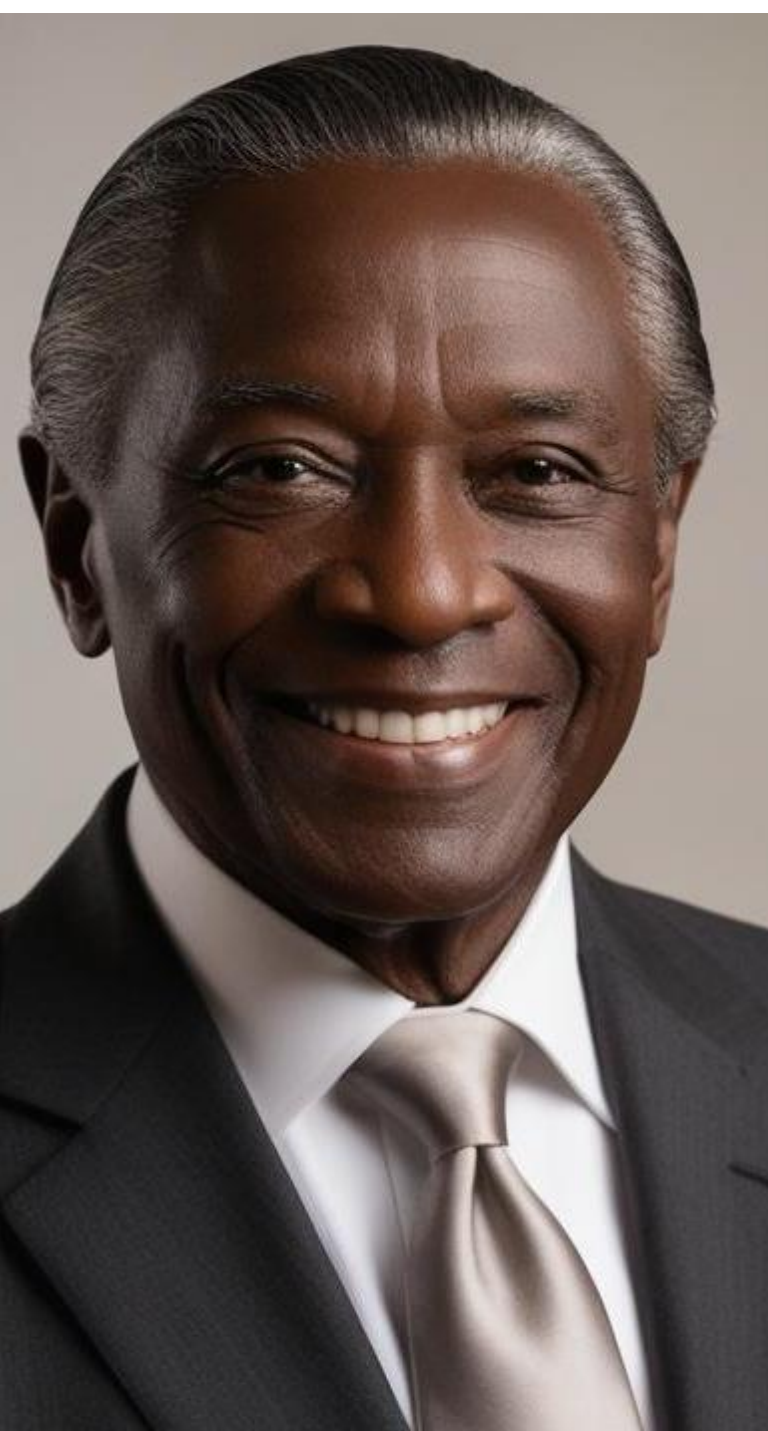




COACH CERTIFICATION COURSES (VIRTUAL)

Accredited by the International Coaching Federation (ICF)



EDUCATION



CERTIFICATION



TRANSFORMATION



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.



COACHING

www.ezcoaching.org

Faculty



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 ☎ +234 813 089 8773 / +44 (0) 7553 856948



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