

PROFESSIONAL CERTIFICATION PROGRAM

Certified Emotional Intelligence Coach



Learn to coach clients toward lasting self-awareness, emotional regulation, and stronger relationships — using evidence-based EI models and real coaching practice.

1 MONTH

Total duration

ONCE A WEEK

3 hours / session

12 HOURS

Total live training

3 HOURS

Self- Paced

Rather than teaching emotional intelligence as theory, participants learn to coach clients to develop it — through reflective conversation, emotional awareness, behavioural change, and sustainable action.

Certified Emotional Intelligence Coach (CEIC™) — issued upon completion

What You Will Learn

- Explain the principles and dimensions of Emotional Intelligence
- Coach clients to increase emotional self-awareness
- Strengthen empathy, communication, and relationship effectiveness
- Facilitate transformational coaching conversations
- Differentiate EI coaching from counselling, mentoring, and training
- Help clients regulate emotions and respond intentionally under pressure
- Apply EI coaching to leadership, career, and personal development
- Conduct full EI coaching sessions aligned with coaching ethics

4-Week Schedule — One Live Session Per Week

Total: 12 hours across 4 weekly 3-hour sessions

1

WEEK 1

3 HOURS

Foundations of Emotional Intelligence Coaching

EI models (Goleman, EQ-i, Genos), neuroscience of emotion, coaching vs. training, ethics & boundaries

2

WEEK 2

3 HOURS

Coaching Emotional Awareness & Self-Management

Emotional regulation, limiting patterns, emotional agility, stress & resilience, SCARF model

3

WEEK 3

3 HOURS

Coaching Relationships & Social Intelligence

Empathy, active listening, psychological safety, conflict coaching, difficult conversations

4

WEEK 4

3 HOURS

EI Coaching Integration & Certification

Client profiles, ethics, development plans, live coaching practice with faculty & peer feedback

How You are Assessed

Live Coaching Demonstration

30-minute observed EI coaching session



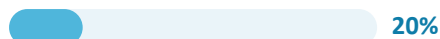
Knowledge Assessment

Models, ethics, regulation, communication — 70% pass mark



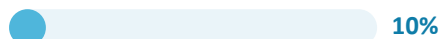
EI Coaching Case Study

Design a coaching approach for a client scenario



Reflective Learning Journal

Personal growth & application insights



Peer Coaching Feedback

Structured observation of peers' sessions



Certification Requirements

- ✓ Attend and complete all 4 live sessions (12 hours)
- ✓ Complete all coaching practice activities
- ✓ Complete the reflective learning journal
- ✓ Achieve at least 70% on the knowledge assessment
- ✓ Submit the EI coaching case study
- ✓ Demonstrate coaching competence in the observed live session

Highlights of Practical Coaching Exercises

Self-Assessment

Map your own EI strengths and growth areas

Trigger Mapping

Identify triggers, beliefs, and alternative responses

Empathy Coaching Lab

Practice deep listening without offering solutions

Growth Plan

Design a 6-month personal EI development plan

Ready to become a Certified Emotional Intelligence Coach?

info@growthcoachingacademy.com · [+9613394006; +96550318460; +966510312810] · www.growthcoachingacademy.com.

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.