

65 Credit Hour Coaching Certificate, ACC level

CLASS DESCRIPTIONS

This 65 hour core advanced and skills course includes two live classroom experiences – titled “intensives,” and three virtual key skill courses, and one (1) Mentoring Session.

- Live Classroom Intensive #1 – Humanity (Three Days – 20 Hours/Credits)
- Coaching Agreements and Ethical Practices (Virtual Class - 4 Hours/Credits)
- Cultivating Self as Coach (Virtual Class - 4 Hours/Credits)
- Live Classroom Intensive #2 – Exploration (Four Days – 31 Hours/Credits)
- Mentoring Lab I: Setting the Agreement (Virtual Class – 4 Hours/Credits)

Live Classroom Intensive #1 – Humanity (Three Days - 20 Hours/Credits)

The first 3-Day live intensive is designed to introduce the model of Humanity, Exploration and Discovery and establish the context for coaching through Pyramid’s Healthcare Coaching Institute. It sets the personal context for each student to engage in a platform for learning, self-reflection, and the practice of coaching as a distinct skill set. The Enneagram is introduced as a pattern for exploring personality. Students develop a mindful presence as daily habit that deepens their ability to connect and partner with clients. This course also addresses Session Agreements and Action Planning to guide and support a client’s purposeful action. Students learn how to establish a foundation for a coaching session by setting appropriate and meaningful goals, stepping into action, and maintaining an effective coaching plan, one that holds the client in a space of possibility to achieve what they most need to move forward in a way that engages their hearts as well as their minds

Coaching Agreements and Ethical Practices (Virtual Class - 4 Hours/Credits)

This course focuses on setting up the coaching agreement with the client. Particular attention is paid to the ethical and legal issues applicable to a coaching practice consistent with the ethical standards established by the International Coach Federation. Discussions include additional values-based challenges the students might face in organizational settings to help them navigate “tricky situations.”

Cultivating Self as Coach (Virtual Class - 4 Hours/Credits)

A coach must practice self-care to be truly and fully present with their clients. The most alive coaches produce the most complete experience of coaching for the client. This class increases a student’s capacity to self-observe, self-acknowledge and self-restore with new and fresh curiosity. The class also will introduce the coach to the notion and law of attraction – that who we are shows up in the world around us. How we can learn, integrate and grow from that space will be increasingly important as a professional coach.

Live Classroom Intensive #2 – Exploration (Four Days - 31 Hours/Credits)

The second 4-Day live intensive is designed for Exploration and to deepen the understanding of coaching as a methodology for shifting perceptions and seeing greater possibilities for taking action. The course focuses on the following core competencies: establishing trust and intimacy, coaching presence, active listening, powerful questioning, direct communications, and creating awareness. The students will gain a deep understanding of the competencies both theoretically and in practice. They will also learn how to integrate emotional and social intelligence as part of both self-exploration and the coach competency framework. This is the second tier in the coaching model and builds on the connections made for each participant in partnership with others as a coach. The course also builds on presence based conversation for learning explored in the Humanity tier of the model.

Mentoring Lab 1: Setting the Agreement (Virtual Class - 4 Hours/Credits)

This capstone course integrates the core concepts and application of experiences from the other classes and asks the students to apply them to practical coaching scenarios. Each student has the opportunity to practice integrating multiple competencies into each scenario and receive feedback about how the coaching is working and where they get stuck, with the main focus working towards setting the coaching agreement within coaching sessions.

Mentored Coaching Sessions (1 Hour)

A note about Mentoring – Each participant will record a coaching sessions for observation and feedback by a professional mentor coach during this more advanced course to help them build strong coaching skills. They will receive written feedback on the session and a live mentoring session as well.