



international e-learning academy



DIPLOMA IN COACHING - AC ACCREDITED
International Accredited Training – Diploma level - by the
Association for Coaching



Description of the Program

Introduction

The **Diploma in Coaching – AC Accredited training program**, offers higher level professional knowledge in Coaching. More specifically the program is based on a wide range of scientific theories and approaches (academic basis), a plethora of coaching advanced tools, techniques and approaches. It also provides the opportunity of serious deepening in the coaching profession and practice and also gives important coaching professional and personal development for the coach who wishes to develop him/herself further based on the international standards.

The training program is more than 126 hours and it also has more than 46 hours of coaching practice, outside classroom. Furthermore it is estimated that the time for the study needed – including the time for assignments – is more than 100 hours too. Every participant has the necessary training hours for those who wish to be credentialed at the levels of **Executive & Professional Coach // Professional Executive Coach** and **Master // Master Executive Coach Accreditation** by the **Association for Coaching**. Besides the accredited training, working hours will be needed based on the AC standards.

Who should attend

The **Diploma in Coaching – AC Accredited training program** is for all of those who wish to work in the coaching industry professionally and they have a previous training (**Certificate in Coaching – AC Accredited**) and/or experience in coaching. More concrete:

- To those who wish to develop their already existed their professionalism and knowledge as professional Coaches through their offices and/or cooperate with coaching services companies
- To Coaches who wish to deepen & develop themselves in the Coaching industry with the most advanced trends, tools, techniques that happens globally
- To Psychologists & Scientists.
- To Managers, leaders, entrepreneurs, executives and professionals who wish to develop themselves professionally & personally



Benefits of the training program

With the successful completion of the **Diploma in Coaching – AC Accredited** you will be able to:

- Deepen and help complex situations in favor of your clients
- Develop and create professional coaching relationships with clients with trust, acceptance, sophisticated techniques and tools
- Cooperate effectively with your clients
- To be aware of, follow and effectively implement the Code of Ethics and Good Practice of AC
- Cooperate with your client for creating concrete targets and how to implement them, visualize his/her future and work on it.
- Create and develop your personal office and/or to plan your professional development and growth
- Plan and develop your future for professional development in the coaching industry in parallel with the international environment.

Our training approach

Our training approach, through International e-learning Academy – follows the most modern methods internationally. The training is practical, experiential with the active participation of all the students.

There are practical assignments, workshops, coaching hours in and outside classroom, group discussions (when there are groups) while every participant implements the same knowledge for his/her self-awareness, self-development at personal and professional level.

This approach gives - besides the lectures, the study of the material, the research and the practical based assignments – the necessary knowledge for gaining high levels of professional comfort and confidence.

The training methods used, are:

- Lectures
- Assignments
- Coaching session (in and outside classrooms)
- Presentations
- Role playing





In the classroom, we use:

- Theory and practice - experiential training
- Observed sessions
- Case studies
- Reflective Group Discussions
- Group Supervision

Personal study :

The students receive the followings:

- Training material
- Essential bibliography

While they are asked to:

- Study the material in depth
- Do their assignments in every module and every chapter
- Keep
- Reflective journal
- Create a final thesis, with a subject on their own choice to help them in their personal and professional development.
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Admission Requirements

For participating in the training program **Diploma in Coaching – AC Accredited**, the candidate should have the following conditions :

- **Certificate in Coaching – AC Accredited**
- A degree from any kind of higher education or
- Working coaching experience or
- Both

For further information please contact us.



The successful completion of the training program

- Active participation in the training hours
- Successful grading of all the assignments
- Successful completion of the needed Coaching sessions
- Completion of the coaching practice
- The successful completion of the final thesis.



