



VIRTUAL COACH CERTIFICATION TRAINING LEVEL 1



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) at ACSTH (Level 1) and is designated as ACC Accredited Education.

This guarantees the 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

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
- 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
- A member of the Association of Coach Training Organisations (ACTO), a global community of professionals who bring coach training to aspiring coaches around the world

Our services include but are not limited to:

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

TESTIMONIALS



AJUMA MADOJEMU

- Assistant Director, Branch Controller,
Central Bank of Nigeria

It was a life-changing experience for me. Great facilitators and excellent opportunities to network and practice coaching skills. Opened my eyes to possibilities.



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.



ADENIKE EMILOJU

- Director, Treasury, IHS Towers

It was deeply insightful and self-revealing.

It was a life-transforming experience for me.

THE PROCESS

The 16 weeks completely virtual live classes are tutored in real time by ICF credentialed coach practitioners, thought leaders, and faculty with many years of experience in facilitation and people development who focus on ICF core competencies and abide by the ICF Code of Ethics.

COACH SPECIFIC TRAINING

60 hours

MENTOR COACHING

10 hours

TRAINING DELIVERY

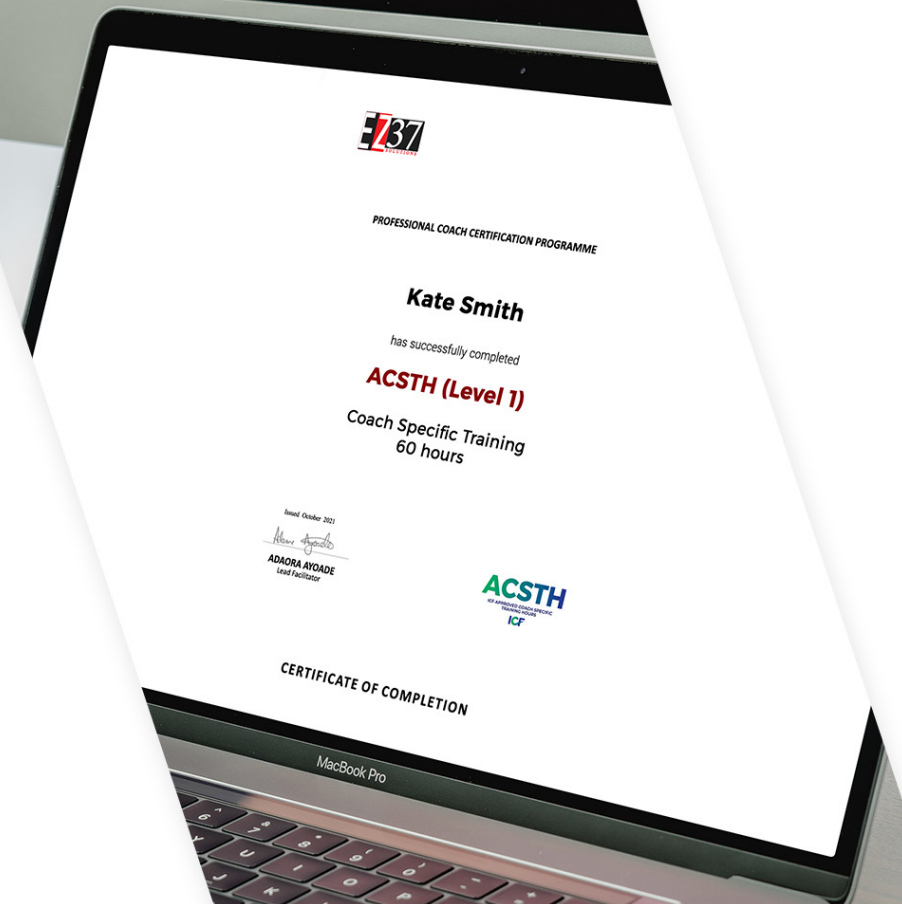
Onboarding: 27 MARCH 2022

Course date: 3 April-31 July 2022

Frequency: Weekly

Sundays: 4.00 PM-7.00 PM (WAT)

Format: Virtual live facilitator led



**REGISTER
WITH US!**

WHO SHOULD ATTEND

- Individuals seeking to gain international coaching accreditation and standards or needing to acquire additional hours to complete qualification as a certified coach
- Leaders, Executives, HR Professionals and People Managers seeking to develop strengths and strategies for individual and organizational improvement
- Experienced Leaders and Agents of Change seeking to foster cultural transformation through coaching techniques
- Organisations seeking to create a coaching culture and develop internal coaches
- Individuals seeking a change in career who would like to coach and guide others

HOW WE'RE DIFFERENT

- World-class cohorts from different countries elevate the learning experience
- Our coaching philosophy is centered on providing a standard of care that enables the coach and client to create a collaborative space for trust and personal growth
- Whilst each coaching conversation is unique our philosophy is built upon the need to show up in the same way for every client.
- Learn and practice core coaching competencies during training sessions and Mentor Coaching sessions
- Students are guided through the ICF certification process and prepared for the Coach Knowledge Assessment (CKA)

WHAT YOU'LL LEARN

The coach certification training provides specific techniques and tools which can be applied in situations to support meaningful change.

Discover how to understand and apply core coaching competencies.

There is a deep dive into the competencies of coaching. Each ICF core competency is reviewed and put into practice under various scenarios to aid an understanding of the skills and behaviors required.

Coaching Skill Development

Learn how to coach as a thinking partner and use reflective inquiry to be more present and effective by supporting clients to see beyond their blocks and solve their own problems. You will learn how coaching supports clients to explore their thinking in a way they can't do for themselves. Giving clients space that is free of judgement to process the coaching observations is critical to their progress.

Critical Leadership Development

The programme supports leaders to become self-aware through assessments that focus on values and personality characteristics. Leaders learn to build deeper connections, and help unleash the potential in others.

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 - \$2500

Option 2- Flexible payment plans by modules

Modules A and B \$625

Developing Self-Awareness and Being of a Coach

Module C \$625

Understanding Core Competencies

Module D \$625

The Doing of a Coach

Module E \$625

Essentials of Coaching

COACHING FOR ORGANIZATIONS

We deliver coaching solutions for organizations around the world. You have the option to tailor the content. We can train and equip your internal employees to deliver our courses.

We also offer:

- Group/Team Coaching
- Coaching Skills Training for Leadership
- Leadership/Executive Coaching

Contact us with your requirements, or book individual places on the Professional Coach Certification Programme (PCCP).

To bring coaching programmes into your organization, email coaching@ez37solutions.org or call +234816 135 4655



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



ABIOLA POPOOLA

-Fellow, Chartered institute of Personnel
Management of Nigeria (CIPM)
- Past President and Chairman of Council,
CIPM

Rich program content. Excellent facilitation by professional and seasoned coaches and mentor coaches. Great opportunity for coaching skills enhancement through practice, practice and more practice both in class & even outside (in small sub-groups 'pods') Great cross-learning amongst participants through experience sharing efficient, professional program coordination by EZ37 Management.



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.

CONTACT US

 coaching@ez37solutions.org

 www.ezcoaching.org



UK

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



UK +44 7717802462

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