

PUBLIC TRAINING
ICF
ACCREDITED
COACH PROGRAM

LEVEL 1



www.groathcoachingacademy.com

ICF ALIGNMENT

Delivering a quality, consistent and powerful service is a key focus. For this reason we, and our associates are members of the International Coach Federation (ICF), the largest and most professional coaching global governing body.

Founded in 1995, the International Coach Federation (ICF) is the leading global organization dedicated to advancing the coaching profession by setting the standards for the coaching profession, promoting consumer awareness, and providing practitioners with tools, resources and research to advance their careers and the impact of coaching. Our ICF membership is important to your organization for these reasons;

1

Provides peace of mind that you are dealing with qualified coaches with a stated and measurable level of experience.

2

That the coaches are committed to personal ongoing coaching development and assessment.

3

That the coaches are qualified in group, team and executive coaching models that are effective and are recognized by the legitimate coaching community.

4

That the coaches operate at the highest levels of ethical and professional behavior.

PROGRAM DESCRIPTION

Eminence Coaching supports clients to go from apprehension to incubation to declaration through self-reflection, deepening the learning and enhanced empathy that enable a higher level of thinking & growth capacity to reach client's aspirations and goals. During this program, participants will sharpen their listening skills, presence, powerful questions and communication to ensure a trusting relationship with their clients focused on them unlocking their potential and maximizing their success opportunities.

Our mission is to provide unparalleled coaching program for coaches to create a positive ripple of change that goes beyond traditional limits. We support coaches in partnering with their clients toward their maximized goals, fostering transformative journeys of self-discovery and achievement .



OUTLINE

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MODULE 1 **THE ESSENCE OF COACHING**

The Essence of Coaching | The Difference between coaching & Other Professions | Professional Standards & Codes of Ethics | ICF Standards | Coach's mission & Competencies

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MODULE 2 **EMINENCE MODEL** **"THE AID OF COACHING"**

Introduction to the AID Model | AID Pyramid | The Key for Transformation | Positive Psychology in Play

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MODULE 3 **THE 4 INTELLIGENCES**

Emotional Intelligence | Social Intelligence | Conversational Intelligence | Adaptability Intelligence

OUTLINE

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MODULE 4 THE 3 PSYCHOLOGIES

Freudian Psychology | Humanitarian Psychology | Positive Psychology

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MODULE 5 EMINENCE MODEL FUNDAMENTALS BASED ON ICF'S CORE COMPETENCIES

Coaching Presence | Active Listening| Articulation |
Acknowledgment | Reflection| Powerful Asking

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MODULE 6 THE AID Phases

Amplify| Deepen| Divulge | Ascertain | Advance



GROATH
Coaching Academy
PROGRAM DESIGN

WE PROVIDE TO
EMINENCE COACHING

Program design

**CORE COMPETENCIES
TAUGHT**

- Demonstrating Ethical Practice
- Establishing the Coaching Agreement
 - Cultivates Trust and Safety
 - Maintains Presence
 - Listens Actively
 - Evokes Awareness
 - Facilitates Growth

**CORE COMPETENCIES
RELATED**

- Acknowledgment
- Chunking up/down
 - Articulation
 - Reflection

FOUR MONTHS JOURNEY

PROGRAM DESIGN

1. Learning Labs: 3,5, 10, 12, 17, 19
November online from 6 to 8:30 pm

2. Group Mentor Sessions: 2 Sessions
for 3 hours each (virtual over zoom
platform) to be assigned

3. Supervised Practical Sessions: 17
sessions x 3 hours (Virtual over zoom
platform every Wednesday from 6 to
8:30 pm starting 26 November)

4. Individual Mentor Sessions: 3
Sessions to be assigned



Total 85 Coach training
hours

FOUR MONTHS JOURNEY

PROGRAM DESIGN

1st Level Training for ACC "Associate Certified Coach" Credential from ICF Professional Certified Eminence Coach (PCEC)
ICF approved Hours: 85 hours

85
ICF
ACCREDITED
HOURS

ICF **accredited hours**
ACTP program- Pathway
to ACC

PROGRAM STRUCTURE

Program Structure

- 1- Learning Labs (zoom platform)
- 2- Practical Labs (zoom platform)
- 3- Research Paper
- 4- Group Mentoring (zoom platform)
- 5- Individual Mentoring
- 6- Final Recordings

- Public Coach Training Program

Four Months Journey 1st Level- PCEC

The course includes the following:

- Access to our Learning Material & coaching resources
- Access to our Learning Portal
- Post Training Support





PROVIDER QUALIFICATIONS



MEET OUR LEADERSHIP AND PERFORMANCE COACH

Randa Karime is the founder of Groath Coaching Academy (GCA). She is a Master Certified Coach (MCC) and an Advanced Certified Team Coach (ACTC) and a Mentor Coach with extensive experience in Coaching, Training, Mentoring and Consulting. She specializes in Leadership, Performance and career coaching where she supports her clients during their strategic career transition, and partners with them throughout their career development journey by motivating them to reach their highest potential and holding them accountable to attain their desired goals.

She has more than 22 years of experience in the HR field where she occupied the position of HR Manager in various reputable organizations across the Levant & GCC where she was able to support many individuals to develop their job descriptions, career paths and enhance their performance levels.

In addition to her work as HR Consultant and Corporate Trainer delivering more than 60 soft skills topics encompassing Leadership, Performance Management, Advanced Communication, Design Thinking, Adaptability Intelligence, Teambuilding etc. her passion for women empowerment and Gender Equality is translated by conducting various relating trainings with European Organizations funding such awareness programs in the MENA regions.

Randa holds a Master's degree in Business from the Lebanese American University (LAU), a PHR (Professional in Human Resources) Credential from SHRM- USA, in addition to several other accreditations and certifications encompassing MBTI, Train the Trainer from the American Bankers Association, Emotional Intelligence, ROI, Certified Branch Manager, Balanced Scorecard and Certified Project Director, in addition to her latest milestones achieved by being awarded the Master Certified Coach (MCC) Credential and the Advanced Certification Team Coaching Credential (ACTC) from the International Coaching Federation (ICF)- USA.



MEET OUR

RELATIONSHIP AND SELF- DEVELOPMENT COACH



Mirna El Khalil

With over 20 years of experience in education, Mirna El Khalil has cultivated expertise in teaching, coordinating, and serving as an Elementary Head of Section. She holds a Master's in Educational Management (2005) and a Bachelor of Arts in Elementary Education with a focus on Math and Science (2002), both from the Lebanese American University (LAU) in Beirut.

An ICF - PCC certified relationship and personal development coach, Mirna El Khalil combines her educational leadership background with her passion for empowering individuals. She is accredited by the International Coaching Federation (ICF) and is a certified Trainer of Trainers (TOT) from the European Business Center for Training and Development.

Mirna El Khalil specializes in helping individuals and couples navigate relationships and personal growth, leveraging her experience in both education and coaching to inspire positive transformation.





THANK YOU

VISIT US



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