

ACTP Training Modules – Basic

Coacharya is accredited by ICF, CCE and EMCC to deliver Basic, Advanced and Master level coach training. Learners with existing credentials from other accredited institutions are welcome to continue their studies with Coacharya.

Each module in our Accredited Coach Training Program covers a day's worth of content over 10 hours. Additionally, learners spend two hours of self study for each module, evidenced by assignments. Participants also engage in peer coaching for a minimum of 100 hours.

In addition to ACTP, Coacharya has numerous Continuing Education programs. Please contact us for more details.

BASIC MODULES 1-6

The following modules are required in order to complete the ACC (ICF) or EIA Foundation (EMCC) credentials. They are also a prerequisite for completing the PCC (ICF), BCC (CCE) or EIA Practitioner (EMCC) credential program. Modules 3-onwards end with coaching practice and mentoring.

Module 1: Competencies & Ethics

- Sharing: purpose and desired outcome
- What coaching is and what it is not
- Barriers to coaching
- Coaching to Win at Work & Life
- Coaching Competencies: ICF, EMCC, BCC
- Coaching competency: Ethics
- Coaching practice & mentoring
- Homework & Required reading

Module 2: Skills & Trust, Intimacy & Presence

- Review of previous learning
- Skills needed in Coaching
- Approaches in coaching
- Coaching competency: Trust & Intimacy
- Coaching competency: Presence
- Coaching practice & mentoring
- Homework & Required reading

Module 3: Structures & Agreement

- Review of previous learning
- Situational Leadership
- Coaching Contract
- Coaching Demonstration
- Coaching structure start to finish
- Coaching competency: Agreement
- Coaching practice & mentoring
- Homework & Required reading

Module 4: GROW Model & Communication

- Review of previous learning
- GROW Model
- Competencies: Active Listening
- Competencies: Powerful Questioning
- Competencies: Direct Communication
- Coaching practice & mentoring
- Homework & required reading

Module 5: Models & Awareness

- Review of previous learning
- Coaching Models: Leonard to Goldsmith
- OD: NLP, TA, AI, Positive Psychology
- Competency: Awareness
- Self Discovery
- Coaching practice & mentoring
- Homework & required reading

Module 6: Theories & Action

- Review of previous learning
- Adult learning models
- Psychological Theories: Jung, Rogers
- Underlying beliefs
- Competencies: Action, Planning & Accountability
- ICF credentialing process
- Coaching practice & mentoring
- Performance assessment