Brief program description Diploma in Coaching – AC Accredited

| Modules | Units |
|--|--|
| Module 1 : Introduction – Theory – qualifications | What is Coaching? Defining coaching – coaching specializations Coaching and other professions The Coach and its qualifications Self Directed Learning |
| Module 2 : Defining the coaching field | The AC Competencies Ethics and Legalities |
| Module 3 : Coaching Theory | Multi Dimensional Executive Coaching Cognitive Behavioral Theory Adult Transformational Learning and the Concept of a Disorienting Experience Positive Psychology Communications theories |
| Module 4 : Coaching models | The internal and external model of development Transformational Coaching Solution focus coaching Evidence Based Coaching The 7 eyed supervision model The clear model Corporate transformation process The storytelling coach |
| Module 5 : Power Tools | Reframing Perspectives Commitment vs Trying Responsibility vs Blame Trust vs Doubt Responding vs Reacting Truth vs Fraud Lightness vs Significance Action vs Delay |
| Module 6: Developing your personal coaching style | My Power Tool(s) selection Create Your Coaching Professional Style |
| Module 7: Coaching meeting | Coaching Contracts Client Management |

IMPORTANT NOTE: The students who have successfully completed the Certificate in Coaching – AC accredited will not attend again the same modules that are in common with the Diploma in Coaching – AC accredited.



Certificate in Coaching – AC Accredited

Module 1: Introduction – Theory – Qualifications // Units: 1-2-3

- Key-philosophies, theories and movements, that have influenced coaching
- Coaching and other professions
- The Coach and its qualifications
- Self Directed Learning

Module 2 : Defining the coaching field // Units: 1-2

- The definition and role of the AC competencies.
- Legal and ethical issues on the coaching process and strategies for risk reduction

Module 3 : Coaching Theory // Units 1-5

- There is a deep and comprehensive presentation and study of the most important coaching, psychological and communication theories to provide the student-coach with implemented knowledge in a higher and spherical standard.
- The theories trained in this module are the ones shown in the previous box. Their concept, essentials and use are being taught with practical examples and implementations.
- Multi Dimensional Executive Coaching theory, model, concept implementation.
- The psychological theories (Cognitive Behavioral Theory, Adult Transformational Learning and the Concept of a Disorienting Experience and the Positive Psychology) are being presented and how this can contribute to the coaching practice and development.
- Finally the most important communications theories are being presented in order to raise the communication's abilities in the coaching profession and practice.



Module 4 : Coaching models // Units 1-7

- A series of the most sophisticated coaching models are being presented, taught and used in and outside class for helping the student-coach to understand them, to use them easily in his/her work, decide which model he/she should use, depending on the situation and finally to help him/her create his/her own personal coaching style. These are :
 - The internal and external model of development
 - Transformational Coaching
 - Solution focus coaching
 - Evidence Based Coaching
 - The 7 eyed supervision model
 - The clear model
 - Corporate transformation process
 - The storytelling coach

Module 5 : Power Tools // Units 1-8

- A list of power tools are being taught and used in and outside class for helping the student-coach to understand them, to use them easily in his/her work, decide which should be used when and finally to help him/her create his/her own personal coaching style.
 - Reframing Perspectives
 - Commitment vs Trying
 - Responsibility vs Blame
 - Trust vs Doubt
 - Responding vs Reacting
 - Truth vs Fraud
 - Lightness vs Significance
 - Action vs Delay

Module 6: Developing your personal coaching style // Units 1-2

- Insight provision that helps the student-coach to really begin to explore who he/she really is as a coach. The personal style, distinct professional background and particular combination of skills and knowledge outside coaching are being shaped.
- The coach creates his/her personal style, own coaching model, own power tool and own coaching voice.



Module 7: Coaching meeting // Units 1-2

- Coaching meeting, the rules between the client and the coach, the agreement, the results orientation, the beginning of the session.
- Presentation and analysis of the coaching session in details and in depth. How does a coach treat? What and how does he/she asks analyze them and help the client to solve the problem. Set up client expectations, measure and receive feedback from clients managing difficult or challenging clients

